

OVERCOMING PEER PRESSURE

1. Know Your Identity in Christ

Recognize that you are fearfully and wonderfully made by God (Psalm 139:14), and your worth comes from Him, not others.

2. Stand Firm in Your Values

Have a clear understanding of your faith and principles so you can confidently make decisions that honor God (1 Corinthians 16:13).

3. Choose Friends Wisely

Surround yourself with people who encourage and inspire you to live according to God's will (Proverbs 13:20).

4. Learn to Say No

Practice saying no to activities or behaviors that compromise your values, even if it feels uncomfortable (James 4:7).

5. Pray for Strength

Ask God for wisdom and courage to resist negative influences and make the right choices (Philippians 4:13).

6. Seek Accountability

Have a trusted mentor, pastor, or friend who can support and guide you through challenging situations.

7. Think About Consequences

Consider how your actions align with your faith and how they will affect your future (Galatians 6:7-8).

8. Be a Positive Influence

Instead of being pressured, aim to inspire your peers by standing firm in your beliefs and leading by example (Matthew 5:14-16).

9. Avoid Tempting Situations

Steer clear of environments or activities where you know you're more likely to face pressure to compromise your values (1 Corinthians 10:13).

10. Trust God's Guidance

Rely on the Holy Spirit to guide your decisions, knowing that God will provide a way out of any tempting situation (Proverbs 3:5-6).