

Peer Pressure

Pages L-1 through L-4
Fireside Catholic Youth Bible

Song: Follow the Light

Words and Music by: Give Your Gifts: The New Songs CD 2, Track 2
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bibles, FCYB Music CDs, CD player, handouts, small candy bars.

Opening Prayer (5 minutes)

Read Isaiah 42:16 Follow with: Lord, help me to turn from the darkness sometimes in front of me and follow the light. . . to follow only You. Shower me with grace to remain calm under pressure and cool in the heat of the battle. In my search for answers inspire me to take Your hand and look to Your word for guidance. When I am tempted, give me strength; when I feel pressured, give me peace of mind and when I have fallen and am in pain, help me to stand again.

Music Reflection (5 minutes)

Listen to the song *“Follow The Light”* – CD 2, Track 2 from the FCYB Music CDs

Insert Reflection (15 minutes)

Discuss the “Roots of our Faith” article on Free Will found on page L-3 in the Fireside Catholic Youth Bible.

Suggested questions for discussion:

- What is free will?
- What other creature besides man has free will?
- Why do you think God chose to empower man with free will?

Activity (15 minutes)

Introduce this activity by reading or summarizing the “Your Decision/Your Reward” article found on page L-1 in the Fireside Catholic Youth Bible. Give each of the teens a copy of the following list. Ask them to rank the list in order of what they feel least pressure to do (10) to what they feel most pressure to do (1). After they have completed the ranking, have anyone who would like to, share their answers with the group. After this discussion ask the teens what other things they feel pressure to do?

- | | |
|---|-----------------------|
| _____ using foul language | _____ lying |
| _____ drinking alcohol | _____ using drugs |
| _____ having pre-marital sexual contact | _____ speeding |
| _____ participating in cult activities | _____ stealing |
| _____ cheating | _____ breaking curfew |

Scripture Reflection (15 minutes)

Have the teens look up Scriptures on page L-2 in the Fireside Catholic Youth Bible using the “Bible aerobics” method. After each Scripture is read, discuss what “bad habit” the Scripture is referring to and how this Scripture will help when you are tempted.

Explanation of “Bible aerobics” - Each teen has a Bible. The Scripture reference is announced and the teens race to see who can find the passage in their Bibles the fastest. A small candy bar or other prize is awarded the winner. Make sure that everyone is quiet before reading and discussing the Scripture.

After all the Scriptures have been read continue the discussion with these or similar questions:

- Are you pressured by your peers to do any of these things?
- What other things are you pressured to do?
- Can peers ever pressure you to do good? How? Give examples.
- Do you think Christ felt peer pressure? Why? Why not?

Insert Reflection (5 minutes)

Prayerfully read the “1 on 1 With Christ” article found on page L-4 in the Fireside Catholic Youth Bible. Ask the teens to offer their thoughts about this way of looking at peer pressure.

Closing Prayer

Say the following prayer or a similar one from your heart:

Lord Jesus, Help me to put my faith in You and to obey God so that no matter what pressure I feel I will not make bad decisions. Increase my faith so I can follow You and change the world for the better. Saint Aloysius Gonzaga, pray for us. Amen.

Bed Thinks

When you go to bed tonight:

Think about the thing you marked on the list as being the one thing that you feel the most pressured to do. Ask God to help you not to give in to the peer pressure and to form good habits.

(Type this message onto a small piece of paper and give to each teen as they leave)