

Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

Phillipians 2:5-8

**For, brethren, ye have been called unto liberty;
only use not liberty for an occasion to the flesh,
but by love serve one another.**

Galatians 5:13

For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead: And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.

2 Corinthians 5:13-14

TOUR
de
FRANCE™

A bright yellow circle is positioned to the right of the word 'de', partially overlapping the 'TOUR' and 'de' text.

Introduction

There is something we should be engaged in as new creatures.

We have a “live and do” religion not a “do and live”.

We have been saved, but to what end?

There are examples in the world around us we can use.

Paul used metaphors to bring weight to a particular point.

The New Testament has particular points of emphasis.

The subject at hand is of the utmost importance.

Will you get a vision of what a great church looks like?

What is the Tour de France?

The world just finished watching one of the greatest sporting events of the modern era – le Tour de France.

Three-week bicycle race covering around 2200 miles in and around France.

The race goes through the Pyrenees and Alps with some of the most beautiful landscapes in the world.

The race is considered to be one of the toughest measures of fitness and endurance.

This race requires more precise planning and tactics than most.



What is the Tour de France?

The Tour de France is widely known for its extreme difficulty, both physically and mentally.

Athletes competing in the Tour face immense physical challenges, including grueling climbs, high speeds, and extreme weather conditions.

It is a test of one's mental fortitude that is required to persevere through the pain and exhaustion.

Some of the mountain stages are 10% grades or more...for miles.

Quotes from past and present cyclists often reflect this harsh reality.

What is the Tour de France?

Twenty to twenty-three teams of eight riders usually compete.

The modern editions of the Tour de France consist of 21 stages over a 23-day period.

The race continues in extreme weather and dangerous conditions.

Unlike most sporting events with timeouts and commercials breaks, the tour has no such thing.

Participants ride for up to 7 hours straight, covering up to 100 miles a day.



“Le Domestique”

“The Servant”



What is a Domestique?

Domestique = French for servant. A cycling domestique is a rider that serves the team leader. Domestiques are generally unknown to the public, and they sacrifice everything for their leader. It takes 8-10 of these “servants” working together for a chance at success. They may end up dead last on a given day, because they have spent themselves for their leader. For those familiar with the physiology of exercise, a domestique must regularly exert himself above the anaerobic and lactate threshold, while his leader may often stay below it all day. If he punctures a tire, they will wait for his repair and then lead him back into race contention. They retrieve food and drink from supply cars, so he will not have to take risks or lose time.

What is a Domestique?

His purpose in this grueling race is to sacrifice himself in any way possible to help his main rider survive and win this incredible bicycle race against other teams trying to do the very same thing.

They break the wind for him, allowing him to spend 40% less effort riding in their slipstream; this is an incredible advantage for the leader, and at a significant cost for the domestique.

A perfectly functioning team has eight rotating domestiques drafting their leader behind them.

On very hard days, the domestiques spend themselves one by one to help the leader finish first.



What is a Domestique?

They surround him to keep him from crashing into other cyclists or being trapped in the back.

They will chase down breakaways to keep them from getting unhindered points on their leader.

If he crashes and loses his bike without time to retrieve a new one, they will give him their bike.

Every domestique takes his turn to serve the team, without which the leading rider would fail.

Some domestiques are better on flat terrain, others in mountains; and they serve accordingly.

What is a Domestique?

Physical Suffering

- Extreme Fatigue and Exhaustion: Riders average nearly seven hours of riding a day, a 300% increase from their typical routine.
- Injuries and Crashes: High speeds, narrow roads, and peloton maneuvering make crashes a constant threat. Injuries can range from road rash to fractures, with the clavicle being the most commonly fractured bone.
- Heat and Dehydration: Riding in temperatures that pose a threat of heat stroke and severe dehydration, impacting performance and health.



What is a Domestique?

Physical Suffering

- Immunity Levels Drop: Intense exertion depletes the immune system, making riders susceptible to illness and infections, sometimes forcing withdrawals from the race.
- "Bonking": This refers to hitting the wall due to insufficient fueling and dehydration, resulting in a sudden and severe energy deficit that can end a rider's day, or even their race. Maintaining adequate calorie intake while riding intensely is a challenge, and riders often experience gut distress, nausea, and loss of appetite.
- *Cyclists develop strategies to manage these challenges, including meticulous recovery protocols, tailored nutritional plans, and mental techniques. However, the Tour de France remains a supreme test of human endurance, pushing participants to their absolute limits and beyond.*

What is a Domestique?

In professional cycling, a domestique's most important role is to support their team leader by sacrificing their own ambitions to ensure the leader has the best possible chance of success. This involves a variety of tasks, including protecting the leader from the wind, pacing them, fetching bottles and supplies, and even sacrificing their own bike or wheel if needed. Domestiques are the unsung heroes of cycling, working tirelessly behind the scenes to help their team leader contend for victory.

What is a “Peloton”?



What is the Peloton?

In road racing the **peloton** (from French, originally meaning 'platoon') is the main group or pack of riders.

Riders in a group save energy by riding close to other the riders.

The reduction in drag is dramatic; riding in the middle of a well-developed group, drag can be reduced by as much as 95%.

Exploitation of this potential energy saving leads to complex cooperative and competitive interactions between riders and teams in race tactics.



Many Good Lessons Can Be Learned From The
Concept Of A Peloton

Remember...
“Society Has Value”

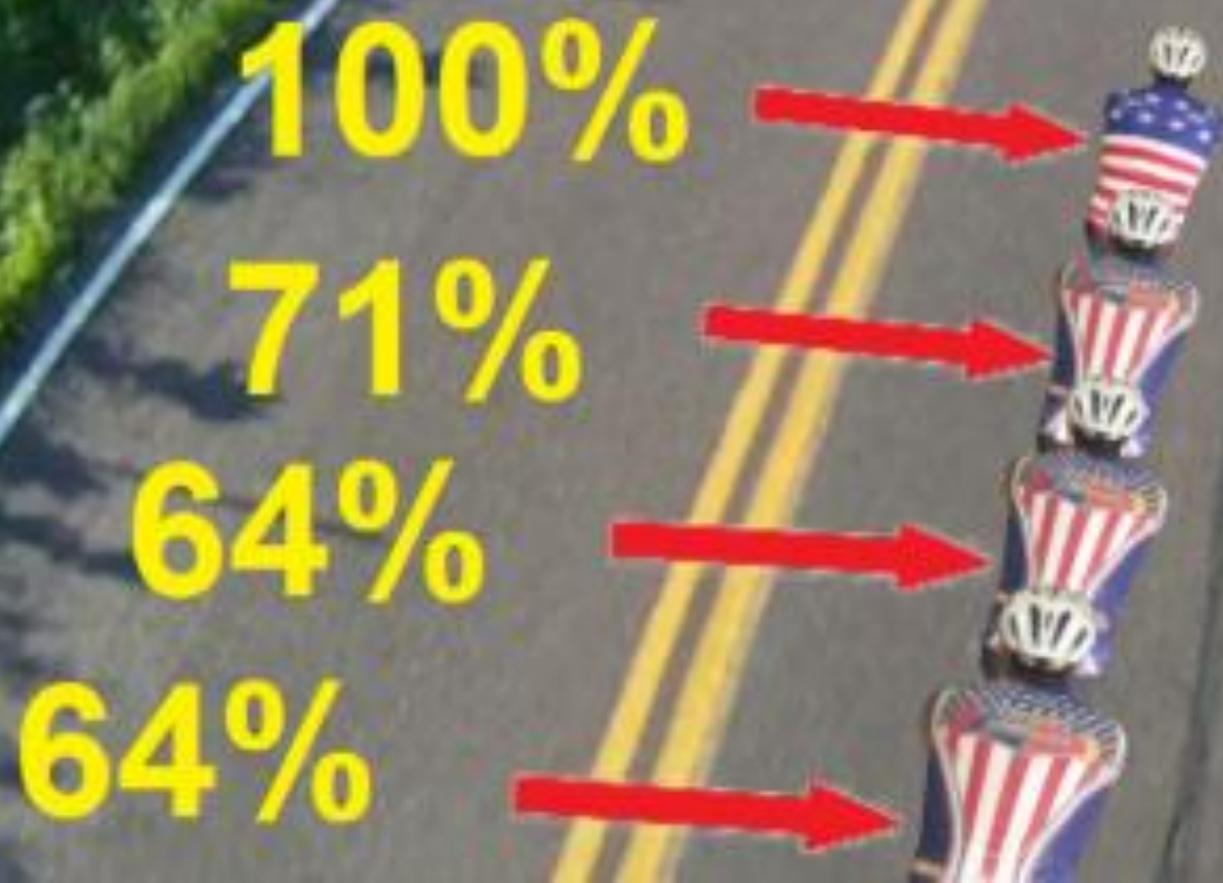


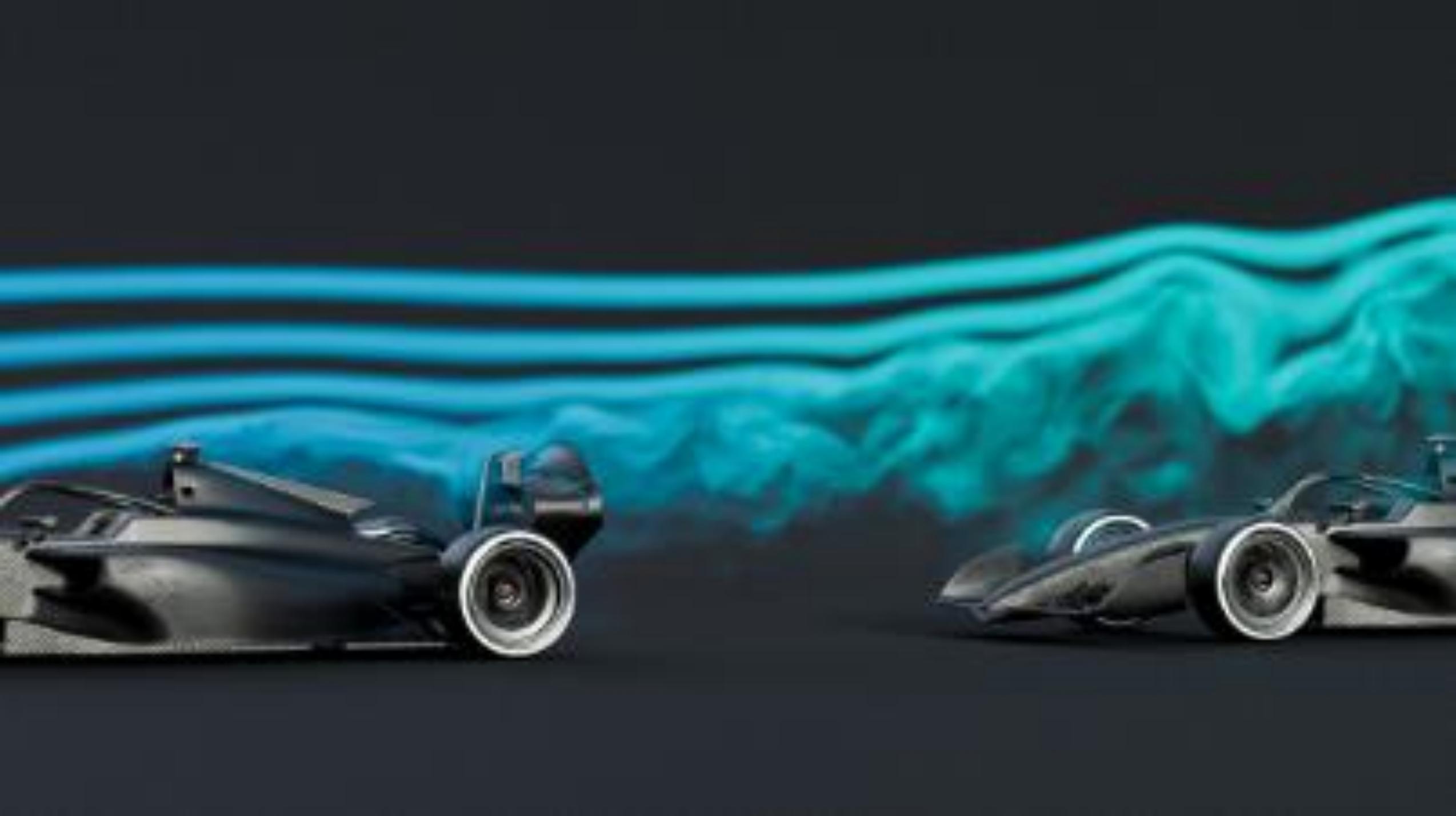


SlipStream and Drafting

Effort as a result of drafting

idealized drafting





Slipstream and Drafting

A slipstream, or drafting, is the area behind a rider where disturbed air does not provide the same resistance as undisturbed air.

There is a sweet spot where the following rider can be protected from wind drag or elements.

Using this tactic a group of riders can be more efficient at...

- Energy Conservation – A rider can reduce output by 40%!
- Tactical Advantage – A full team of fully committed teammates has advantages.
- Positioning for the Sprint – With more energy the leader is prepared.
- Chasing Breakaways – Every year someone thinks they have a better way.
- Recovery from Issue – Accident, blown tire, weather, etc.





The Yellow Jersey

The Yellow Jersey

Given to the rider with the lowest cumulative time.

22 Teams, but only one wins.

200 Cyclists, but only one wins.

All the effort of so many, but only one gets the jersey.

What if each of us was serving each other to help them get the yellow jersey?



Back to Domestique

What is a Domestique?

They cut the wind allowing the leader to spend 40% less effort riding in their slipstream.

On very hard days, the domestiques spend themselves one by one to help the leader finish first.

They may end up dead last on a given day, because they have spent themselves for their leader.

A domestique must regularly exert himself above the anaerobic and lactate threshold.

If he punctures a tire, they will wait for his repair and then lead him back into race contention.

They retrieve food and drink from supply cars, so he will not have to take risks or lose time.

They surround him to keep him from crashing into other cyclists or being trapped in the back.

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A Christian Domestique



I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.

Acts 20:35

Biblical Defense

***Let nothing be done* through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others.**

Philippians 2:3-4

Greater love hath no man than this, that a man lay down his life for his friends.

John 15:13

We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please *his* neighbour for *his* good to edification. For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me.

Romans 15:1-3

Biblical Defense

And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment.

I John 3:23

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.

Galatians 6:1-2

Be kindly affectioned one to another with brotherly love; in honour preferring one another;

Romans 12:10

A Christian Domestique





What is a Christian Domestique?

They are always considering others to increase their faith and works ([Heb 10:23-25](#); [13:3](#)).

They forget self and humbly gets down to make others more important ([Phil 2:3](#)).

Spiritual members are on the lookout for failures in the teammate to restore them ([Gal 6:1-2](#)).

They are not interested in pleasing themselves, but in serving others ([Rom 15:1-2](#)).

A true church under the full presence of the Holy Spirit thinks of one another ([Acts 2:44-46](#)).

What is a Christian Domestique?

They are totally committed and energetic about keeping true spiritual unity ([Eph 4:1-3](#)).

They are what is necessary for the church to properly grow as Jesus Christ intended ([Eph 4:16](#)).

True saints know they are domestiques, regardless of their offices or gifts ([Rom 12:3-13](#)).

Saints in a church have duties; they cannot rely on the pastor to do everything ([I Thess 5:14](#)).

The role of a domestique is seen in giving a cup of cold water to a little one ([Matt 10:40-42](#)).

What is a Christian Domestique?

Unity and individual help are provided by relating to others' blessings and sorrows ([Rom 12:15](#)).

Phebe was a great domestique, whom the apostle Paul honored ([Rom 16:1-2](#)).

The race is getting close in these perilous times of the last days, so let us serve well ([I Pet 4:7-11](#)).

The true measure of eternal life and your election is to love others ([I John 3:14-19](#)).

They recognize the duty and importance of persevering prayer for others ([Eph 6:18](#)).

Application

They see a need and look for ways to fulfill it.

They analyze and deduce situations.

They anticipate a need arising.

They are aware of others and what they could use.

They apply resources quickly and efficiently.

They are mentally engaged when around others.

They work to have available resources for others.

They adapt to and adopt the needs of others.

COMFORT
ZONE

WHERE THE
SUCCESS
HAPPENS

How do I become a Christian Domestique?

Humility

- One of the greatest traits of true NT Christians
- Remember Phillipians 2:5-8?
- Here to serve not to be served
- Condescend
- In honor preferring one another
- Lowliness of mind
- Charity envieth not
- Charity vaunteth not itself
- Seeketh not her own
- Is not puffed up
- Beareth, believeth, hopeth, endureth...all things!

How do I become a Christian Domestique?

Be Humble

- Avoid the preeminence – Remember Diotrefes
- Hate the traits of the “Perilous Times” – *For men shall be lovers of their own selves...proud, boasters...*
- Proverbs 21:2 *Every way of a man is right in his own eyes: but the LORD pondereth the hearts.*
- Colossians 3:13 *Forbearing one another, and forgiving one another...*
- Remember – You Are Not Special
- Remember – “I am third”

How do I become a Christian Domestique?

Brotherly Love

- “Diamond Love”
- We must not jump from “Gold” to “Diamond” while neglecting “Platinum”.
- We are learning how to be a servant, not address sin...when there is a fire...
- Our goal – Diamond Love...Assurance, Boldness and Confidence
- However, we have to adapt to the person and situation.
- Isaiah 28 explains different grains need different approaches.
- We often stop at “it worked for me so it will work for them”.
- Know your audience and situation
 - We warn the unruly, not the weak; comfort the feeble-minded, not the unruly.

How do I become a Christian Domestique?

- Constructive Criticism or Biblical Edification
 - *Constructive criticism is feedback that aims to help someone improve by offering specific, actionable suggestions in a positive and supportive manner. It focuses on identifying areas for improvement while acknowledging strengths, rather than solely pointing out faults. The goal is to provide guidance and support for growth and development.*
- Criticism without construction can be hateful.
- Construction without criticism can be useless.
 - What is your objective?
 - Both together can add value
 - Either alone can confuse biblical balance
 - Unsolicited Personal Opinions are rarely, if ever, appropriate...
they should be used at the risk of your reputation



How do I become a Christian Domestique?

Look for Opportunities

- Pay attention – Listen to announcements, Read updates, etc.
- Keep your eyes and ears open
- Anticipation and action
- Creative cognizance
- Think - What could someone use or need?

Use your resources

- Time
- Money
- Energy
- Words
- Scripture
- Experiences

How do I become a Christian Domestique?

Victorious Christian Living

- Winners Win
 - Winners Have A Goal
 - Winners Have A Vision
 - Winners See A Prize
 - Winners Are Single-Minded
 - Winners Are Intense
 - Winners Grind On
 - Winners Embrace Conflict
 - Winners Win By Love
 - Winners Improve
 - Winners Are About Now

How **NOT** to be a Christian Domestique

Victorious Christian Living

- How to lose it
 - Forget Jesus or Paul
 - Be a loner
 - Rest on your laurels
 - Choke on circumstances
 - Lose Focus or Emphasis
 - Distracting Ambitions
 - Aim at nothing

But Jesus called them unto him, and said, **Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority upon them.**

But it shall not be so among you: but whosoever will be great among you, let him be your minister;

**And whosoever will be chief among you, let him be your servant:
Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.**

Matthew 20:25-28

Rewards

Participating in spiritual growth and prosperity of other precious brethren ([III John 1:4](#)).

Building and edifying your church to be the best church possible for Christ ([Eph 4:13](#)).

Assuring your heart before God you are one of His elect ([II Peter 1:5-11](#); [I John 3:19](#)).

Public recognition Jesus Christ will give in the Day of Judgment ([Matt 25:31-46](#)).

God's blessing upon those who will assist His prophets and disciples ([Matt 10:40-42](#)).

Rewards

Seeking to be great in the kingdom of Heaven for the sake of your King ([Matt 20:25-27](#)).

Internal blessing of the Spirit for giving to others rather than receiving ([Acts 20:35](#)).

Following the example of the Lord Jesus Christ, Who came to serve others ([Matt 20:28](#)).

Freedom from the distracting influences of your own fears and problems ([Phil 2:4](#)).

Prove to the world you and your church are indeed disciples of Christ ([John 13:35](#)).

Conclusion

Pagans are very temperate for corruptible crowns, which we should outdo for an incorruptible ([1 Cor 9:24-25](#)).

Pagans are willing to sacrifice themselves and serve another who gets the glory, which we should also beat.

We cannot allow pagans on bicycles to sacrifice their bodies and glory better than saints!

Let us strive for exceptional walking with God, exceptional families, and an exceptional church by serving.

Young, old, uncomely, weak, unruly, and feebleminded members are children of the King. They are worthy!

Conclusion

You have done very little by attending an assembly. What have you done to provoke the others spiritually?

When you enter the parking lot, you should be thinking about who you can help and by what godly means.

Every day of your life you should be considering the situations of other members and do something for them.

We can realize God's best for our lives individually and collectively as a church by diligent, loving service.

Do you have a servant's heart? If not, confess your wickedness and ask for one. If yes, ask God to enlarge it!

Conclusion

The greatest in the kingdom of God, and those who appreciate their salvation will be servants ([Matt 20:20-28](#)).

You must get out of your comfort zone and selfish habits to become a burden-bearing domestique for others.

Your comfort zone and habits have been built by selfish practices to avoid truly loving and caring for others.

Your church should be the closest family and friends you have, with the common goal of perfection in Christ.

How Important Is This?

The Lord Jesus Christ – The King of Glory is watching

When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory:

And before him shall be gathered all nations: and he shall separate them one from another, as a shepherd divideth his sheep from the goats:

And he shall set the sheep on his right hand, but the goats on the left.

Matthew 25:31:33

Will you be a *Domestique* for the
Kingdom of God?

Conclusion

Sermon Outline: [I Am Third.](#)

Sermon Outline: [The Purpose of the Church.](#)

Sermon Outline: [Brotherly Love.](#)

Sermon Outline: [Bowels of Compassion.](#)

Sermon Outline: [Am I My Brother's Keeper?](#)

Sermon Outline: [Blood is Thicker than Blood.](#)

Sermon Outline: [Why Wear Pretty Shoes?](#)

Sermon Outline: [The Life of the Church.](#)