

previously

Habits

Identifying
Bad Habits

1 John 3



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?

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

[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

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

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

kings ×

Filter by CA county

(All) ▾

Campus

Universitywide ▾

Search by city

School Name	City	County	App GPA	Adm GPA	Enrl GPA
THE KINGS ACADEMY	Sunnyvale	Santa Clara	3.80	4.02	4.11

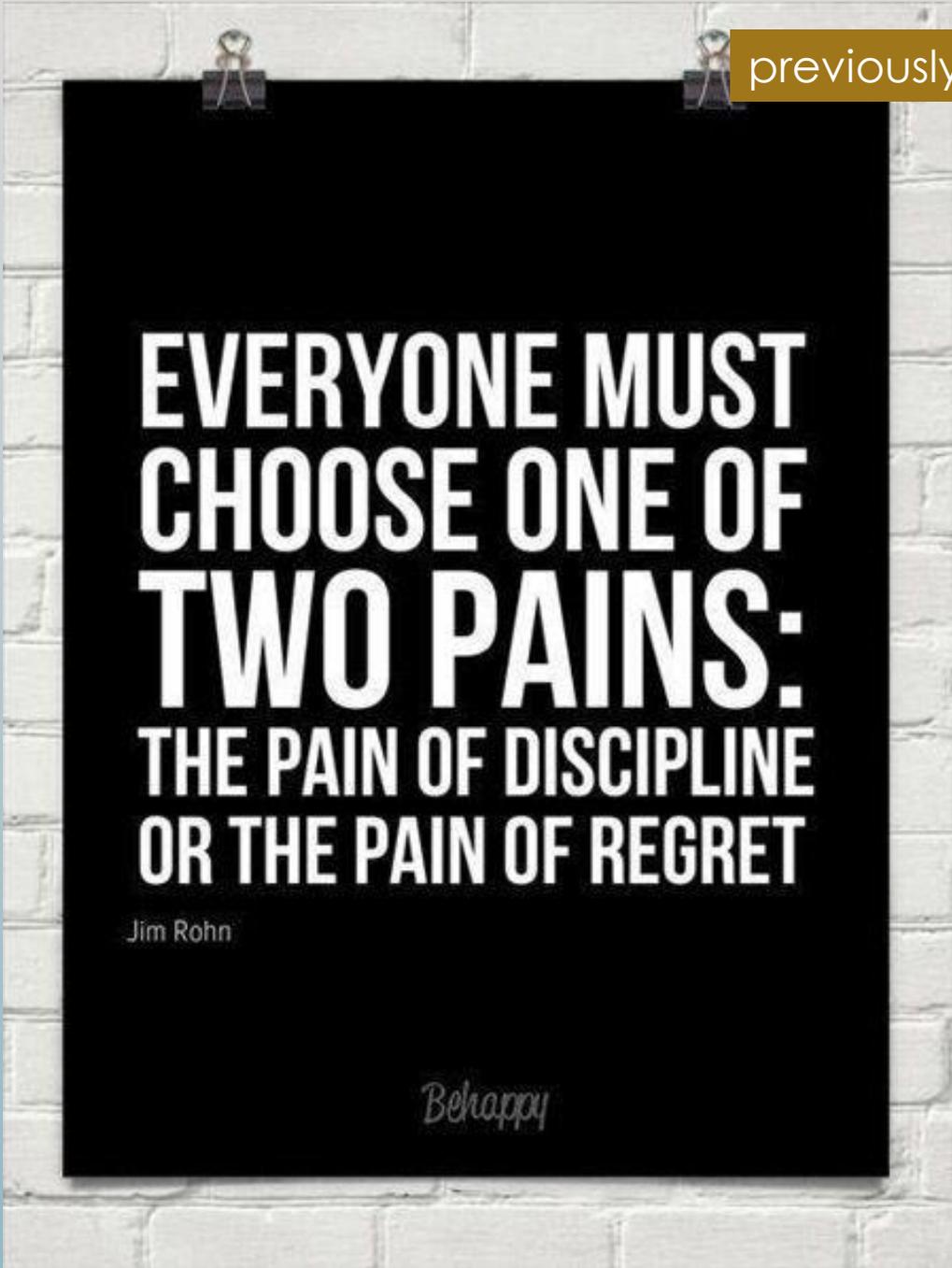
Kings GPA: 4.02

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

Habits

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

NEXT TIME – DISCIPLINE



EVERYONE MUST
CHOOSE ONE OF
TWO PAINS:
THE PAIN OF DISCIPLINE
OR THE PAIN OF REGRET

Jim Rohn

Behappy

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

Discipline

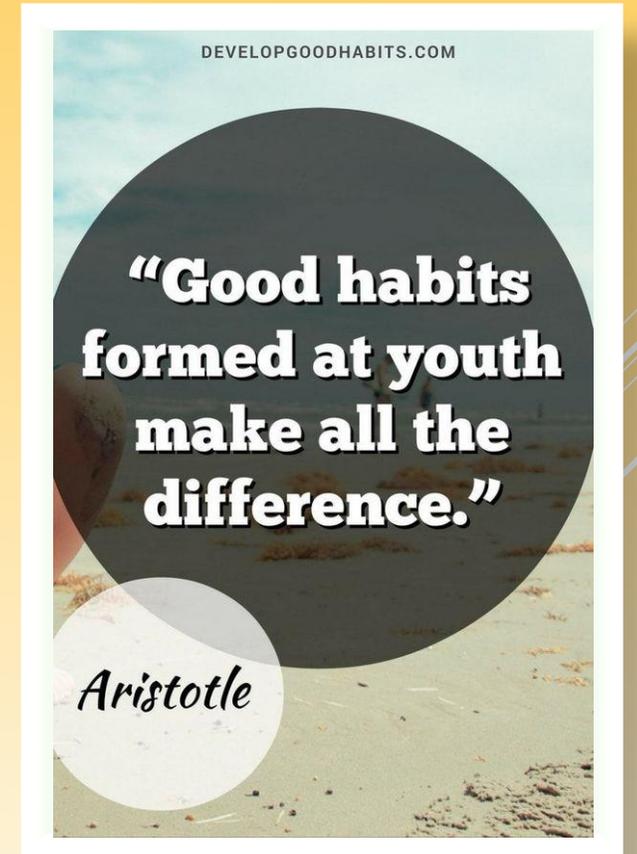
Bridge Between **Goals**
and **Accomplishment**



Hebrews 12



What **good habit** do you wish everyone would do?



ICE BREAKER

Personal Discipline

⁷ It is for discipline that you have to endure.

God is treating you as sons. For what son is there whom his father does not discipline? ⁸ If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. ⁹ Besides this, we have had earthly fathers who disciplined us and we respected them.

How does God discipline us?

How do our parents discipline us?

HEBREWS 12.7-11 ESV

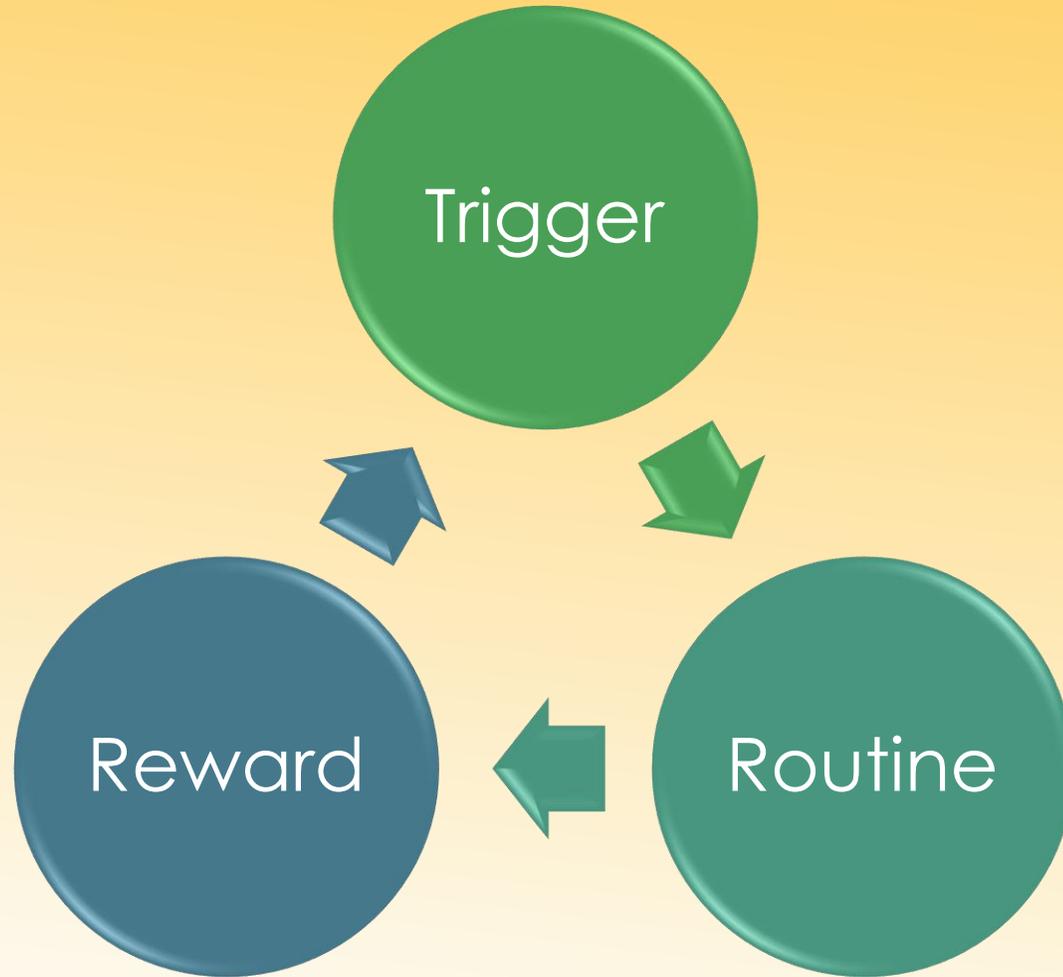
Rewards of Discipline

Shall we not much more be subject to the Father of spirits and live? ¹⁰ For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. ¹¹ For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

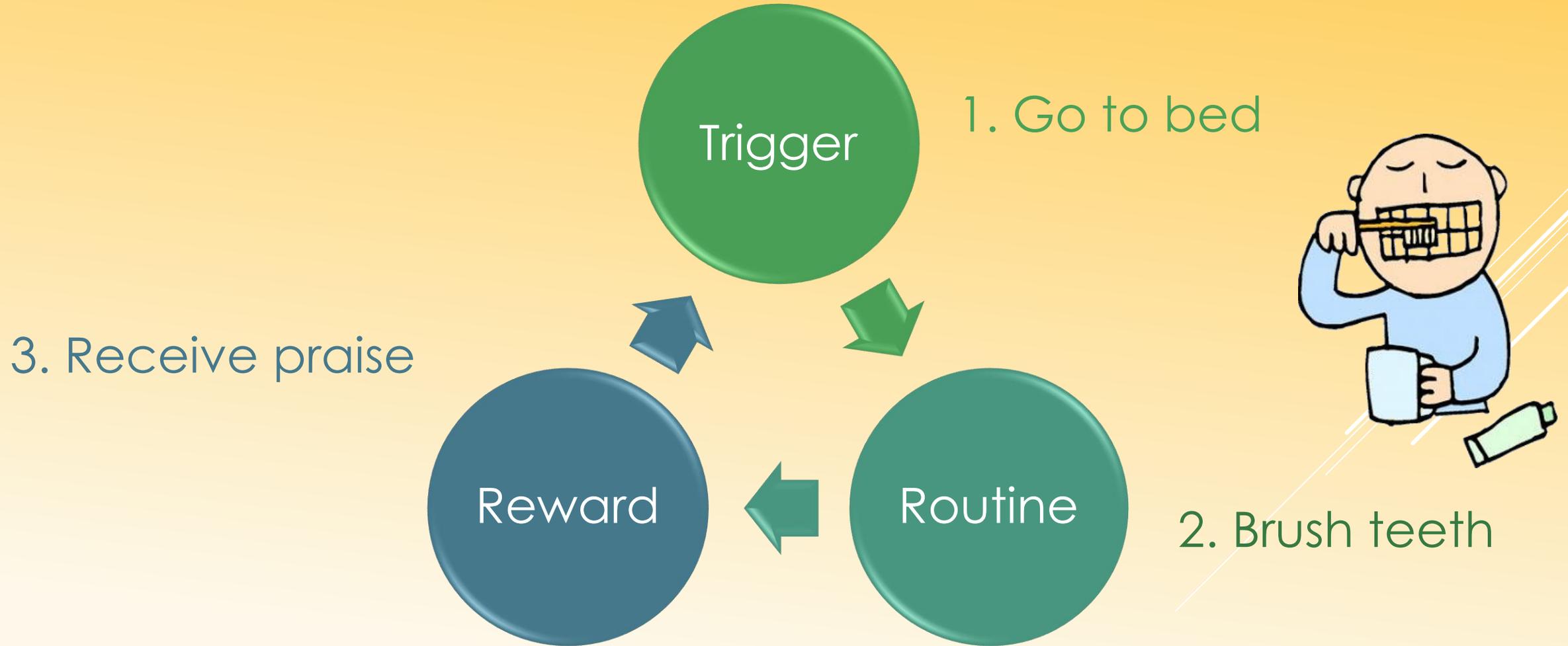
When do we see the results (rewards) of discipline?

HEBREWS 12.7-11 ESV

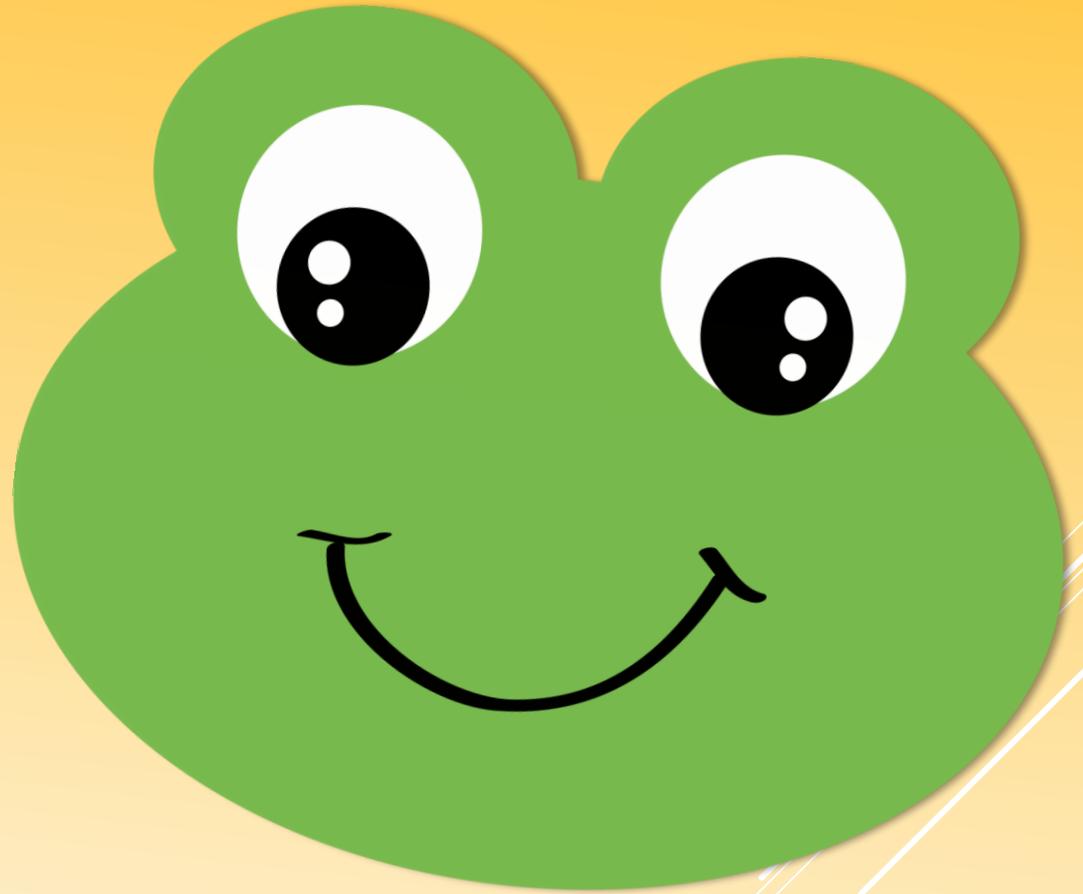
Developing Good Habits



Developing Good Habits



21 DAYS
TO A NEW HABIT



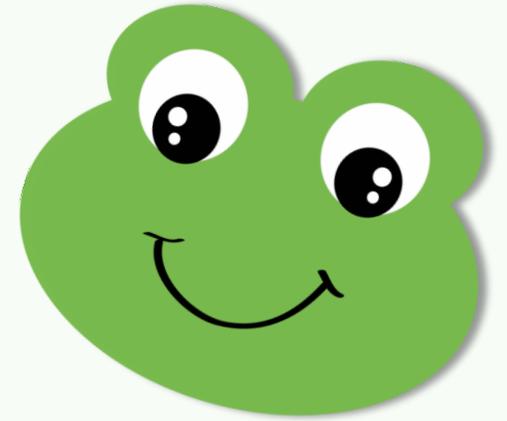
from Coach Micha :)

Use the

21
/ 90

Rule:

It takes 21 days to create a habit
It takes 90 days to create a lifestyle.



In just three weeks, I will begin:

- ▶ Start my homework as soon as I get home
- ▶ Be nice to my sibling(s)
- ▶ Listen to my parents without arguing
- ▶ Bring snacks for my Sunday school teacher
- ▶ ... others?



WHAT DO YOU WANT?

During this time, I will be accountable to:

- ▶ God
- ▶ My friend _____
- ▶ My parent _____
- ▶ ... other?

ACCOUNTABILITY



This is important to me because:

- ▶ I want to _____
- ▶ I don't want to _____
- ▶ My parents said _____
- ▶ God said _____
- ▶ ... other?



IMPORTANCE

WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED

I know I can do this because:



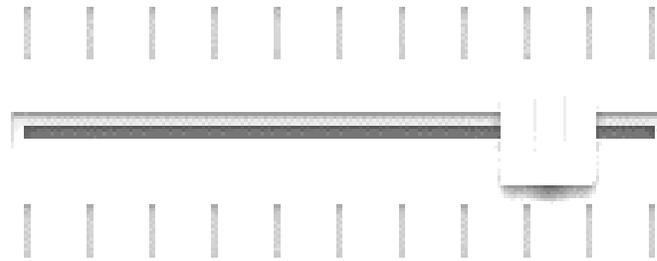
- ▶ I have help.
- ▶ I can do all things through him who strengthens me. (Phil 4:13)
- ▶ The Lord is the strength of his people. (Ps 28:8)
- ▶ Lord renews the strength of those who wait for Him (Isa 40:31)
- ▶ I have no choice.

STRENGTH

A person is running away from the camera on a paved road. The person is wearing a red long-sleeved shirt, black leggings, and running shoes. The background shows a road with a white line, trees, and a building in the distance. The text is overlaid on the person's torso.

DISCIPLINE
IS DOING
WHAT NEEDS
TO BE DONE,
EVEN IF
YOU DON'T
WANT TO
DO IT.

My motivation level is:



1

Whatever.
I don't really care.

5

I am fully committed!!
I will do whatever it
takes to succeed.

MOTIVATION

**IF YOU GIVE LESS
THAN 100%
DON'T EXPECT TO
BECOME MORE
THAN AVERAGE**

GYMAHOLIC

GA

When I feel like giving up, I will:

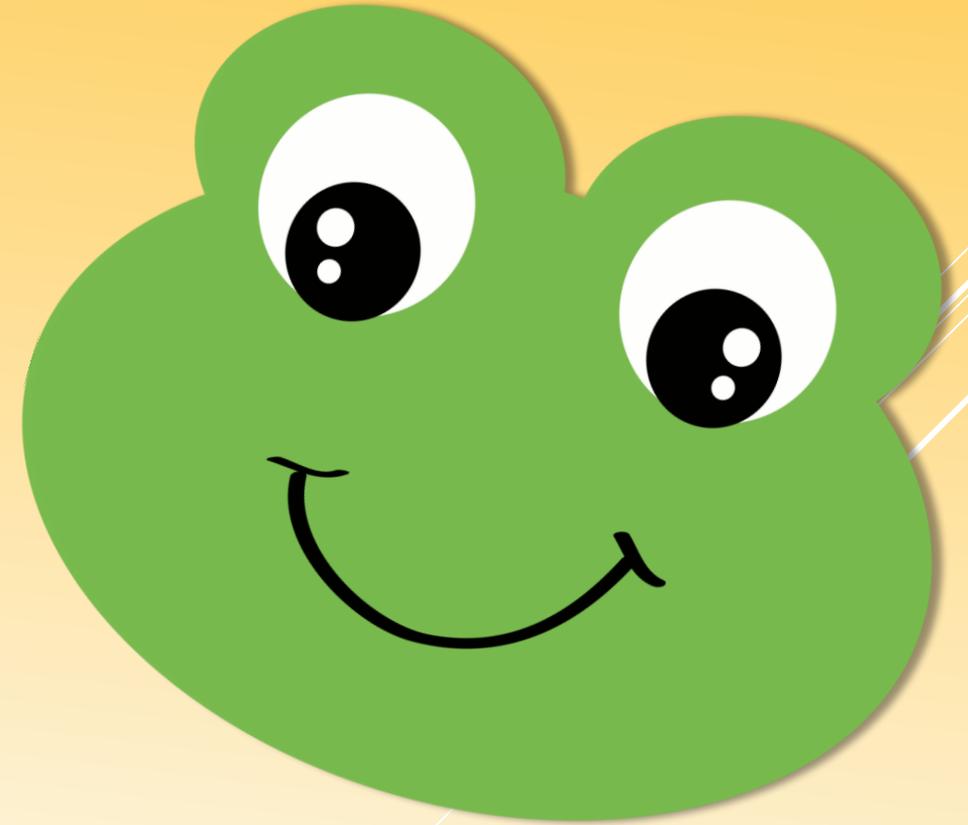
- ▶ Give up.
- ▶ Go for a walk or run.
- ▶ Listen to music.
- ▶ Talk to _____.
- ▶ Pray to God and ask for _____.



IN CASE OF EMERGENCY

Winners
are not people who
never fail,
but people who
never
quit

My reward



ACCOMPLISHMENT

WHAT'S YOUR NEW HABIT?

Use the from Coach Micha :)

21
/
90

Rule:
It takes 21 days to create a habit
It takes 90 days to create a lifestyle.

21 DAYS TO A NEW HABIT



In just three weeks, I will begin:

During this time, I will be accountable to:

THIS IS IMPORTANT TO ME BECAUSE:

I KNOW I CAN DO THIS BECAUSE:

- I have help.
- I can do all things through him who strengthens me. (Philippians 4:13)
- The Lord is the strength of his people; he is the saving refuge of his anointed. (Psalm 28:8)
- They who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. (Isaiah 40:31)
- I have no choice.

My motivation level is:

- 1. Whatever. I don't really care.
- 2. Yawn.
- 3. I might be ready. Try again when you're really motivated.
- 4. I have my doubts but I'm willing to try.
- 5. I am fully committed!! I will do whatever it takes to succeed.

WHEN I FEEL LIKE GIVING UP, I WILL:

Countdown to my success...

<input type="checkbox"/> Twenty-one	<input type="checkbox"/> Seventeen	<input type="checkbox"/> Thirteen	<input type="checkbox"/> Nine	<input type="checkbox"/> Five	<input type="checkbox"/> One
<input type="checkbox"/> Twenty	<input type="checkbox"/> Sixteen	<input type="checkbox"/> Twelve	<input type="checkbox"/> Eight	<input type="checkbox"/> Four	
<input type="checkbox"/> Nineteen	<input type="checkbox"/> Fifteen	<input type="checkbox"/> Eleven	<input type="checkbox"/> Seven	<input type="checkbox"/> Three	
<input type="checkbox"/> Eighteen	<input type="checkbox"/> Fourteen	<input type="checkbox"/> Ten	<input type="checkbox"/> Six	<input type="checkbox"/> Two	

MY REWARD: _____

HABITS

SUCCESSFUL PEOPLE
ARE SIMPLY THOSE WITH
SUCCESSFUL HABITS.

BRIAN TRACY

BRIANTRACY.COM

Do you really know God?

³ And by this we know that we have come to know him, if we keep his commandments.

⁴ Whoever says “I know him” but does not keep his commandments is a liar, and the truth is not in him, ⁵ but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: ⁶ whoever says he abides in him ought to walk in the same way in which he walked.

What evidence shows that a person knows God?

If others can't tell that you're a Christian, who's right?

1 JOHN 2.3-6 ESV

Following the Light

⁹ Whoever says he is in the light and hates his brother is still in darkness. ¹⁰ Whoever loves his brother abides in the light, and in him there is no cause for stumbling. ¹¹ But whoever hates his brother is in the darkness and walks in the darkness, and does not know where he is going, because the darkness has blinded his eyes.

Does this passage require you to love everyone?

Who's your brother?

1 JOHN 2.9-11 ESV

Living in the Light



It was a dark morning. Low, steel-colored clouds filled the sky, and the atmosphere was so dim that I needed to turn on the lights in order to read a book. I had just settled in when the room suddenly filled with light. I looked up and saw that the wind was pushing the clouds to the east, clearing the sky and revealing the sun.

Living in the Light



As I went to the window to get a better look at the drama, a thought came to mind: “The darkness is passing and the true light is already shining” (1 John 2:8). The apostle John wrote these words to believers as a message of encouragement. He went on to say, “**Anyone who loves their brother and sister lives in the light**, and there is nothing in them to make them stumble” (v. 10). By contrast, he equated hating people with roaming around in darkness. Hatred is disorienting; it takes away our sense of moral direction.

Living in the Light



Loving people is not always easy. Yet I was reminded as I looked out the window that frustration, forgiveness, and faithfulness are all part of maintaining a deep connection with the love and light of God. When we choose love instead of hate, we are showing our relationship with Him and reflecting His radiance to the world around us. **“God is light; in him there is no darkness at all”** (1 John 1:5).

Living in the Light



Dear God, help me to experience Your love more fully so that I can share it with others. I want to live in the light of Your grace and mercy.

Choosing to love people well shows the world what God is like.