

# SETTING THE BAR



By Jennifer Rodriguez

**DAY 1**

**JUST THE BAR -  
ISN'T JUST THE  
BAR**

***“Whoever can be trusted with very little can also be trusted with much...”***

***- Luke 16:10 NIV***

**There are seasons in our life when God will see if we can be faithful in the little things. It's a process of creating good trust, consistency, discipline, and an overall foundation for what He is about to bless you with. Can He trust you in the little thing before he can bless you with the bigger thing? In other words, will you be able to handle the greater weight of the blessing? God desires us to live in abundance but if we can't handle it, we'll turn a blessing into a curse.**

**The other day at the gym I decided to finally start using the barbell. Something I hadn't done since I was in high school track/field. According to the generation now, that was in the 1900's and early 2000's, so long ago. Haha! So I decided to pick up the barbell, these are not olympic style barbells, there are the beginner one's that give you the full weight without the plates. I have goals but I have to start with the small things in order to work into the plates portion. I opted not to use the machine either because I desire to really use my body strength at its full capacity in this area. So I started picking up each one and I came to the 40lb weighted barbell. It worked out perfect for me to**

**begin with but I know it's only the beginning as I pursue further progression.**

**I didn't jump into attempting a massive weight because no matter what, it would just be too heavy to lift in general. There would be no way that I would lift 100lbs right now. To be honest, my goal isn't the weight, it's the progression of the internal core foundations of my body. I found my beginner limit and this small assignment will later develop into something greater that I will be able to handle. Maybe God has given you a task that you might feel is small or maybe you feel it's not enough. Whatever you do, when God gives you something, it is already a great opportunity to handle with care. Know your limits and then have the faith that it will continue to flourish into all God has for you. It all starts with obedience and service. Can you be obedient and serve even in the small capacity God is asking of you?**

**YOU ALWAYS START SOMEWHERE AND  
IT'S NEVER AT THE TOP.**

# WHAT “SMALL” ASSIGNMENT OR SEASON IN MY LIFE IS GOD ASKING ME TO TREAT WITH CARE AND INTENTIONALITY?

## YOUR THOUGHTS:

[illegible]

**DAY 2**

**FUEL FIRST, THEN  
LIFT**

***“So whether you eat or drink or whatever you do, do it all for the glory of God”***

***- 1 Corinthians 10:31 NIV***

**As you raise the bar, even in the smallest area, you are choosing to rise up to the best version of yourself. Are you giving yourself enough spiritual, physical, and mental nourishment to complete each task and level? It's important we take care of each of these areas so we don't burn out quickly. We need to be able to take one step at a time, one moment at a time.**

**God will guide us and give us the strategy, preparing us for what is ahead. We need to be able to listen to His guidance when He says go and when He says slow down. It's okay to slow down when you need to. It's okay to go at a pace that is comfortable for you. The main goal is to continue to progress, not regress.**

**Fuel = Prayer**

**Fuel = Rest**

**Fuel = Worship**

**Fuel = Good Food**

**Don't underestimate the nourishment needed for even “light” lifts.**

**WHERE IN MY LIFE AM I RUNNING LOW,  
AND HOW CAN I LET GOD REFILL ME  
TODAY?**

## YOUR THOUGHTS:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**DAY 3**

**YOU'RE SETTING  
THE STANDARD**

***“In everything set them an example by doing what is good.”***

***- Titus 2:7 NIV***

**You are not only setting the standard for yourself, you're setting the standard for those around you. There are others impacted by who you are and who you are becoming. This doesn't mean you need to rely on the opinions of others. No, it just means you are carrying yourself with integrity and character fruit that demonstrates the standard you have allowed God to create within you. Some people will meet you there, others will fall away from it. The standard is the faith and strength you are carrying within.**

**You are setting the bar and you are walking boldly in your process. You don't always have to strive, you can walk in the security of quiet obedience. The bar is the tool, the lift relies on you to take action. Set the bar so that you are able to continue to take action on time and at the right time with no doubts or injuries. This isn't about performance, it's about your posture.**

**WHERE IS GOD CALLING ME TO RAISE  
THE STANDARD - NOT BY STRIVING, BUT  
BY BEING FAITHFUL IN THE QUIET?**

[illegible]

# PRAYER

**LORD, THANK YOU FOR ENTRUSTING ME  
WITH EVEN THE SMALL THINGS. TEACH  
ME TO LIFT THEM WITH REVERENCE. I  
DON'T WANT TO SKIP NOURISHMENT  
OR RUSH THE PROCESS. I WANT TO  
GROW STEADY AND STRONG. HELP ME  
SET THE BAR IN LOVE, OBEDIENCE, AND  
FAITHFULNESS. AMEN!**

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## ABOUT THE AUTHOR

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Jennifer Rodriguez was born and raised in Southern California. God and family are vitally important to her. She loves singing and spending time with her buddy and only child, Gwyneth. Jen obtained her Bachelor's Degree from University of Phoenix in Information Technology - Visual Communication and studied shortly at San Diego State University. While at San Diego State University she was invited into the Scholars Without Borders Honor Society.

Jen believes in life long learning, and continues to pursue educational goals. She enjoys writing and encouraging others through her website and social media. A few of her hobbies include: Reading, music, gym and of course coffee.

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