

VALUED  
VIRTUES

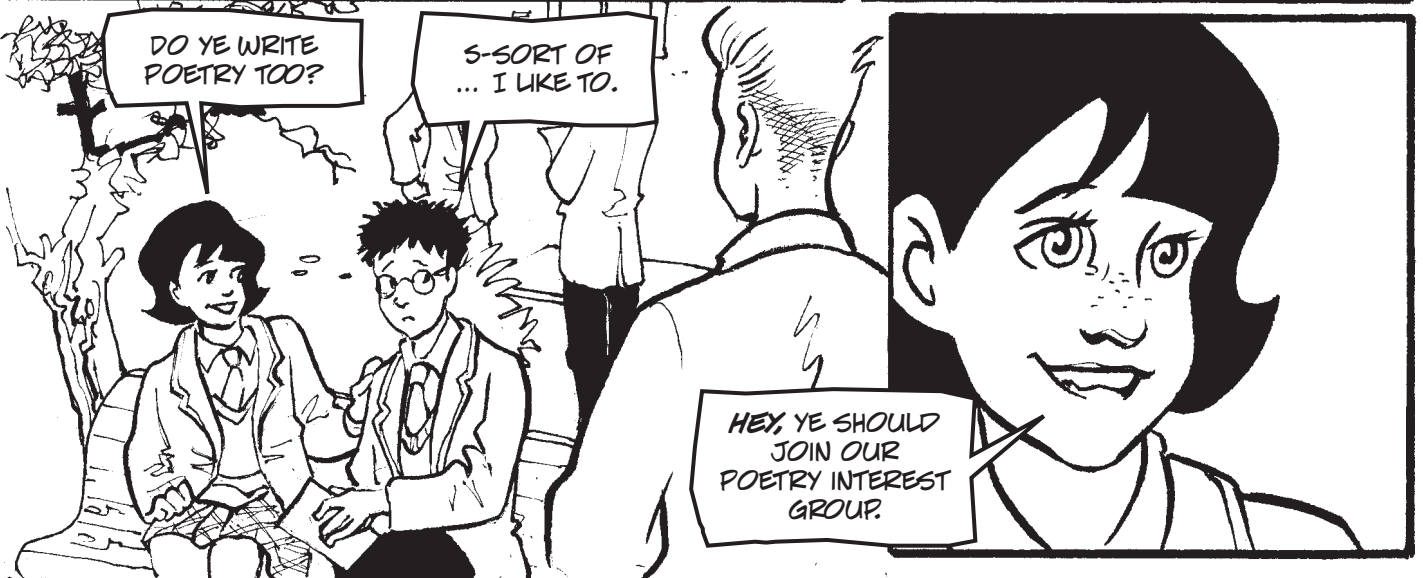
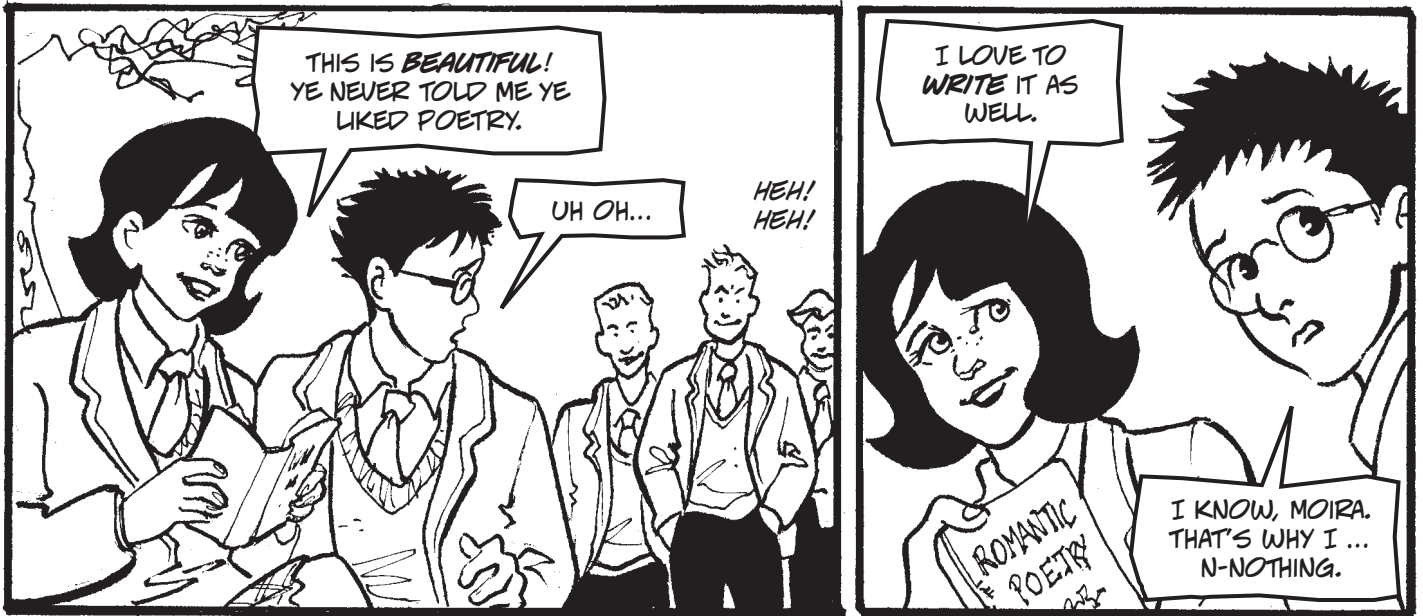
# STRENGTH FROM THE INSIDE

Peer pressure is when members of your peer group influence you, either in a positive or a negative way.



You may go along with it because you want your peers to like you, but you could find yourself with an uncomfortable feeling in your gut, and wish you had the strength and conviction to resist it and stand firm.

You can also recognize negative peer pressure if you find yourself worried about others' opinions, and it discourages you from taking positive steps toward your goals, such as a hobby or an interest.



In such an instance, you might wish you had the inner strength so that it wouldn't matter how others perceived you.

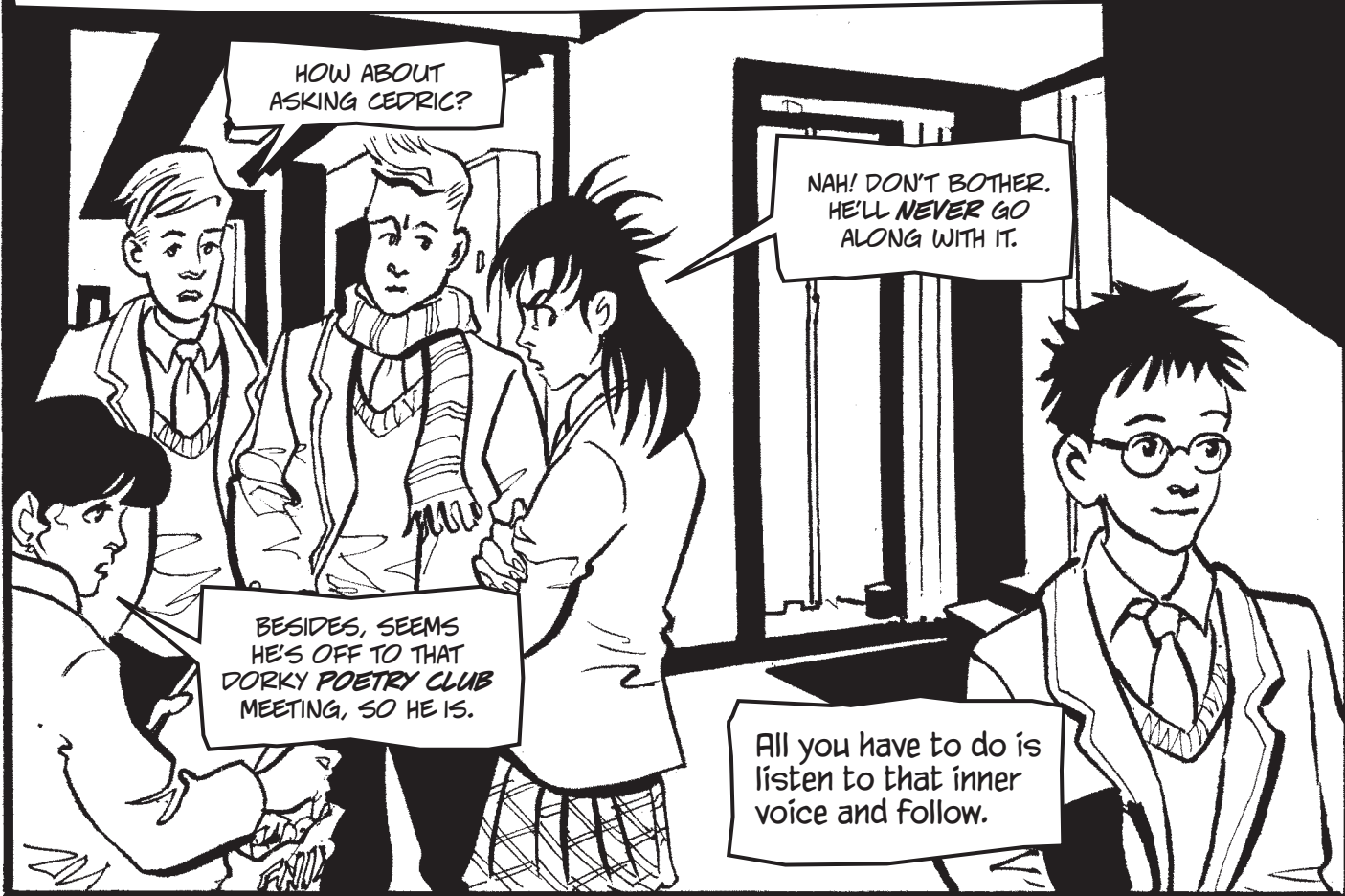
Cedric had written a short poem as part of an English Literature assignment. It was good. After class, I informed him of the poetry circle that meets once a week in the library. Cedric knew about it and was interested, but mentioned that only girls belonged to it. He was concerned what his schoolmates would think.

## SO, HOW DO YOU FIND THAT INNER STRENGTH NEEDED IN SUCH A SITUATION?



If there is something you want to pursue that will help you build a skill or influence your life positively, then you can rely on God's power to give you that inner strength to do what is right and good for you.

God can also give you that inner strength to refrain from doing something you don't agree with or that is wrong, even when others are doing it.

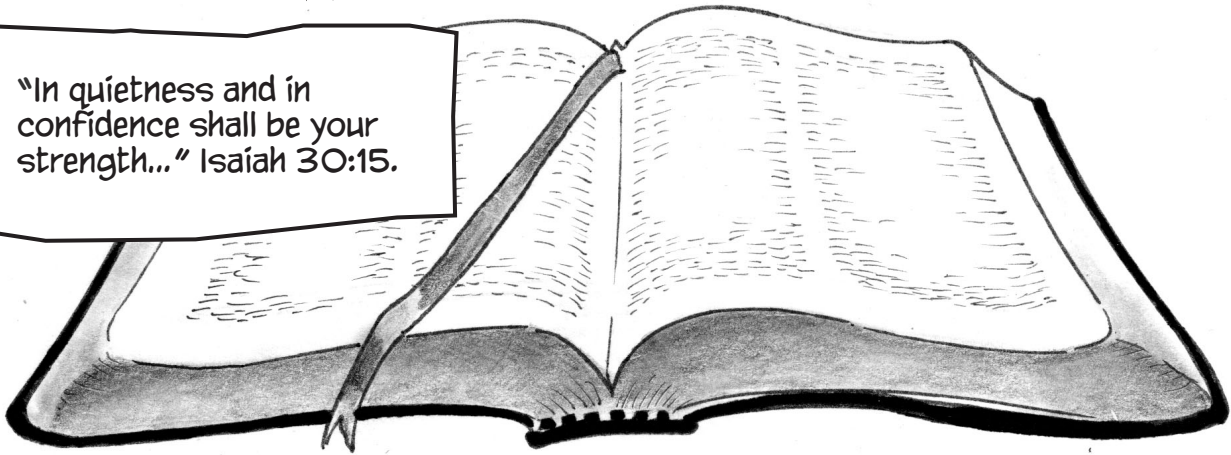


## WHAT YOU CAN DO:

- When a peer wants you to do something you don't quite feel right about, or if there is something you'd like to do that's good for you—but you are worried about what others may think—confer with trusted and mature friends or adults; their support will help you to withstand the intimidation.
- Above all, ask God for His confidence, and be still and listen to His "gentle whisper" inside your heart. It will give you the inner strength to move forward despite what others may say.

## WHAT THE BIBLE SAYS:

"In quietness and in confidence shall be your strength..." Isaiah 30:15.



## QUOTE:

Our confidence in Christ does not make us lazy, negligent or careless, but on the contrary it awakens us, urges us on, and makes us active in living righteous lives and doing good. There is no self-confidence to compare with this.

—Ulrich Zwingli



11 Kings 19:12 NLT