

**MOVIE: “The Blind Side”****Sub Topic Theme:**

Destruction: Controlling My Anger

**Lesson Objective:**

The purpose of this time together is to help students recognize the power of forgiveness in their lives.

Oftentimes we walk around harboring feelings of anger and resentment, sometimes without

even knowing it. The question is, what do you do with it once you realize it is there? The purpose of this lesson is to show students how forgiveness brings healing into our lives and helps to take away anger that has built up inside of us over time. Hurt people are angry people; forgiveness brings healing.

**Intro to the Movie:***The Blind Side*

According to IMDB.com

Seventeen-year-old Michael Oher, an extremely large, physically imposing black youth, grew up in the projects in Memphis. He no longer lives with his drug-addicted mother, but is in foster care when he isn't running away to sleep anywhere else he can find. Out of circumstances, including Coach Burt Cotton's belief that he would be an asset to the school's football program based solely on his size and seeing him move, Michael is accepted into Wingate Christian School - an exclusive private school - despite his abysmal 0.6 GPA. After Michael starts attending classes at Wingate, most of his teachers believe he is un-teachable, except his science teacher, Mrs. Boswell, who begins to understand that he learns in a different way.

Believing he is indeed homeless, Caucasian and staunch Republican Leigh Anne Tuohy - mother of Wingate students, teen Collins Tuohy and adolescent S.J. Tuohy, and wife to Sean Tuohy, franchise owner of several Taco Bells - invites Michael to stay in the Tuohy's upscale home for the night. But that one night slowly extends itself both in terms of time and emotion as the Tuohys begin to treat Michael like one of the family and visa versa. Part of that emotional investment for Leigh Anne is fully understanding Michael as a person so that he can fulfill his potential as a human being, which includes giving him opportunities such as those Coach Cotton initially saw in Michael as a potential left tackle. Potential problems include Michael's poor academic standing which may prohibit him from participating in extracurricular activities at the school, his learning disability

which may extend to other aspects of his life beyond his schooling, whether he actually can play football, and authorities questioning Leigh Anne and all the Tuohy's motivations in inviting Michael into their home and family. *Written by Huggo*

**(The 3D Lenses)** As you watch this movie, there are numerous things from which to learn. This movie, based on a true story, is a powerful account of how risk, forgiveness and love can make a difference. Watch Michael, hear his story; it could have been easy for him to be angry about where he came from, what he had been through, but he forgave and choose to protect those he loves instead. Watch Leigh Anne. How did her beliefs affect what she choose to do, starting with talking to Michael? Then finally, watch the relationship between Michael and Leigh Anne unfold and grow throughout the movie. They both have to learn to love and forgive one another; they both make mistakes along the way, but the choice to forgive is powerful. Especially pay attention to the scene with the car crash. Leigh Anne does not see someone who put her son in danger and get angry. She sees Michael for who he is, someone who saved her son. How could things have been different?

### Discussion Group Questions:

1. We don't know much of Michael's past, but what we do know it looks like it was tough. Michael didn't show anger though. How do you think you would have dealt with the situation had it been you instead of Michael?
2. As you watched the movie, what was the most impactful thing that you watched? What stuck out to you? Why?
3. When you met Michael's mom, what feelings did you experience? How would you help Michael's mom work through things and forgive herself? Have you ever helped a friend forgive him or herself for something?
4. What would have happened if Michael had been angry at his situation instead of forgiving? How would his life have changed? How would he as a person be different?
5. How did Leigh Anne's faith shape her actions throughout this movie?

### Group input:

Leader-solicited responses from the large group on reactions to some of the questions.

Gathering of ideas and themes recognized in the discussion groups with a focus on guiding the audience toward the main objective: *The purpose of this time together is to help students recognize the power of forgiveness in their lives. Oftentimes we walk*

*around harboring feelings of anger and resentment, sometimes without even knowing it. The question is, what do you do with it once you realize it is there? The purpose of this lesson is to show students how forgiveness brings healing into our lives and helps to take away anger that has built up inside of us over time. Hurt people are angry people; forgiveness brings healing.*

**Bullet Objective:**

*Put this summary section in your own words, but here are some ideas you can use:*

While this movie gives us a lot to think about and teaches us a lot, what I truly love about this movie is the unlikely people who come together through an unlikely chain of events. Michael should have never even gotten into that school, but he did, because a couple of people he was couch surfing with said they saw something good in Michael. People didn't have to help him out so much at school, but they did because one person saw that Michael was good. Leigh Anne certainly didn't have to bring him into her home with her family, but she did because she also saw something good in Michael.

You see, I think Michael learned something early on that for many of us is still hard. Michael learned what it meant to forgive. Michael could have been angry with his mom for the way that she treated him and didn't really take care of him, but he forgave her. In the movie she even tells us that he protects her, looks out for her. Michael accepted her for who she was and did what he could to care for her. Instead of being angry, Michael became a protector. He protected and cared for those around him. I think that was a major part of the good that people saw in Michael. Once they started peeling back the layers of the onion, they saw who he was, a person who loves deeply.

I wonder if you can relate to this in any way. We all just get angry sometimes; we all lose our temper sometimes, but the truth is that angry people are hurt people. Think about it; angry people are hurt people.

Maybe this is you. Think about it; why do you get so angry? You may not even know, but inside something is hurting. Inside you feel like you need to protect yourself. Inside you struggle to trust others because if there is one thing you have learned, it's that people aren't dependable. Close friendships scare you. It takes a lot for people to get to know you because it takes a while for you to trust others. I get it; life can be tough, whether it's situations like Michael's or PCSing again or something entirely different. Your best friend, your sister, your brother, Mom, Dad, Grandma, Grandpa. Somewhere along the line you have been hurt, but unlike Michael, you have locked your heart in a box. You have "forgiven," but by that you mostly mean you have pushed it out of your mind. You don't think about your next move, or that feared knock on your door because it scares you; but revealing that emotion could make you vulnerable, so you get angry when people cross the lines you have drawn. My question is, how long can you live like this?

Check out Psalm 103:8-12. Maybe you need to forgive yourself for something. These verses are a great reminder for us that God has already forgiven us. It may not be easy to forgive yourself, but remember that you have already been forgiven. Set yourself free.

Psalm 103:8-12

The LORD is merciful and loving, slow to become angry and full of constant love. He does not keep on rebuking; he is not angry forever. He does not punish us as we deserve or repay us according to our sins and wrongs. As high as the sky is above the earth, so great is his love for those who honor him. As far as the east is from the west, so far does he remove our sins from us.

Maybe for you, you need to forgive someone else, and it's hard! Pay attention to this next passage of Scripture. Look at the differences between the way that Joseph acts, and his brothers act. What made the difference? When did things change? What changed? What can you learn from comparing Joseph with his brothers?

Joseph had 11 other brothers, but the Bible says that Israel, (Joseph's father) loved Joseph more than his brothers, so his brothers were angry and hated him. When we pick up the story, we see that this anger and hate that the brothers had stored up in them drove them to want to kill Joseph! Check it out.

Genesis 37:12-28

Joseph Is Sold and Taken to Egypt

One day when Joseph's brothers had gone to Shechem to take care of their father's flock, Jacob said to Joseph, "I want you to go to Shechem, where your brothers are taking care of the flock."

Joseph answered, "I am ready."

His father told him, "Go and see if your brothers are safe and if the flock is all right; then come back and tell me." So his father sent him on his way from Hebron Valley.

Joseph arrived at Shechem and was wandering around in the country when a man saw him and asked him, "What are you looking for?"

"I am looking for my brothers, who are taking care of their flock," he answered. "Can you tell me where they are?"

The man said, “They have already left. I heard them say that they were going to Dothan.” So Joseph went after his brothers and found them at Dothan.

They saw him in the distance, and before he reached them, they plotted against him and decided to kill him. They said to one another, “Here comes that dreamer. Come on now, let's kill him and throw his body into one of the dry wells. We can say that a wild animal killed him. Then we will see what becomes of his dreams.”

Reuben heard them and tried to save Joseph. “Let's not kill him,” he said. “Just throw him into this well in the wilderness, but don't hurt him.” He said this, planning to save him from them and send him back to his father. When Joseph came up to his brothers, they ripped off his long robe with full sleeves. Then they took him and threw him into the well, which was dry.

While they were eating, they suddenly saw a group of Ishmaelites traveling from Gilead to Egypt. Their camels were loaded with spices and resins. Judah said to his brothers, “What will we gain by killing our brother and covering up the murder? Let's sell him to these Ishmaelites. Then we won't have to hurt him; after all, he is our brother, our own flesh and blood.” His brothers agreed, and when some Midianite traders came by, the brothers[c] pulled Joseph out of the well and sold him for twenty pieces of silver to the Ishmaelites, who took him to Egypt.

The story doesn't end there though. After Joseph is sold into slavery, a slight upgrade from death, he goes on and is accused of crimes he did not commit, thrown in jail, forgotten for years and finally the dreamer is brought out into the daylight because Pharaoh has a dream he needs to be interpreted, something Joseph has done with God's help before.

God blesses Joseph with the correct interpretation of the dream and favor in the eyes of Pharaoh. He is soon made Pharaoh's right hand man. Some years later his brothers show up again, this time in need of food because of a great famine in the land. They don't recognize Joseph at first, but after awhile Joseph reveals himself to them. Read this next section of verses to see how Joseph's faith and forgiveness affect his family; see how the brother's anger, hate and shame cause them to act.

Genesis 45:1-8; 16-20

Joseph Tells His Brothers Who He Is

Joseph was no longer able to control his feelings in front of his servants, so he ordered them all to leave the room. No one else was with him when Joseph told his brothers who he was. He cried with such loud sobs that the Egyptians heard it, and the

news was taken to the king's palace. Joseph said to his brothers, "I am Joseph. Is my father still alive?" But when his brothers heard this, they were so terrified that they could not answer. Then Joseph said to them, "Please come closer." They did, and he said, "I am your brother Joseph, whom you sold into Egypt. Now do not be upset or blame yourselves because you sold me here. It was really God who sent me ahead of you to save people's lives. This is only the second year of famine in the land; there will be five more years in which there will be neither plowing nor reaping. God sent me ahead of you to rescue you in this amazing way and to make sure that you and your descendants survive. So it was not really you who sent me here, but God. He has made me the king's highest official. I am in charge of his whole country; I am the ruler of all Egypt.

When the news reached the palace that Joseph's brothers had come, the king and his officials were pleased. He said to Joseph, "Tell your brothers to load their animals and to return to the land of Canaan. Let them get their father and their families and come back here. I will give them the best land in Egypt, and they will have more than enough to live on. Tell them also to take wagons with them from Egypt for their wives and small children and to bring their father with them. They are not to worry about leaving their possessions behind; the best in the whole land of Egypt will be theirs."

What a crazy account! Can you imagine that! Your brothers leave you for dead, change their minds and decide to make a quick buck off of you, you spend the next who knows how many years as a slave and in jail, but then God makes you Pharaoh's right hand man. How does that happen? While we can see in the end it all works out. I wonder how Joseph felt before he saw everything come full circle. I wonder if he felt like forgiving his brothers when he was sitting in jail. Remember Joseph wasn't perfect. What set Joseph apart was his willingness to follow God even when things looked bad. God asks us to forgive one another. Joseph knew that and so he did. His brothers didn't understand forgiveness; they were angry with their father for loving Joseph more and that anger led to hate; it ate them up inside till they choose to try to kill Joseph.

### Challenge:

1. Is there someone you need to forgive? It may sound impossible right now but remember Joseph. God used something intended for evil and used it for his good. With Joseph as Pharaoh's right hand man, Egypt was able to prepare for the famine, which in the end saved a lot of people including Joseph's family. This first challenge is for you to forgive whoever keeps coming to mind. If you're not sure how to start, do something like this... \_\_\_\_\_(Person's Name)\_\_\_\_\_, I know it may have been awhile, but I forgive you for \_\_\_\_\_.  
I'm sorry I have not forgiven you sooner. Will you forgive me for not letting go and being angry with you? Write it out. Make it personal.
2. The second challenge is this. Ask God for forgiveness for holding onto your anger for so long. Ask him to take this hurt that you felt and use it for something good

- in the future. Write this out underneath the first challenge.
3. Finally, on the same sheet of paper, write out the names of a few people you think may be good accountability partners. It's easy to stay angry; the challenge is to forgive. Share with a friend what you have learned and together help each other forgive sooner. Who knows, maybe this person will also help you see the way your choice to forgive is being used by God just like Joseph.

*Pray for God's purpose and love to put it into action and transform lives. Remind them of the online personal journey at ReZilient Life for further involvement with this topic of Anger: Destruction- Controlling My Anger!*

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