

Overcoming Peer Pressure

➤ Intro:

- **illus.:** old woman was asked the benefits of being 102 years old, she answered, no peer pressure
 - all of us are younger than 102, have to worry about peer pressure
- one of the young people asked me to do a sermon on peer pressure
 - **what is it — what does the Bible say about it — how can we overcome it**

➤ What is peer pressure? — affects old and young alike, this lesson for young

- pressure put on someone by his peers (a person of their same age, status, or ability)
 - **illus.:** a boy at school want to be accepted by the “cool” group, they smoke cigs, so he smokes to be cool
 - **illus.:** cool kids wear two different color of shoe laces, all the kids get two colors of shoe laces
- two types of peer pressure
 - **positive:** pressure to do good things, right things
 - **illus.:** the smartest girl in school doesn't cuss, other girls wanting to get good grades don't cuss
 - **negative:** pressure to bad things, wrong things
 - **illus.:** quarterback of the football team skips school, talks other guys into skipping with him
- Why do people give into peer pressure?
 - want to fit in, worried that others make fun of them if not go along with group, some curious because “everyone is doing it”, personal gain (job, promotion, get girlfriend or boy friend, popularity, etc.)
 - **illus.:** Peter gave into peer pressure so he would fit in with distinguished Jews — **Gal. 2:11-12**
 - **illus.:** some adults drink at the office and go to bars so boss and co-workers like, get raise, get customers
 - **illus.:** some kids drink and do drugs so other kids like them, fit into group, not made fun of

➤ What does the Bible say about peer pressure? — techniques of overcoming peer pressure

- a lot in principle - nothing, specifically, like many cultural situations we deal with
- peer pressure is a form of temptation — Scriptures on temptation are applicable to peer pressure
 - **illus.:** Time Magazine:
 - “A 1998 study of sexually active college students found that **46.3% of the women and 62.7% of the men** reported having had **unwanted intercourse**. **Peer pressure, coercion, intimidation** — all led students into situations they later regretted.”
 - **illus.:** study at George Mason University
 - “Alcohol abuse is the number one health problem among American teenagers. According to a recent study at George Mason University, alcohol is a major factor in 41% of all academic problems and 28% of all college dropouts. It comes as a surprise to no one that peer pressure is blamed” (David Padfield, Choose Your Friends With Care, Peer Pressure, tract at padfield.com).

➤ - 1 Cor. 10:13 you can do it! — peer pressure is not new, others have overcome it, God provides way

- **illus.:** bullies at school trying to get you to pick on another kid, others overcome, there is a solution
 - **technique for overcoming:**
 - **humor:** make a joke, that you always get caught when you do something wrong, better not or all get in trouble — way of escape
 - **shift the blame:** “I always get caught, my Mom would kill me if I did!” — way of escape
 - **be confident — Rom. 8:28, 37**
- things to remember:
 - **others have overcome** peer pressure, you can too — a matter of will
 - **there's always a way to get out of it** — parents and teachers have good advice, God helps

- - **Matt. 6:13; 26:39-41** pray about temptation, peer pressure, regularly, especially when bothers you
 - **illus.:** Matt. 26:41, apostles, that they would not be weak when Jesus taken — Peter's denial
 - **things to remember:**
 - God promised to help (1 Cor. 10:13)
 - pray about it with confidence that He will help — **Ja. 1:5-6**
- - **Ja. 1:13-15** if you don't desire to fit in by sinful means, there won't be any peer pressure — **abhor evil (Rom. 12:9)**
 - **illus.:** girl goes out with most popular boy at school, wants to have sex or will dump her, some girls would feel pressure to have sex, but this girl is so opposed to sin she dumps him with no regrets
 - **things to remember:**
 - **1 Jn. 2:15-17** do not love world, sin, fitting in by sinful means
 - **Col. 3:1-4** stay focused spiritually, stay focused on heaven
- - **1 Pet. 1:13-14a** prepare for peer pressure — **prepare minds for action, sober, fox hope, obedient**
 - **illus.:** young man knows he'll be tempted to drink with co-workers after work — **role of parents**
 - prepares himself by having alternative activity, memorizes what he's say to defuse peer pressure
- **Chose Your Friends and Recreational Activities Carefully — it will take care of most problems**
 - **importance of our choices**
 - **Pr. 1:10, 15** sinners in entice us, not walk with them in sin
 - - **Pr. 13:20** companion of fools suffer harm
 - - **Pr. 22:24-25** we will adopt evil people's habits if we associate with them
 - - **1 Cor. 15:33** good person becomes an evil person if he chooses evil companions (people, recreation)
 - **Amos 3:3** "Can two walk together, unless they are agreed?" (NKJ)
 - **people we hang out with are the people you are in agreement with**
 - - **2 Cor. 6:14-17** Christian not partners with sin, darkness, unbelievers
 - **must come out, not be part of their group and their sin**
 - **careful:** friends and recreation chose
- **Fight negative peer pressure with positive peer pressure!**
 - **Eph. 5:6-12** walk in the light, expose darkness
 - **warning:** if the lights are out, you know there's trouble (vs. 11)
 - **illus.:** school dance and bars, lights out
 - **be in good group, good morals, less negative pressure**
 - **find a peer group where doing the right thing is acceptable**, where others are doing the right thing
 - **parents' responsibility:** make sure there is a good peer group
 - **bulletin:** hospitality, provide good peer group for young people
 - **illus.:** teen panel, USA Today, advice for overcoming peer pressure — **see attached**
- **If we stand firm against peer pressure, God will help us, often work things out in our favor**
 - **Rom. 8:28a, 37** God causes all things to work together for good — in all these things we overwhelmingly conquer
 - **1 Jn. 5:4** For whatever is born of God overcomes the world, victory, our faith.
 - **illus.:** girl at school, they wanted her to be homecoming queen, she would have to dance the first dance after the game, she told them she couldn't be queen because she didn't dance because she thought it was wrong, changed the tradition so she could be queen
 - **illus.:** young man in Thomasville, scheduled football practice on Wednesday night, told coach he couldn't come to practice because of church, coach apologized and rescheduled practice
 - **illus.:** kids at church, organizations not reschedule events that conflict with church, have to miss

➤ **Summary / Inv.**

- **God has us deal with peer pressure for a good reason**
 - **Ja. 1:2-4** enduring and overcoming peer pressure makes you a better Christian
- **if we will stand firm** against peer pressure, God will help us, often work things out in our favor
 - God never allow us to be in situation we can't overcome
- **inv.:** peer pressure not to obey Jesus and be a Christian