

previously

Habits

Building **Good**,
Breaking **Bad**



James 1



What's a Habit?

- ▶ More or less fixed way of thinking, willing or feeling acquired through previous repetition of a mental experience.

B. R. Andrews,
The American Journal of Psychology (1903)

- ▶ Acting “without thinking”

Psychologist Jeremy Dean
Making Habits, Breaking Habits

DEFINITION

Advantages of Habits

- ▶ Do without thinking
- ▶ Keep organized
- ▶ Stay alive



WHY?

Developing Good Habits



Doing What You Should

So whoever knows the right thing to do and fails to do it, for him it is sin.

Sin of Personal Omission

- Knows the right thing to do
- Fails to do the right thing

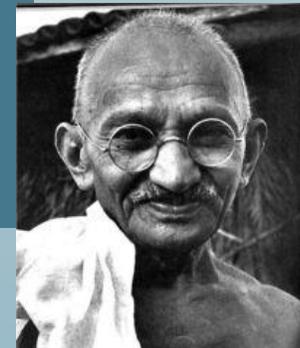
Is getting a low test score a sin?
Is not doing your homework a sin?

JAMES 4.17 ESV

Long Term Habits

Your **beliefs** become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your **habits** become your values,
Your values become your **destiny**.

Mahatma Gandhi



**“We are what
we repeatedly
do. Excellence,
then, is not an
act, but a habit.”**

— ARISTOTLE

Habits

Identifying Bad Habits

1 John 3



Who's Your Role Model?

- ▶ Celebrity
- ▶ Classmate
- ▶ Friend(s)
- ▶ Sibling
- ▶ Relative
- ▶ Parent(s)

ICE BREAKER

**DON'T BASE
YOUR DECISIONS ON
THE ADVICE OF
THOSE WHO DON'T
HAVE TO DEAL WITH
THE RESULTS.**

Work of Holy Spirit

¹³ When the Spirit of truth comes, he will **guide you into all the truth**, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. ¹⁴ He will glorify me, for he will take what is mine and declare it to you. ¹⁵ All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

By whose authority does the Holy Spirit speak?

The Holy Spirit will convict the world concerning sin, righteousness and judgment (v8). What will He say about us?

JOHN 16.13-15 ESV

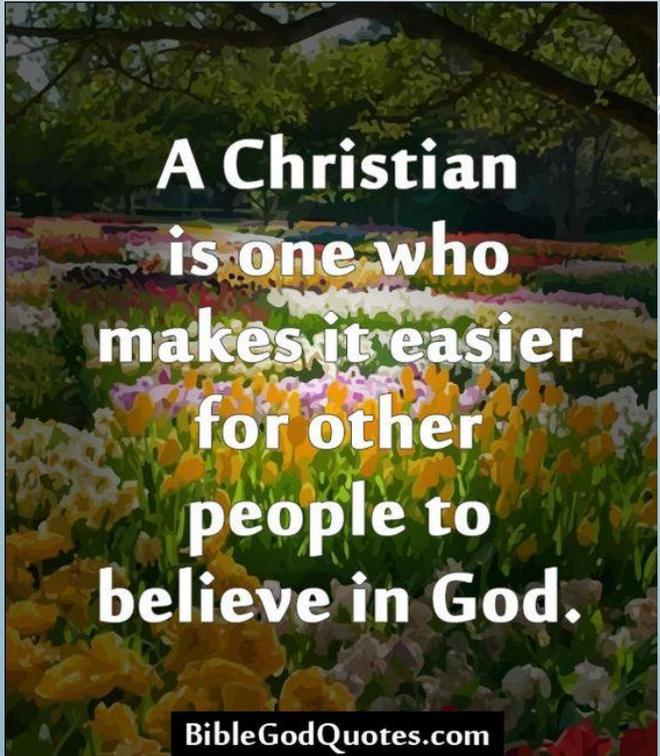
Check Our Heart

¹⁹ By this we shall know that we are of the truth and reassure our heart before him; ²⁰ for whenever our heart condemns us, God is greater than our heart, and he knows everything. ²¹ Beloved, if our heart does not condemn us, we have confidence before God;

1 JOHN 3.19-21 ESV

Does God really know everything—even in our heart?

What habits does our heart prompt us to change?



**A Christian
is one who
makes it easier
for other
people to
believe in God.**

BibleGodQuotes.com

10 Commandments

³ “You shall have **no other gods** before me.

⁴ “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

What “god” could we have before the Lord?

EXODUS 20.3-17 ESV

10 Commandments

⁷ “You shall not take the **name of the LORD** your God in vain, for the LORD will not hold him guiltless who takes his name in vain.

⁸ “Remember the **Sabbath** day, to keep it holy.

⁹ Six days you shall labor, and do all your work,

¹⁰ but the seventh day is a Sabbath to the LORD your God.

Have we sworn (verbally or in our heart)?

How are we keeping the Sabbath holy?

10 Commandments

¹² “**Honor your father and your mother**, that your days may be long in the land that the LORD your God is giving you.

¹³ “You shall not murder.

¹⁴ “You shall not commit adultery.

¹⁵ “You shall not steal.

¹⁶ “You shall not bear false witness against your neighbor.

How have we honored our parents this week?

Are we fighting any battles in our mind (hate, lust)?

Are we taking credit for another person's work (plagiarism)?

Are we saying misleading information?

EXODUS 20.3-17 ESV

10 Commandments

¹⁷ “You shall not **covet** your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.”

Are we coveting our neighbor's things (iPhone), friends, wealth, appearance, etc.?

EXODUS 20.3-17 ESV

Why Should I Care?

REALITY CHECK

Impact of “study habits” on our future?
One example is college admissions to
the University of California.



UC System > Infocenter > Admissions by source school

Admissions by source school

- Frosh by Yr
- Frosh by HS
- Frosh GPA by Yr
- Frosh GPA by HS
- Trsfrs by Yr
- Trsfrs by Coll
- Trsfr GPA by Yr
- Trsfr GPA by Coll

Fall Freshmen Average GPA by Year and UC Campus

- (All)
- California Public High School
- California Private High School

Fall term

2015

Search for a school

Filter by CA county

(All)

Campus

Universitywide

Search by city

cupertino

School Name	City	County	App GPA	Adm GPA	Enrl GPA
CUPERTINO HIGH SCHOOL	Cupertino	Santa Clara	3.79	3.95	4.03
HOMESTEAD HIGH SCHOOL	Cupertino	Santa Clara	3.80	4.00	4.09
MONTA VISTA HIGH SCHOOL	Cupertino	Santa Clara	3.81	3.93	4.02

Cupertino GPA: 3.95

App GPA: Applied
Adm GPA: Admitted
Enrl GPA: Enrolled Students

Admissions by source school

Fall Freshmen Average GPA by Year and UC Campus

- (All)
- California Public High School
- California Private High School

Fall term
2015 ▾

Search for a school
leigh ×

Filter by CA county
(All) ▾

Campus
Universitywide ▾

Search by city

School Name	City	County	App GPA	Adm GPA	Enrl GPA
LEIGH HIGH SCHOOL	San Jose	Santa Clara	3.77	3.95	4.01

Leigh GPA: 3.95

App GPA: Applied
Adm GPA: Admitted
Enrl GPA: Enrolled Students

Frosh by Yr

Frosh by HS

Frosh GPA by Yr

Frosh GPA by HS

Trsfers by Yr

Trsfers by Coll

Trsfr GPA by Yr

Trsfr GPA by Coll

Fall Freshmen by Year and UC Campus

- (All)
- California Public High School
- California Private High School
- Non-CA Domestic High School
- Foreign Institution

Fall Term

2015

Search for a school

Campus

Universitywide

Search by city

cupertino

Filter by CA county

(All)

School Name	City	County/State/Territory		All	African American	American Indian	Hispanic/Latino	Asian	White	Domestic Unknown	International
CUPERTINO HIGH SCHOOL	Cupertino	Santa Clara	Applicants	284	5		9	218	24		10
			Admits	204			167	9		10	
			Enrollees	100			82	5		3	
HOMESTEAD HIGH SCHOOL	Cupertino	Santa Clara	Applicants	323	5		27	168	105	11	7
			Admits	227			8	130	71		7
			Enrollees	103			68	24		5	
MONTA VISTA HIGH SCHOOL	Cupertino	Santa Clara	Applicants	455			11	356	36	38	11
			Admits	358			5	285	24	31	11
			Enrollees	146			118	11	10	5	

71.8%

of Cupertino High students were admitted to one of the UC campuses.

Frosh by Yr Frosh by HS Frosh GPA by Yr Frosh GPA by HS Trsfrs by Yr Trsfrs by Coll Trsfr GPA by Yr Trsfr GPA by Coll

Fall Freshmen by Year and UC Campus

- (All)
- California Public High School
- California Private High School
- Non-CA Domestic High School
- Foreign Institution

Fall Term

2015

Search for a school

leigh

Campus

Universitywide

Search by city

Filter by CA county

(All)

School Name	City	County/State/Territory		All	African American	American Indian	Hispanic/Latino	Asian	White	Domestic Unknown	International
LEIGH HIGH SCHOOL	San Jose	Santa Clara	Applicants	106			12	32	52	5	
			Admits	63		3	22	31	4		
			Enrollees	35			14	19			

59.4%

of Leigh High students were admitted to one of the UC campuses.

[Frosh by Yr](#)[Frosh by HS](#)[Frosh GPA by Yr](#)[Frosh GPA by HS](#)[Trsfrs by Yr](#)[Trsfrs by Coll](#)[Trsfr GPA by Yr](#)[Trsfr GPA by Coll](#)

Fall Freshmen Average GPA by High School

See download instructions below

Search for school name

cupertino

School Name	City	County	Fall Term	Campus	App GPA	Adm GPA	Enrl GPA
CUPERTINO HIGH SCHOOL	Cupertino	Santa Clara	2015	Universitywide	3.79	3.95	4.03
				Berkeley	3.97	4.29	4.25
				Davis	3.85	4.22	4.16
				Irvine	3.79	4.21	4.02
				Los Angeles	3.93	4.28	4.23
				Merced	3.49	3.66	3.36
				Riverside	3.57	3.76	3.44
				San Diego	3.88	4.24	4.11
				Santa Barbara	3.81	4.12	4.03
				Santa Cruz	3.67	3.94	3.79
		2014	Universitywide	3.77	3.92	3.97	
			Berkeley	3.95	4.23	4.21	
			Davis	3.80	4.16	4.03	
			Irvine	3.78	4.17	3.98	
			Los Angeles	3.92	4.21	4.10	
			Merced	3.42	3.60		
			Riverside	3.56	3.75	3.49	
			San Diego	3.84	4.23	4.19	
			Santa Barbara	3.76	4.08	3.88	
			Santa Cruz	3.66	3.92	3.64	

1994	Universitywide	3.57	3.69	3.71
	Berkeley	3.74	4.13	
	Davis	3.61	3.84	3.65
	Irvine	3.58	3.78	
	Los Angeles	3.76	4.03	3.98
	Riverside	3.45	3.57	
	San Diego	3.67	3.94	
	Santa Barbara	3.44	3.62	3.44
	Santa Cruz	3.40	3.50	

In 20 years, GPA for admitted students increased from **3.69** to **3.92**

Fall Freshmen Average GPA by High School

See download instructions below

Search for school name

leigh

School Name	City	County	Fall Term	Campus	App GPA	Adm GPA	Enrl GPA
LEIGH HIGH SCHOOL	San Jose	Santa Clara	2015	Universitywide	3.77	3.95	4.01
				Berkeley	3.95	4.25	
				Davis	3.89	4.22	
				Irvine	3.82	4.24	
				Los Angeles	3.97	4.23	
				Merced	3.51	3.70	
				Riverside	3.61	3.73	
				San Diego	3.88	4.23	4.24
				Santa Barbara	3.79	4.10	4.01
				Santa Cruz	3.69	3.99	3.88
			2014	Universitywide	3.85	4.02	4.09
				Berkeley	4.06	4.27	4.27
				Davis	3.92	4.21	4.16
				Irvine	3.83	4.21	
				Los Angeles	4.03	4.28	4.32
				Merced	3.47	3.58	
				Riverside	3.62	3.91	
				San Diego	3.97	4.22	
				Santa Barbara	3.85	4.17	
				Santa Cruz	3.75	4.07	

For admitted students, GPA is very high.
UC Santa Cruz is **3.99**

Full Year Transfers Average GPA by College

See download instructions below

Search by college

de anza

School Name	County	City	Academic Yr	Campus	App GPA	Adm GPA	Enrl GPA
DE ANZA COLLEGE	Santa Clara	Cupertino	2015-16	Universitywide	3.37	3.53	3.55
				Berkeley	3.50	3.80	3.80
				Davis	3.37	3.57	3.42
				Irvine	3.37	3.62	3.42
				Los Angeles	3.48	3.81	3.79
				Merced	3.04	3.31	
				Riverside	3.17	3.34	3.00
				San Diego	3.44	3.70	3.61
				Santa Barbara	3.35	3.63	3.50
				Santa Cruz	3.23	3.45	3.17
			2014-15	Universitywide	3.40	3.53	3.56
				Berkeley	3.53	3.81	3.81
				Davis	3.40	3.57	3.39
				Irvine	3.38	3.62	3.40
				Los Angeles	3.53	3.80	3.78
				Merced	3.05	3.32	
				Riverside	3.15	3.28	2.86
				San Diego	3.47	3.76	3.70
				Santa Barbara	3.37	3.62	3.46
				Santa Cruz	3.26	3.45	3.33

Thinking of transferring from a community college?

Admitted GPA: 3.53

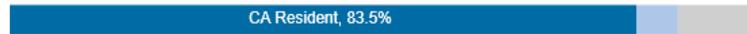
Fall Enrollment At A Glance

Academic Level: Undergraduate
 Degree Program: Undergraduate
 Choose demographic trend: Race/Ethnicity
 Gender
 CA Residency
 Fall Term: 2016
 Campus: (All)
 Broad Discipline: (All)
 Enrollment Status: (All)

Undergraduate Degree: All

210,170

California Residents



Gender



Underrepresented Minorities (URM)



First Generation (Undergraduates only)



Pell Grant Recipients (Undergraduates only)



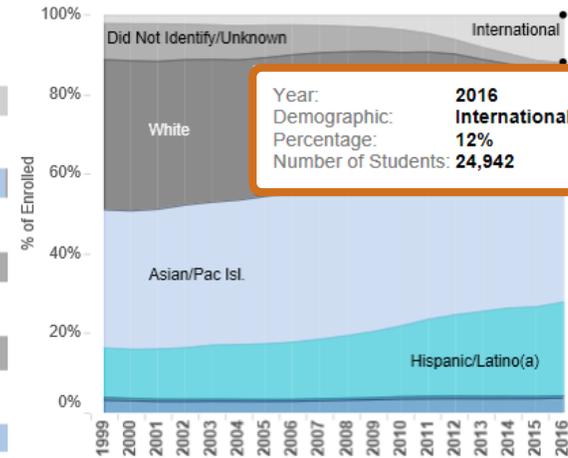
International Sending Countries

Undergraduate Degree: All



© OpenStreetMap contributors

Demographic Trends Undergraduate Degree: All



Int'l Sending Countries by Rank

Undergraduate Degree: All

China	14,855
South Korea	1,835
India	1,057
Taiwan	603
Indonesia	506
Canada	480
Japan	314
Malaysia	220
Vietnam	211
United Kingdom	204
Singapore	191
Saudi Arabia	120
Thailand	113
Brazil	99
Turkey	99
Australia	97

Why is it getting harder to get into a UC?

12% are foreign students

"Maturity comes
when you stop
making excuses and
start making
changes."

-PowerPlug!

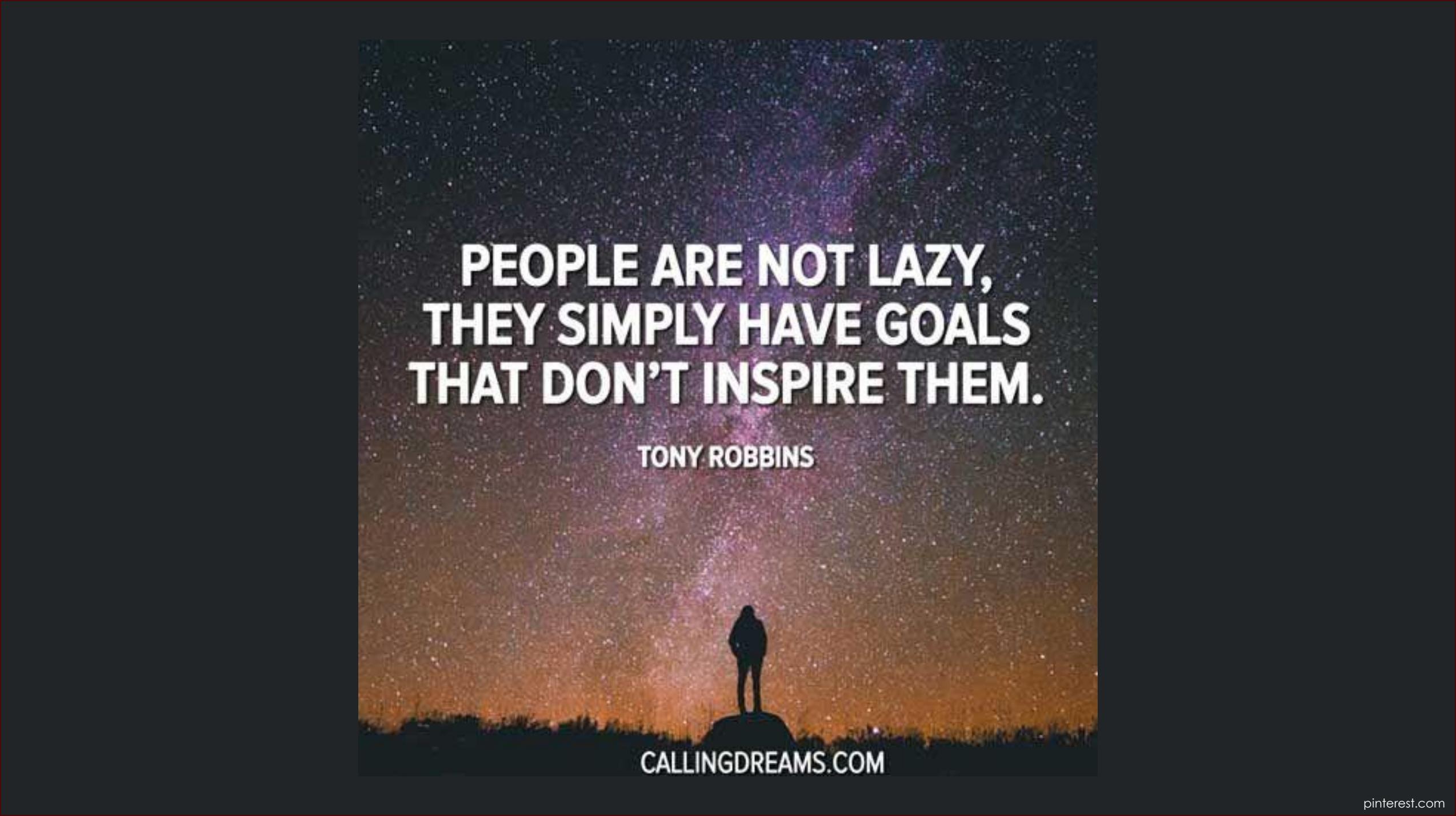
13 REASONS

YOU'RE NOT AS SUCCESSFUL AS YOU SHOULD BE

Which bad habits should you change?



TOP 4 REASONS

A person is silhouetted against a night sky filled with stars and the Milky Way galaxy. The person is standing on a rock, looking up at the stars. The sky transitions from a dark purple at the top to a bright orange and yellow near the horizon.

**PEOPLE ARE NOT LAZY,
THEY SIMPLY HAVE GOALS
THAT DON'T INSPIRE THEM.**

TONY ROBBINS

CALLINGDREAMS.COM

5

STOP THINKING

How much do you want to bet you have paralysis by analysis? You think way too much about what you could or should do. Doers get what they want, and everyone else gets what they get. Stop analyzing and start doing.

6

NO GOALS

You plan nothing. You believe that someday, somehow, everything you always wanted will just magically happen. So you "play it by ear" and wait. You need goals to shoot for. Otherwise, you're just treading water.

7

"THEY"

There's no "they". There's no secret group of people that controls your success or failure. You've made that up to make you feel better about yourself. The truth is you, and you alone, control your success in life/business/everything. It's easy to blame "them" though, isn't it? Weak.

NO GOALS

I NEVER
DREAMED
ABOUT
SUCCESS.
I WORKED
FOR IT.

- ESTEE LAUDER

8

NO "X" FACTOR

"them" though, isn't it? Weak.
You can't do it because you're not pretty enough. Or don't have a strong personality? You don't have the "X" factor? Wow, what an unbelievably lame excuse. The truth is even jerks, idiots and boring people can be just as successful as anyone else. Your problem is you don't believe it yet.

9

WASTE TIME

10

SOCIAL

You spend way too much time in social media land. You waste probably about 50% of your productive hours of the day doing this. The sad part is, you know it, but you can't stop. So you can't get anything done that matters.

WASTE TIME

**Maturity is achieved
when a person
postpones immediate
pleasures for long-
term values.**

QUOTEHD.COM

Joshua Loth Liebman

11

THINK SMALL

12

DON'T WANT IT

13

DON'T BELIEVE

You never believed that it's possible. Society taught you that only a few "exceptional" people get what they want. Everyone else should just settle. If you really want to believe that, go ahead. The rest of us will be at the front of the line because we believe.

DON'T BELIEVE/WANT IT

the
difference
between
who you
are and
who you
want to
be is what
you do.

Ready for Change?



Self-control is probably one of the hardest things to master. How often have we been defeated by a bad habit, a lousy attitude, or a wrong mindset? We make promises to improve. We ask someone to hold us accountable. But deep inside, we know that we don't have the will or the ability to change. We can talk, we can plan, we can read self-help books, but we still find it difficult to overcome and control many of the things that are inside us!

Ready for Change?



Thankfully, God knows our weakness, and **He also knows the remedy!** The Bible says, “The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control” (Gal. 5:22–23). The only way to gain self-control is by allowing the Holy Spirit to control us.

Ready for Change?



In other words, our key focus is not *effort* but **surrender**—to live moment by moment submissively trusting in the Lord rather than in self. Paul says this is what it means to “walk by the Spirit” (v. 16).

Ready for Change?



Are you ready for a change? You can change, for God is in you. As you surrender control to Him, He will help you bear the fruit of His likeness.

Ready for Change?



I am in need, Lord, of Your power so that I might change and grow. I surrender myself to You. Please help me to understand how to be submissive to You that I might be filled with Your Spirit.

God is not nearly as concerned with our ability as He is with our surrender.

Habits

- ▶ Pick 1 **bad** habit you'd like to break
- ▶ Pick 1 **good** habit you want to build

NEXT TIME – DISCIPLINE

