

Monday
Overcoming Negative Peer Pressure

We will study how to overcome negative peer pressure more deeply this week. It's out there, and you need to know how to deal with it. Today we will study the importance of knowing your own weaknesses.

1. Read James 1:13-16 – Who will never pressure you to sin?
2. According to verse 14, when does temptation take place?
3. From what is a person drawn away?
4. Is every lust or desire you have sinful?
5. According to verse 15, what does lust lead to?
6. What is the final result of sin?
7. What is James' admonition in verse 16?
8. James said that temptation takes place when we are drawn away by our own lusts or desires. Different things affect different people in different ways. What may be a huge temptation to you might not affect someone else at all. What are your weaknesses?
9. How does knowing your weaknesses make you better able to overcome peer pressure?
10. How does I Corinthians 10:13 help you when facing temptation and peer pressure?

Know your weaknesses, and know that the temptations you face are known and experienced by others as well.

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Another way to overcome peer pressure is to stay out of compromising situations. That is a situation where you could experience pressure to disobey a clear command from Scripture or a Biblical principle. You would do yourself a favor to stay out of them in the first place.

1. Read Genesis 13:11-13 – After Abram and Lot parted ways, toward what city did Lot pitch his tent?
2. According to verse 13, how were the people of Sodom described?
3. Read Genesis 19:1 – Where was Lot found?
4. The gate of the city is where the influential people sat. They would discuss matters of local and philosophical importance. Not just anyone was allowed to sit there. How did Lot put himself in a compromising situation to end up as an influential person in a wicked city?
5. Read Genesis 19:12-16 – Why were the angels going to destroy Sodom?
6. How did Lot end up there?
7. In what compromising situations could you find yourself?
8. What are the possible outcomes of those situations?

While God was merciful to Lot and allowed him to leave the city before it was destroyed, He didn't have to allow that. If you know your weaknesses, don't go to a place where your weaknesses will be put to the test. Stay far away!

Wednesday
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Another way to overcome negative peer pressure is to stop it before it starts. In other words choose your friends wisely. Your friends will have a major impact on your life. Their ideas and philosophies will shape yours. It is important to choose your friends wisely.

1. Read Proverbs 27:17 – What does this verse teach about the influence of your friends?
2. Read Proverbs 4:14-19 – Solomon wrote Proverbs. He was the wisest man who ever lived. He wrote this book to his son, one person he cared for deeply and was very interested in his son's spiritual success. From what group of people did urge his son to stay away?
3. In what kinds of activities were these people involved?
4. What are some of the possible consequences of living that lifestyle?
5. According to verse 18, how did Solomon describe the pathway of the just?
6. According to verse 19, how did Solomon describe the pathway of the wicked?
7. Are your close friends making a good impact on you?
8. What kind of impact are you making on your friends?

No matter how strong you may be, your friends will always influence you. It is absolutely essential for your spiritual welfare that you choose good, Godly friends.

Thursday
Overcoming Negative Peer Pressure

To overcome peer pressure, another thing you can do is consider the consequences of your actions. Newton's third law of thermodynamics can be summarized "Every action has an equal and opposite reaction." The same is true with our actions.

1. Read Proverbs 4:26 – What simple command did Solomon give to his son?
2. Why do you think it is so important to consider the path of your feet?
3. Why do you think it is so important for your ways to be established?
4. What were all the consequences of Lot's actions? If you need to review, read Genesis 19.
5. Are you any better than Lot?
6. What are the all possible consequences of giving in to your weaknesses?
7. What are some other temptations you might face this week?
8. How will you respond when you are tempted?

You don't always get time to think in high pressure situations. Take time to think through the different situations you might face and how you will respond.

Friday **Overcoming Negative Peer Pressure**

Something else you can do to overcome peer pressure is remember to be yourself. God made you who you are, and you don't need to be someone you aren't just to fit in with a group.

1. Read Matthew 26:69-74 – This is the account where Peter denied Jesus. What is going on in Jesus' life at this point in time?
2. Jesus was just taken into custody and was standing trial shortly before His crucifixion. He was a wanted man. Even people who were associated with Him were targeted. According to verse 69, what did the girl notice about Peter?
3. Peter denied who he was because he really didn't want to stick out in that crowd. What was the accusation made about his speech in verse 73?
4. The word "bewray" means to reveal unintentionally. Peter's speech, maybe his accent, revealed who he really was. He couldn't escape it. He couldn't change who he was. Who are you?
5. You can change your outward appearance, speech, and actions, but can you change who you are on the inside?
6. Could you be tempted to deny your relationship with Christ in order to be popular?
7. How will you respond when you are tempted to try to be someone you are not?

God made you who you are for a reason. You are fearfully and wonderfully made by the hand of God. He doesn't make mistakes. Don't be afraid to be you. It's the best person you could be.

Saturday **Overcoming Negative Peer Pressure**

The last way we will study to overcome negative peer pressure is learn to say "no." There are probably other ways to overcome it, but these will give you a good start. Saying "no" can be a very difficult and intimidating thing to do, but once you do it the first time, you will make your life so much easier.

1. Read Proverbs 1:10 – What are you to do when someone entices you to sin?
2. Perhaps the best example of this in the Bible is Jesus Himself. He was tempted and successfully said "no" to the pressure. Read Matthew 4:1-11 – What was Jesus first tempted to do?
3. How did He respond?
4. What was He tempted to do next?
5. How did He respond?
6. What was He tempted to do finally?
7. How did He respond?
8. After every temptation Jesus quoted Scripture. He recognized the Biblical principle that would have been violated and refused to participate. What does this show you about the importance of Scripture memory?
9. Read James 1:22 – How does Jesus' example relate to this verse?

Knowing Scripture will help you identify temptation more easily. It will help you say "no" because you will realize the danger of what you are facing. Stopping there isn't enough. You must act on what you know. If the Bible says "no," say "no" with it!

Sunday
Spreading Positive Peer Pressure

Instead of being pushed around and influenced negatively by others, take the offensive and be a positive influence on your peers. This will take much more work and effort on your part, but the rewards are worth it all!

1. Read Romans 12:21 – How does this verse apply to peer pressure?

2. Read Ephesians 4:12-16 – Paul told the benefits of the strengths of different people. Name as many as you can.

3. If you want to be a positive influence on your peers, you must know your strengths. If we all have weaknesses, we all have strengths too. What are your three greatest strengths?

4. What evidence is there in your life that those are your strengths?

5. To be a positive influence, you must also know your peers. Name some of your peers, whether from school, home, work, or the neighborhood and needs they have.

6. The last thing you must do is use your strengths to help your peers. How can your strengths help the peers you listed above?

God gave you your strengths for a purpose. Don't waste them. Use them to help someone else in their life!