



Today's Lesson
Above The Bar

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Above The Bar



When Jesus told the people that *the things I have done you will do also* (John 14:12), he was asking them to look above the bar of limitation they had placed on themselves. Change the way you think about yourselves, how you look at life, and you will change your life.

Above The Bar



The late Dr. Norman Vincent Peale once told a story of a young college student that was going to school on an athletic scholarship. His specialty was pole vaulting.

Above The Bar



One day he had to show his coach that he was able to hold his position on the team in order to keep his scholarship. The young man was under a lot of pressure.

Above The Bar

The young man stood there, looked at the bar, and then he looked at this pole. He knew that he did not have what it would take to make it over the bar this time.

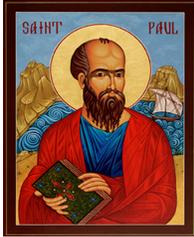
His coach, seeing hesitation in the young man's eyes, and knowing without a doubt that he was one of the best pole vaulters the school ever had, came over and said, "I want you to throw your heart over the bar. In your imagination, I don't want you to see anything below the bar. In your imagination and eyesight only see the things above the bar."

Above The Bar

Mike Tully of UCLA went on to win his scholarship and the Men's US Outdoor Championship in 1977.

Who of us have had doubts about our ability to succeed in certain endeavors? When the pressure is on does the monkey mind within us and say, "Maybe you don't have what it takes anymore? Look at the bar you set for yourself, you will never clear it."

Above The Bar

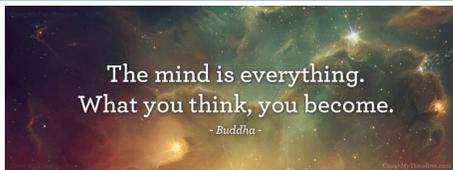


There were times that Paul's letters were spot on when it came to understanding that the kingdom was within us. In his letter to the Corinthians he stated, "Do you not know that you are a temple of God and that the Spirit of God dwells in you?" (1 Corinthians 3:16)

Above The Bar

What if we visualized everything above the bar and nothing below it?
 What if we truly understood that our abilities, skills, aptitudes are the very power within us that can lift us above and over any obstacle in life?
 What if we realized that we are more than our soul; that we truly have the spirit of God with us, and God has given us the strength and courage to go anywhere we want to go in life?

Above The Bar



If the Law of Mind Action teaches us anything, it is this: Our environment is of our own making, a true picture of our state of consciousness. Whatever abides in our consciousness must manifest itself eventually in our lives and affairs.

Above The Bar

The important thing that we must realize is that we must lift our consciousness above the bar of what we see as the material world -- above personality and human limitations.
 As our thoughts become focused on the higher spiritual meanings behind all things, our consciousness is elevated; and as our consciousness is elevated, we play an important part in raising the consciousness of the entire human race.
"I came that they may have life and have it abundantly."

Above The Bar

Here are several steps we can take to help see above the bar of any obstacle or limitation to being successful in manifesting the best God has for us.
Step 1: Don't put obstacles that are not there in your way.
 A young boy seeing his grandma get upset said, "Don't set yourself up, Grandma!"
 Many people set themselves to fail by projecting negative thoughts into their mental picture of success.

Above The Bar

Case in point:
 In my other life as the owner of a successful Florida pest control business I was asked to teach a class in business administration at Broward Community College for students who were getting their associates degree in pest control technology.
 This was a real test for me. The test was to find out where my focus was for my success. Because, in effect, I was training my future competition! This could have been an obstacle for me.

Above The Bar

If doubt comes into your mind to create obstacles and limitations that are not there, picture yourself succeeding with God by affirming daily: If God is for me, nothing can come against me!

Step 2: Whenever a negative thought comes into your mind concerning your own personal power, deliberately voice a positive thought to cancel it out.

There are times we get off track and wonder if we are doing the right thing.

Above The Bar

We will have days that we feel we can do anything, and then there are those days we just don't want to get out of bed. So affirm daily that God is with me and to the extent I allow God to be active through me, my success is assured.

Step 3: Don't allow yourself to be awestruck by other people.

This is one of the many traps people fall into because they are always measuring themselves against others.

Above The Bar

God does not want you to become another person. God wants you to become the best that you can possibly be!

Remember this: The Spirit of God that was inside all the greatest people who ever lived is also inside of you waiting, urging you to become you.

Step 4: Find someone you trust to talk to.

Every successful person had someone they trusted to bounce ideas off. To share insights with. Or just to vent.

Above The Bar

Step 5: Repeat the following seven times a day - This comes from Philippians 4:13: "I can do all things through Christ who strengthens me."

Keeping in mind that we are God's beloved children and that we carry the Creator's spiritual DNA within us will help us achieve the success that is ours.

Step 6: Make a list of your abilities and strengths.

Everyone has something they are good at, something only they can do.

Above The Bar

Write it down and let yourself dwell on it and see how it can be used to help you succeed at what you want.

We tend to be our own worst critics. This is one area we really need to overcome and the only way to do that is to keep ourselves focused on God as the source of all our good. Here are four cornerstones for creating a great foundation of faith so you can always look above the bar and stay focused on God:

Above The Bar

Ps 23:1-3 The LORD is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul. He leads me in paths of righteousness for his name's sake.

God will lead you in the right career moves and in the right personal moves in your life. There will be less mistakes and second guessing when you slow down and let the divine in you show you the way.

Above The Bar

Ps 23:4 *Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff, they comfort me.*

Even if you seem to be walking through some very dark and frightening times in your life, turn your attention inward and upward and affirm your oneness with God and you will overcome the fear as you feel the presence of God's love giving you comforting messages.

Above The Bar

Ps 23:5 Thou preparest a table before me in the presence of my enemies;

No matter who or what we face, even people who do not like us, we have a feast available to us... the feast set before us is all the positive ideas and thoughts that will feed and nourish our souls.

Above The Bar

Ps 23:6 thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the LORD for ever.

Oil was a very precious commodity in Jesus' day and represented prosperity; and so it is with you. God has blessed you, anointed you and your cup overflows with blessings. The question is: Are you willing to claim it and accept as your divine birth right to a positive fulfilling life?

Above The Bar

KD's action steps for looking above the bar:

1. Center yourself and stay focused.
2. Get out of your own way and repeat number 1.
3. Be your own advocate. Only you know what is right for you. Repeat number 1.
4. Do the action that needs to be done to make things happen. Repeat number 1.
5. Keep going no matter what. Repeat number 1.