

**SUB TOPIC THEME:  
RESPONSE- DEALING WITH  
ANGRY PEOPLE**

**Lesson Objective:**

*The purpose of this lesson is to help students realize what to do when dealing with angry people. It can be difficult! Angry people say harsh, sometimes true, sometimes untrue things. They lash out at whoever is around and oftentimes hurt those closest to them. In this lesson however, we will learn not only how to deal with them, but how Christ tells us to deal with those who are...less than kind.*



**Set Up Info:**

***Supplies Needed:***

1. No equipment necessary.
2. Make sure to print off enough Student Response Sheets ahead of time.
3. Bring Bibles to meeting and encourage students to bring their own

***Instructive Prep:***

The students that you work with face conflict, anger, and stress almost every day. Sometimes because of situations that they put themselves in, other times because people around them have chosen to lash out. The question becomes not if you will face angry people, but when you do, how will you respond?

During this time together we will look at an introductory story, a real life example of students who had to deal with angry and rude people, and we will hear exactly how Jesus told us to deal with those who do wrong by us. Our hope is that during this time you will be able to lead the students well, guide them, ask them good, leading and thought-provoking follow up questions to questions already provided so that students can leave with a better understanding of the life that Christ is calling them to live.

The progression of these studies is four-fold: learn, feel, do and what next. The goal is for students to learn something new, connect at an appropriate emotional level and participate in doing something during the study. Finally, the “What Next” section focuses on a change in attitude, and/or behavior, which you will find in the challenge of the Life Application section. Remember that the movement is toward spiritual and emotional transformation in students’ lives, so the application section based on God’s truth is really the crux of the time together!

**Intro:**

Each of us at one point or another in our lives has come face to face with an angry, agitated, or even hostile person. What do we do when that happens? How do we protect ourselves, stand up for ourselves or call them out on their poor behavior? What would Christ ask us to do when dealing with angry people? All these questions and more are things we will get the chance to talk about during this next small group session.

**Intro Story:**

Another golf story...if you know much about golf, you may also be familiar with the Caddy, basically a paid servant for the duration of the golf round. Most of the time, it's a lot of fun. I work with the player, help them out, talk with them and the round goes well. Inevitably though there comes a point in each round where the player's true character comes out. Anticipating this moment is not hard to do, as the lead up is the same no matter whom you are working for. The question is not if it will happen, but how will it play out.

The player is having a decent round. Maybe they took two shots off the first tee, a breakfast ball; the second one usually works out and so the player moves forward. Depending on the player's skill level, they will either hit the green next or they will land near it. They will then chip on if they are not already on and either three or two putt.

Most players will have a decent first hole. Everyone is excited for the promise of the day. Five hours outside playing a game they love. The problem is when things begin not to go the way that they desire, an inevitability in this game called golf. Maybe it happens at the fifth hole, maybe hole twelve. The first bad shot. Totally avoidable; an ugly shot that cost the player a stroke or more. There are two kinds of players out there. First there are those who let it roll off their shoulder. They usually say something like, "This is why they call it golf," or "Proof I should keep my day job." If the player is very good at self-control they will acknowledge the inevitability of this poor shot and tell me their only desire is to come out and have fun with their friends playing a game they enjoy. Those are the players I don't mind caddying for. Sometimes if they are especially open, I can point out different things to help them better their next shot. We have fun, work through it together and continue to enjoy the game. This is a more rare occasion than it should be though.

More often than not when I am out there the player has his first bad shot and I can feel the anger radiating off of him. You probably know what I am talking about--different situation, same feeling. I begin distancing myself, a hard task when carrying his golf bag, but possible.

Then because his anger is rising, his next shot is even worse than the first. I specifically think of Tony. Tony was a *huge* guy! Pure muscle, sculpted upper body and a strong swing. The thing people don't realize is that few people can come up to the ball, swing 100% and have the ball fly straight every time. Most good players come up to the ball, line up and should swing about 70-80% to keep better control over the ball. Not Tony though. He would crush the ball at 110%, and most of the time it worked out, but

when it didn't, look out! He was probably one of the worst players I ever worked for. After a string of bad shots and more curses than I usually heard in a whole season on the course, he looked right at me and with sarcasm and anger spewing out of him said, "So you think you're a good caddy? How are you going to fix this?"

A lot of things rushed through my mind. Things like, how about a mint? Stop trying to crush the ball. I could actually help you, but your ears a plugged with your ego. Best caddy out here for sure; you're just the worst player and not my problem. These things however would only fuel his anger, so I looked him right in the eye and said, "Would you like me to clean the club for you Sir?"

You see, as much as I wanted to respond to the anger he was directing toward me, I realized something more important.

Tony wasn't angry with me; he was mad at himself, made at his game, upset he hadn't practiced more, was embarrassed by his poor performance and wanted to control the situation by belittling those around him. I forgave him instead. I know what it's like to struggle through a round. It's hard! You want to play so well and when that does not happen, it's disappointing.

I think Tony realized what happened. He distanced himself from me, probably feeling awkward; forgiveness was something he didn't know how to handle. He didn't apologize, but he also didn't come at me with anger again. We finished the round together. I had made him laugh a few times and as we shook hands to part ways he just said thanks. Usually, I get thanked for a good round, but this time, I was pretty sure my player was thanking me for something different.

#### Intro Questions:

1. When was a time you came across a very angry person?
2. How did you handle the anger?

#### Personal Reflection Questions:

Take the next few minutes to go over the following questions. Make sure to give students enough time to really think about these questions and reflect on their lives. After the given time come back together as a group to share. Brainstorm and think through things together for deeper learning.

1. Have you ever been in the author's place? If so, what happened? Who was there? How did everything play out? (See Student Response Sheet)
2. Thinking back, would you have handled the situation differently if you could go back? (See Student Response Sheet)
3. Think about Tony. What do you think made the difference for him? How would you have handled him? (See Student Response Sheet)

4. Is there a person who often has anger toward you? What do you think they are really upset about? How can you best handle the situation with them? (See Student Response Sheet)
5. Write your own questions:

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### Central Bible Passages:

*Sometimes we can be unsure of how to handle people who are angry or hostile; but like many other things, the Bible isn't silent about this topic either. When we open up Matthew's Gospel, we actually see that Jesus has something to say about dealing with people who owe us, are angry or wrong us. Jesus tells us to forgive them then he launches into a parable to help the people better understand the things that he is saying. Check it out!*

Matthew 18:21-35

The Parable of the Unforgiving Servant

Then Peter came to Jesus and asked, "Lord, if my brother keeps on sinning against me, how many times do I have to forgive him? Seven times?"

"No, not seven times," answered Jesus, "but seventy times seven, because the Kingdom of heaven is like this. Once there was a king who decided to check on his servants' accounts. He had just begun to do so when one of them was brought in who owed him millions of dollars. The servant did not have enough to pay his debt, so the king ordered him to be sold as a slave, with his wife and his children and all that he had, in order to pay the debt. The servant fell on his knees before the king. 'Be patient with me,' he begged, 'and I will pay you everything!' The king felt sorry for him, so he forgave him the debt and let him go.

"Then the man went out and met one of his fellow servants who owed him a few dollars. He grabbed him and started choking him. 'Pay back what you owe me!' he said. His fellow servant fell down and begged him, 'Be patient with me, and I will pay you back!' But he refused; instead, he had him thrown into jail until he should pay the debt. When the other servants saw what had happened, they were very upset and went to the king and told him everything. So he called the servant in. 'You worthless slave!' he said. 'I forgave you the whole amount you owed me, just because you asked me to. You should have had mercy on your fellow servant, just as I had mercy on you.' 34 The king was very angry, and he sent the servant to jail to be punished until he should pay back the

whole amount.”

And Jesus concluded, “That is how my Father in heaven will treat every one of you unless you forgive your brother from your heart.”

### Life Application:

1. Imagine you’re Peter. You have just asked Jesus this question that is really important to you and Jesus goes into this parable of owing others money. What is Jesus really trying to teach Peter and the disciples here?
2. When Jesus tells us to forgive 70x7, he does not really mean to forgive 490 times then stop forgiving. He is saying to forgive always no matter what, just as Christ forgives us. Is there someone that you need to forgive today, maybe for the 491<sup>st</sup> time? Who is it? What happened? How can you show them forgiveness today? (See Student Response Sheet)
3. Next time you run into a person who is angry, what are different ways that you can deal with them? What does forgiving them mean if they are family? A friend? Someone you have never gotten along with? A stranger? Someone who has hurt you over and over again? Not each answer is the same. What does forgiveness look like in each situation? Give each situation the name of a person you know. (See Student Response Sheet)
4. Share what you have learned about dealing with angry people with a friend. How can the two of you keep each other accountable for future confrontations? How will you strengthen one another and challenge one another on this journey?
5. Write your own challenge:

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### STUDENT RESPONSE:

1. Have you ever been in the author’s place? If so, what happened? Who was there? How did everything play out?



