

Get Out of Your Own Way

## Lesson 1: Creating an Environment for CLARITY

With Dr. Sandra Steen

STUDY GUIDE

[www.getout777.com](http://www.getout777.com)

### I. What Will Be Covered Today

- A. Key F.O.C.U.S. Principles
- B. Creating the Physical Environment for Clarity
- C. Creating the Whitespace for Clarity
- D. Creating the Time for Clarity
- E. Creating Clarity Relationships

### II. Key F.O.C.U.S. Principles

- A. **Create an environment for clarity:** Go where you know you can hear from God and have a space where you can get stuff done where there are no distractions. Find a solitary place that feeds your soul. Jesus did. (Mark 1:35, NIV)
- B. **Create the ultimate whitespace:** Practice focus the first hour of the day. The more time you spend focusing, the better at it you will get. Don't ever give up.
- C. **Clear your head:** Got concerns? Write them down. Make a prayerful plan for how to conquer them. Then get to work.
- D. **Silence the noise:** Turn phone notifications off. No interruptions allowed.
- E. **Do a periodic social media fast:** Declare times when you are fasting from any social media. It can be hours, days, weeks, or months.
- F. **Get sleep:** More sleep means better performance, across the board.

### III. Create the Physical Environment for Clarity

- A. Organize your Personal CLARITY Corner. (Keep it simple.)

*"But all things must be done properly and in an orderly manner."* (1 Corinthians 14:40)

- B. Prayer boards create environments of clarity
- C. Create the ultimate whitespace

*“Abide in Me, and I in you. As the branch cannot bear fruit of itself except it abide in the vine, no more can ye except ye abide in Me. I am the vine, ye are the branches. He that abideth in Me and I in him, the same bringeth forth much fruit: For without Me, ye can do nothing.” (John 15:4-5, KJV)*

1. **Gain intimacy with Christ:** There is no better TEACHER.
2. Every heroic Christian life practices intimacy with Christ.
3. Give time to Someone who gives the investment back to you in GREAT reward.

#### IV. Creating the Whitespace for Clarity

- A. **Theme verse:** *“For no one can lay any foundation other than the one already laid, which is Jesus Christ.”* I Corinthians 3:11, KJV)
- B. **Create the ultimate whitespace:** Non-negotiable TIME with God
  1. Schedule time with You and GOD the first hour of each day
  2. Always keep the appointment (non-negotiable)
  3. Put no pressure on yourself as to what it should look like
  4. Don't be legalistic, but make your commitment non-negotiable
  5. If possible, make a journal entry on that date.
- C. Options during your ultimate whitespace
  1. Be present in the moment (no multi-tasking)
  2. Commit to reading at least one chapter of the Bible
  3. Listen to your favorite worship music
  4. Journal your BLESSINGS from the previous 24 hours
  5. Put no pressure on yourself as to what this time should look like
  6. If possible, make a journal entry for each date
  7. Keep your favorite spiritual uplifting books available
- D. Remember, **it's OK if nothing spectacular happens.** It's about building a process of intimacy, not just an outcome. It's about the abundant life that produces love, joy, and peace.

#### V. Creating the Time for Clarity

**A. Develop an early morning quiet time**

1. Imagine your perfect morning. How would it go?
2. What time would you need to wake up?
3. Where would you meet with God? Where is your Clarity corner?
4. What would you need with you? Your Bible? A drink? Pens, pencils, maybe a journal?
5. What time would you need to go to bed the night before to get enough sleep? The discipline of rising early begins the night before.

**B. Great leaders who rose early to meet with God:**

1. Jesus
2. Abraham
3. Moses
4. Joshua
5. Gideon
6. Samuel
7. Job
8. Mother Teresa
9. Martin Luther
10. George Muller
11. Hudson Taylor
12. Et cetera (the list goes on)

**C. Suggested Bible-reading habits:**

1. Choose to read the Bible at the same place every day. Establish your clarity corner.
2. Choose your favorite time to read the Bible.
3. Become an expert on one topic from the Bible.
4. Choose your "How to" from the Bible.
5. Bring the Bible alive in conversation.
6. Go to bed with one scripture on your mind.
7. Rise each morning with a scripture on your heart.

**D. Take the Early Rise Challenge** to read two chapters of the Bible a day!

## VI. Creating Clarity Relationships

### A. Principles for clarity relationships

1. The Holy Spirit will give you discernment regarding relationships (II Timothy 3:5)
2. The Holy Spirit will give you the courage to withdraw from foolishness (Proverbs 14:7)
3. The Holy Spirit will give you patience with people. (II Timothy 2:24)
4. *“Do not be misled: Bad company CORRUPTS good character.”* (I Corinthians 15:33)

### B. Eight characteristics of safe people:

1. **Safe people can admit their weaknesses.**
  - a. Being open and vulnerable is essential to a relationship
  - b. Sometimes people will try to hide their weaknesses by focusing on your weaknesses instead
  - c. Putting you down is an easy way to build themselves up. If you are the one with the problems, then they can feel superior.
2. **Safe people are spiritual instead of religious:** If someone is clinging to a religious principle as a way of avoiding their own issues, they will never learn what they need to learn about themselves.
3. **Safe people don't get defensive.**
  - a. A self-assured person is always open to feedback, expressions of concern and even criticism, especially by people who love him.
  - b. If you confront someone with your concerns and he gets upset or angry, he is not able to hear you and not willing to take responsibility for his actions.
4. **Safe people are humble instead of self-righteous.** Unsafe people are self-righteous instead of humble. These people see themselves as above everyone else and refuse to see their own negative qualities, often by projecting their own flaws and insecurities onto others.
5. **Safe people apologize and change their behavior.**
  - a. A common pattern in unsafe relationships is expressions of regret and apologies and promises to change.
  - b. But apologies and promises need to be followed by real behavior modifications. Safe people will do so not because they feel they have to,

but because they truly want to help themselves and the person they love.

6. **Safe people tell the truth.** They admit their deceitful side and work at being honest.
7. **Safe people continually grow.**
  - a. We all have aspects of ourselves that *need improvement* or behaviors that *inhibit our personal well-being*.
  - b. Safe people try to *learn* and *grow* over time.
  - c. Blaming others, responding defensively, and failing to change *inhibits personal growth* and keeps a person at the *same emotional level* throughout life, without changing themselves either for their own benefit or anyone else's.