



Dealing with peer pressure

Dealing with peer pressure is a major challenge for us all. Many teens are into drugs, sex, alcohol and other immoral life due to pressure from their friends. Is it possible to resist peer pressure? If so, how?

The Reasons Teens Follow Their Peers

1. Desire to be popular and to be accepted by peers.
2. Need to talk with someone who “understands” or who will make them feel loved or needed.
3. Lack of self-confidence.
4. Feelings of insecurity.

Peer influence is not necessarily bad. Proverbs 27:17 says: “As iron sharpens iron, so one man sharpens another.” Fellowship with other teens can ‘sharpen’ your personality and make you a better person – if those friends have mature, healthy attitudes.

But on many occasions, teens lack maturity – both mental and spiritual. Many teens have viewpoints and opinions that are unsound, unreliable, and even reckless. So when a teen unquestioningly comes under the control of peers, it may be little more than the blind leading the blind. The results can be disastrous.

It may be easy to say, “I’m not afraid of what others think!” But maintaining that resolve in the face of peer pressure is another thing. In many cases, you will find it difficult to say no! If you are afraid to say no to your friends, you will end up saying no to your moral convictions, to your behavioral standards, and to the expectations of your parents. How then can you develop the strength to stand up to peer pressure?

Dealing with Peer Pressure

1. **Develop a thinking ability** – with thinking ability you don’t have to lean upon inexperienced peers for direction. At the same

time, you are not to be over self-confident and ignore the opinions of others. Wise teens should be willing to “listen to counsel and accept discipline” so as to “become wise” – (Proverbs 19:20).

2. **Don’t be surprised if you are disliked or even ridiculed** for using your thinking faculties. But really, who has more strength, those who give in to their passions and emotions or those who can say no to improper desires?
3. **Run from danger.** Know that the desire to be accepted by your peers can likewise be a trap or snare. It can lure you into the trap of violating godly standards. How can you escape this snare?
 - **Choose your friends carefully!** (Pro. 13:20). Associate with those who have biblical values and standards.
 - **Listen to your parents.** This also helps you to resist peer pressure. They are likely working hard to teach you proper values.
 - **Be skilled and competent.** This can help reduce peer pressure. Become skilled in what you do at school and at home. When you are good at what you do, you then do not have to depend on peer approval for good self image.
 - **Maintain a proper relationship with God.** This is the most important factor. A relationship with God can strengthen you to stand up to your peers. Through active studying of God’s Word, prayer and fellowship with other believers, you will become stronger and better able to resist the pressures that are part of everyday life.



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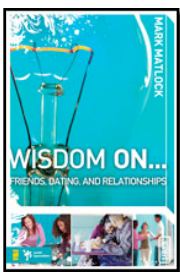
A wise man fears the LORD and shuns evil, but a fool is hotheaded and reckless (Proverbs 14:16).

Better a patient man than a warrior, a man who controls his temper than one who takes a city (Proverbs 16:32).

Listen to your father, who gave you life, and do not despise your mother when she is old (Proverbs 23:22).



RELATED RESOURCES



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Mark Matlock

ISBN 978-0310279273

Wisdom On ... Friends, Dating, and Relationships shows how wisdom plays a part in nearly every decision we make. In this book students will learn how to gain more wisdom and apply it to every aspect of their relationships—from being a good friend to dating relationships to handling conflict. They'll find the stories and lessons in this book will help them become wise in their relationships. *Wisdom On ... Making Good Decisions* examines how teens get to make a lot of decisions in their lives—even decisions that can have a big impact on their future. There's no 'magic' formula to getting it right. Making good decisions takes wisdom, and in this book students will learn how to gain more wisdom and put it to use in the choices they make.



Refuel: An Uncomplicated Guide to Connecting with God

Doug Fields

ISBN 978-0849920547

If you've always struggled with the stereotypical quiet-time, don't give up hope! As a Christian, you know you need to have devotions. You've heard it from your pastor; you've seen the study guides; you may have even made a dent in the One Year Bible. Some of you have valiantly set your alarm clocks back an hour for morning quiet time, only to find that life creeps back in to steal your resolve. It isn't because you don't love God. You quit because you "bought into" someone's unsustainable habit at an unreasonable pace. But you don't have to keep running on empty. Bestselling author Doug Fields offers an uncomplicated, practical plan that you can carry out. This book won't teach you how to "cram God" into your already-full schedule. Instead, Doug will show you a practical, doable way of setting God first, and then letting everything else in your life fall into place. You will experience the fullness God has for you—just take some time to refuel.

Student Ministry at Long Hollow

You can find more information about the middle school ministry at longhollow.com/middleschool and the high school ministry at longhollow.com/highschool.

Hendersonville Campus

Small Groups

Middle School

Sundays at 10:00 am at Beech High School Annex

High School

Sundays at 10:00 am at Beech High School

Wednesday Nights

The Current for middle school at 6:15 pm (the Chapel)

River's Edge for high school at 7:15 pm (the Chapel)

Gallatin Campus

Small Groups

Middle School

Sundays at 10:00 am in the Student Center

High School

Sundays at 10:00 am in the Student Center

Wednesday Nights

River's Edge for all students at 6:00 pm (Student Center)

White House Campus

Small Groups

Middle School

Sundays at 9:00 am in the Band Room

High School

Sundays at 9:00 am in the Band Room

Wednesday Nights

River's Edge for all students at 6:30 pm (White House High School Annex)