

LIVING IN A PRESSURE COOKER

Being a teen is hard work! One of the most difficult parts is dealing with PEER PRESSURE – pressure placed on you to “conform” to what others around you are doing or want you to do. It is the pressure to “be like everyone else.”

There are many areas where students feel pressured to “be like every one else.” Take a minute and write down what you think are the top three areas where students feel the pressure to conform.

- 1.
- 2.
- 3.



CHOOSING

In this lesson we will learn that with God’s help we **CAN** resist peer pressure!

PETER’S PRESSURE!

You might be surprised to know that even the apostle Peter had trouble resisting peer pressure. Turn to Matthew 26:69-75 to discover Peter’s pressure.

Who was pressuring Peter?

What did Peter do as a result of the pressure?

What do you think Peter was afraid of that made him give in to the pressure?

Later, Peter resisted the pressure to conform. Read Acts 4:18-20.

What was the pressure Peter faced?

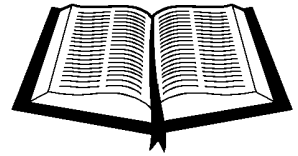
What did Peter do this time? _____

Everybody faces the pressure to conform at times. Let's take a look at two steps we can take that will help us overcome peer pressure!

STEP ONE - KNOWING RIGHT FROM WRONG

Look up Romans 12:9a

Hate what is _____, cling to what is
_____.



In order to know what is evil and what is good, we must depend on God's Word. Knowing right from wrong will help us avoid the destructive results of peer pressure. The Bible is God's road map of right and wrong, so it is extremely important we know it! Look up these verses to discover what the Bible has to say about itself.

Psalm 119:105 "Your _____ is a lamp to my feet and a _____ for my path."

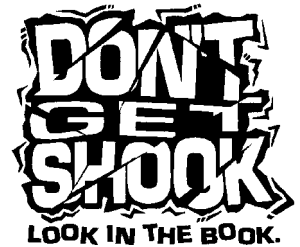
Psalm 119:133 "Direct my footsteps according to _____, let no sin rule over me."

Psalm 119:9 According to this verse, how can a person keep their way pure? _____

You've probably noticed that all three of these verses are from Psalm 119. Did you know that there is not one verse in this entire chapter that does not mention God's Word somewhere? God's Word is important for us because it teaches us right from wrong.

But we all know that there are very few times when we do not know what is right and what is wrong. The hard part isn't knowing what is right; the hard part is doing what is right, especially when others are pressuring you to do wrong.

The first step to overcoming peer pressure is to know right from wrong according to God's Word. Secondly, we must learn to rely on God to help us face difficult situations.



STEP TWO - RELYING ON GOD

Let's look up some more verses that will help us see what other people in the Bible did to overcome the pressure to conform.

1. DANIEL had trouble with some of the officials in Babylon who demanded that everybody conform by bowing down and worshipping the king. Look up Daniel 6:11 to discover how Daniel relied on God for help.

They found Daniel _____ and asking God for _____.

How can prayer help overcome peer pressure?

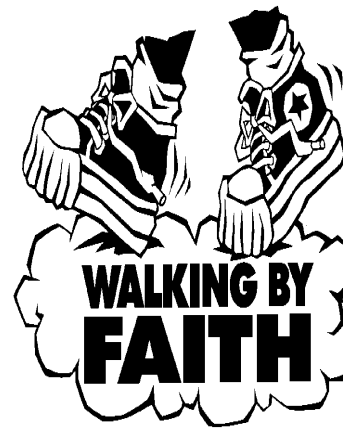
2. JOSEPH was a young man in charge of everything in Potipher's house. But one day Potipher's wife pressured Joseph to sleep with her. Read Genesis 39:12 to see how Joseph dealt with this pressure.

He left his cloak in her hand and _____ out of the house!

What can we learn from how Joseph handled this peer pressure?

Officials threatened to throw Shadrach, Meshach, and Abednego into a fiery furnace if they would not bow down and worship an idol. Read Daniel 3:16-18 and describe their attitude.

We need to rely on God's help to overcome peer pressure. Sometimes we need to run away, sometimes we need to pray, and sometimes we need to be determined to do what is right no matter the cost! Courage from God's Spirit can help us overcome the pressure to conform.



WRAPPING IT UP

2 Timothy 1:17 says that God did not give us a spirit of timidity, but a spirit of power, of love, and of self discipline.

Think of the area where it is hardest for you to fight peer pressure. Once you have an area in mind, re-write this verse putting your name in it as well as the peer pressure you fight the most.

For God did not give _____ a spirit of timidity, but a spirit of power, of love, and of self discipline when it comes to...

Remember, by understanding right from wrong
and relying on God for strength, you can
overcome peer pressure!

