

**MOVIE: “What About Bob?”****Sub Topic Theme:**

Fruits: Anger leads to Destruction

**Lesson Objective:**

To emphasize the importance of recognizing and handling anger in a godly way by teaching students about the destructive fruits that come from it. To show how apathy or acceptance of



anger ultimately has no benefits and always inflicts short and/or long term harm both on our hearts and the lives of those around us. In order to be free from the dominating power anger can have over our hearts, we must strive to follow Jesus Christ’s example of meeting our enemies and anger with compassion, love, humility, and selflessness. Also to show students how the only way to accomplish this is through awareness of the seeds planted in our hearts, which ones we should nourish, and which ones we need to uproot. This can be determined by considering the fruits we bear in life and comparing them to the Scripture’s guidelines for healthy, God-centered living, as well as continued growth in our relationship with the Lord who restores and transforms us with his perfect love, peace, patience, and purpose.

**Intro to the Movie:***What About Bob?*

According to Fandango.com:

In this comedy about a doctor-patient relationship pushed way beyond the office, Bill Murray plays Bob Wiley, a neurotic New Yorker struggling with a whirlwind of paralyzing phobias. When an exasperated colleague pawns the handful off on Dr. Leo Marvin (Richard Dreyfuss), the psychologist has no idea his last appointment will follow him north to New Hampshire on a month's vacation. Bob takes to Dr. Marvin's latest book like no therapy before it, so the well-meaning pest tracks Marvin down at his lakeside summer home to further discuss his problems. But Marvin, preparing for an interview on Good Morning America and a few weeks of R and R, views Bob's stalking as highly inappropriate, and demands he return to New York. But Bob can't take even the strongest hint, and sets up camp with a neighbor to indulge in his own "vacation" -- from his problems. Meanwhile, Marvin's son Sigmund (Charlie Korsmo), daughter Anna (Catherine Erbe), and wife Fay (Julie Hagerty) take to Bob's loopy charm, which Marvin views as an irritating threat. Marvin's temperature rises as Bob insinuates his way into the family, helping Sigmund learn to dive and counseling the previously ignored Anna. As

Bob's stock continues to rise, and his to plummet, Marvin becomes increasingly unhinged as the minutes tick down to the interview.

To view the trailer: [http://www.imdb.com/title/tt0103241/?ref\\_=sr\\_1](http://www.imdb.com/title/tt0103241/?ref_=sr_1)

(The 3D lenses) Notice the reactions of the various people around Bob. Pay attention to the different ways Dr. Marvin tries to handle his frustration and anger. Consider as you watch how you would react to different things and how having God in our lives would change (or not change) the story.

### Discussion Group Questions:

1. Which character did you relate to the most in this story?
2. What is one way that someone reacted in anger that really struck you or surprised you?
3. Did you notice any fruits of destruction? Do you think the seeds were planted during this movie or before we met the characters?

### 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:

*To emphasize the **importance** of recognizing and handling anger in a Godly way by teaching students about the destructive fruits that come from it. To show how apathy or acceptance of anger ultimately has **no benefits** and always inflicts short and/or long term **harm** both on our hearts and the lives of those around us. In order to **be free** from the dominating power anger can have over our hearts, we must strive to follow Jesus Christ's example of meeting our enemies and anger with compassion, love, humility, and selflessness. Also to show students how the only way to accomplish this is through **awareness** of the seeds planted in our hearts, which ones we should **nourish**, and which ones we need to **uproot**. This can be determined by considering the fruits we bear in life and comparing them to the Scripture's guidelines for healthy, God-centered living, as well as **continued growth** in our relationship with the Lord who **restores and transforms** us with his perfect love, peace, patience, and purpose.*

### Bullet Objective:

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

So did you like Bob? Or did you totally feel for Dr. Lee Marvin? Maybe a mix of both? It's funny how we get a kick out of watching people get more and more worked up

over something until they completely go off the deep end. Maybe that's a way we cope with how frustrating and painful those situations can be in real life.

I hope you noticed the way that Dr. Marvin's anger slowly gained momentum and crept further and further into his heart. It started off as an irritation, something small to be handled neatly and dismissed; but look what happened when it didn't get resolved. He started becoming more and more dominated by the anger in his heart, and his whole life was affected by it. He couldn't enjoy his son's success with diving because he was angry. He couldn't even join in when his whole family was cheerfully cleaning up the meal! And, really, how often does a whole family work together, singing and laughing to clean up!??

My point is, he was so consumed by the anger that was planted in his heart that soon bearing those fruits of destructiveness was the only thing he was doing. To the point that he tried to kill Bob and ended up blowing his house to smithereens! Hilarious to watch, but very sobering when we translate it to our own lives and the ways we nourish the anger in our hearts and neglect the important, and truly fulfilling things in life

You see, God doesn't desire for us to let anger have a place in our hearts. He knows that it only bears fruits of destruction. It might not be right away, it might not even happen for years, but sowing seeds of anger will always bring pain and brokenness into our lives and the lives of those around us. Jesus came to free us from that! To give us so much MORE!! By striving to follow the Lord we will reap a harvest of joy, love, and healing. More than that, as we continue to nurture the seeds that he plants in our hearts, we will begin to be a part of the planting of those seeds in others' hearts too!

I'm sure you can think of one person whom you have met, however briefly, who planted a seed of God's love inside your heart. It's amazing and it's part of the reason we were created. It's something we are called to as believers. Not just to receive the amazing love and transformation that Jesus gives to us, but to be a part of communicating his love to those around us. Listen to how Paul puts it in Philippians 2:1-16a:

“Your life in Christ makes you strong, and his love comforts you. You have fellowship with the Spirit, and you have kindness and compassion for one another. I urge you, then, to make me completely happy by having the same thoughts, sharing the same love, and being one in soul and mind. Don't do anything from selfish ambition or from a cheap desire to boast, but be humble toward one another, always considering others better than yourselves. And look out for one another's interests, not just for your own. The attitude you should have is the one that Christ Jesus had:

He always had the nature of God,

but he did not think that by force he should try to remain<sup>[b]</sup> equal with God.

Instead of this, of his own free will he gave up all he had,

and took the nature of a servant.

He became like a human being

and appeared in human likeness.

He was humble and walked the path of obedience all the way to death—

his death on the cross.

For this reason God raised him to the highest place above

and gave him the name that is greater than any other name.

And so, in honor of the name of Jesus

all beings in heaven, on earth, and in the world below

will fall on their knees,

and all will openly proclaim that Jesus Christ is Lord,

to the glory of God the Father.

So then, dear friends, as you always obeyed me when I was with you, it is even more important that you obey me now while I am away from you. Keep on working with fear and trembling to complete your salvation, <sup>13</sup> because God is always at work in you to make you willing and able to obey his own purpose.

Do everything without complaining or arguing, <sup>15</sup> so that you may be innocent and pure as God's perfect children, who live in a world of corrupt and sinful people. You must shine among them like stars lighting up the sky, as you offer them the message of life.”

God has a transformative love and it never fails to heal and change and grow us and others in ways we never imagined! Consider what Paul writes in Philippians 4:4-9:

“May you always be joyful in your union with the Lord. I say it again: rejoice!

<sup>5</sup> Show a gentle attitude toward everyone. The Lord is coming soon. <sup>6</sup> Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. <sup>7</sup> And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

In conclusion, my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable. <sup>9</sup> Put into practice what you learned and received from me, both from my words and from my actions. And the God who gives us peace will be with you.”

One more verse to consider as you realize the anger in your heart and work to produce good fruits is Micah 6:8: “No, the LORD has told us what is good. What he requires of us

is this: to do what is just, to show constant love, and to live in humble fellowship with our God.”

**Challenge:**

Write your own challenge this week!

*Pray for the uprooting of anger from our hearts and for God’s purpose and love to be planted in our hearts and grow deep roots so that we may bear wonderful fruits of joy and transformation! Remind them of the online personal journey at ReZilient Life for further involvement with this topic of Fruits: Anger leads to Destruction!*