

SUB TOPIC THEME:
I'll Hurt You!

Lesson Objective:

Identifying feelings and strategies for dealing with bullies and hurtful people. Sometimes this may be the students who have bullying tendencies and acting them out on others, and other times it will involve being the victim of bullying. Look at this subtopic form BOTH aspects knowing that students can often have both experiences. Develop some positive strategies for dealing with these tendencies by looking at how Jesus really does change our hearts and heal our hurts that often create this need to dominate or take revenge on others. Discuss, too, what you can do when being bullied. Help them build resilience in this area of their lives.



Set Up Info:

Supplies Needed:

1. A computer with internet access; possibly a way to project on a larger screen for group viewing.
2. A way to measure the longest reach, from finger tip to finger tip with outstretched arms.
3. Copies of the Student Response sheet (printed below)
4. Bibles so you can look up the Scripture story (or copy the ones below)
5. A passion to see students transformed in their positive influence on friends!

Instructive Prep:

Under this subtopic, we are using the adage that “Hurt people hurt people!” Almost always, when we dig down deep into the life and story of a person who is dominating, taking advantage of, or bullying others, we find a past hurt that is the root cause for the current lifestyle. Sometimes it can push us in the other direction and become the reason why we allow others to bully us; feeling like we can’t defend ourselves.

This session is designed to look at ways teens can identify the realities of their feelings and current ways they deal with bullying, then look at some strategies for

actually dealing with being a bully or being bullied through the use of biblical principles. It's important to know that the issue of bullying has been on the rise over the past few years, perhaps because we're becoming more aware of it, but also perhaps due to the increased stress on military families and teens. A PCS, a deployment, losing friends, and other typical military family scenarios are all potential pressure cookers. These times can accentuate past hurts that may result in bullying/being bullied behavior.

The progression of these studies is four-fold: learn, feel, do and what next. The goals are for students to (1) learn something new, (2) connect at an emotional level to some degree, and (3) participate in doing something during the study (like making a hand gesture as a weapon). Finally, (4) the what next focuses on a change in attitude and/or behavior, which you will find in the challenge of the Life Application section. Remember, the movement is toward spiritual and emotional transformation in kids' lives, so the application section based on God's truth is really the crux of the time together! Have fun and lead well.

INTRO:

Bullying includes behaviors that focus on making someone else feel inadequate, or focus on belittling someone else. Most of us have experienced or witnessed bullying at some time. These actions included harassment, physical harm, repeatedly demeaning speech and efforts to ostracize another person. It's not the same as teasing or bantering among friends or pranks and general horseplay. However, even these actions among friends can get out of hand and lead to bullying. Bullying is active, and is done with the intention of bringing another person down. It is important to realize that Jesus offers us ways of dealing with bullying, whether it's our own actions toward others or being a victim of someone.

INTRO STORY:

There are at least four different forms of bullying behavior, and you can find all of them in these stories and many stories in the Bible (except cyber bullying unless you count threatening letters or documents posted on the city gates).

1. **Physical Bullying:** This is the most obvious form of bullying. In this type of bullying, the instigator attempts to physically dominate another teen. This usually includes kicking, punching and other physically harmful activities, designed to instill fear in the one bullied, and possible coerce him or her to do something.
2. **Verbal Bullying:** When someone verbally bullies another, he or she uses demeaning language to tear down another's self-image. Bullies who use verbal techniques excessively tease others, say belittling things and use a great deal of

sarcasm with the intent to hurt the other person's feelings or humiliate the other teen in front of others.

3. **Emotional Bullying:** This is even more subtle than verbal bullying. Teenage bullying that includes emotional methods aims at getting someone else to feel isolated, alone and may even prompt depression. This type of bullying is designed to get others to ostracize the person being bullied.
4. **Cyber Bullying:** Electronic bullying is becoming a very real problem for teens. This type of bullying uses instant messaging, cell phone text messages and online social networks to humiliate and embarrass others. This can be especially devastating to the people being bullied, since they cannot even find a safe place in the virtual world.

(Find these four categories at <http://www.bullyingstatistics.org/content/teenage-bullying.html>. There are some really good additional strategies found under each bullying category. Check them out!)

Take a look at some (or all) of the following video clips and see if you can identify the various forms of bullying displayed in each. (There may be more than one). You may also identify some strategies for dealing with bullying as well.

<http://www.upworthy.com/bullies-called-him-pork-chop-he-took-that-pain-with-him-and-then-cooked-it-into?c=fea>

Forrest Gump:

<http://www.wingclips.com/movie-clips/forrest-gump/run-forrest-run>

Mean Girls:

<http://www.wingclips.com/movie-clips/mean-girls/burn-book>

Freedom Writers: (watch in sequence)

<http://www.wingclips.com/movie-clips/freedom-writers/how-a-holocaust-happens?play=1>

<http://www.wingclips.com/movie-clips/freedom-writers/i-am-home?play=1>

<http://www.wingclips.com/movie-clips/freedom-writers/you-are-heroes?play=1>

Karate Kid (new): (watch in sequence)

<http://www.wingclips.com/movie-clips/the-karate-kid/no-mercy?play=1>

<http://www.wingclips.com/movie-clips/the-karate-kid/still-scared>

Drillbit Taylor: (watch in sequence)

<http://www.wingclips.com/movie-clips/drillbit-taylor/bullies?play=1>

<http://www.wingclips.com/movie-clips/drillbit-taylor/above-the-law?play=1>

<http://www.wingclips.com/movie-clips/drillbit-taylor/finding-commonality>

INTRO QUESTIONS:

1. In general, what's your attitude toward bullying?
2. Where do you observe bullying the most?

PERSONAL REFLECTION QUESTIONS:

Have students stretch their arms out as far as they can and measure who has the longest reach from finger tip to finger tip. That person goes first.

1. List the four primary forms of bullying. (use Student response sheet)
 - a. Now circle the one(s) that you think you have taken part in toward another person (you as the bully)
 - b. Put a star beside the one(s) that you have been affected by (you were bullied)
2. Which of the video clips impacted you the most? Why?
3. What do you think are some reasons why people bully others? Use a character in one of the video clips as an example if you want to.
4. What are some strategies for dealing with your own feelings of bullying others that you think might work to help you deal with your anger/frustration/sense of getting even/or whatever hurt there might be? (use Student response sheet)
5. What are some strategies you think would work for dealing with bullies when you are the victim? (use Student response sheet)

CENTRAL BIBLE PASSAGES

You don't have to look very hard to find a bunch of stories about people overpowering, dominating, taking advantage of, verbally insulting, threatening and harming other people in the Bible. It's obvious that the sinfulness of humankind is openly displayed for all to see in the very pages of Scripture. Some of the bullies listed would be Cain who killed his brother Abel out of jealousy, Joseph's brothers who wanted to kill him but sold him to traders because they were jealous, Saul (Paul) who oversaw the killing of followers of Jesus because they threatened his belief system, King Saul who chased David around the kingdom out of jealousy and anger, Goliath of the Philistines who intimidated all of Israel, and many others which you could spend some time calling out.

One of the most blatant stories of a series of power-hungry bullies surrounds the arrest and crucifixion of Jesus himself. The selected passages skip through the events of that night and next day, but you can identify some serious bullying going on toward a man who was rendered 'defenseless.' Jesus had no physical weapon or intimidating stance, but he provides us with the ultimate winning strategy against bullies (and, no, I don't mean dying!) Check out this timeline:

John 18:3-13, 19-24, 38-40

³ So Judas went to the garden, taking with him a group of Roman soldiers, and some Temple guards sent by the chief priests and the Pharisees; they were armed and carried lanterns and torches.⁴ Jesus knew everything that was going to happen to him, so he stepped forward and asked them,

“Who is it you are looking for?”

⁵ “Jesus of Nazareth,” they answered. “I am he,” he said.

Judas, the traitor, was standing there with them.⁶ When Jesus said to them,

“I am he,” they moved back and fell to the ground.⁷ Again Jesus asked them,

“Who is it you are looking for?”

“Jesus of Nazareth,” they said.

⁸ “I have already told you that I am he,” Jesus said.

“If, then, you are looking for me, let these others go.” (⁹ He said this so that what he had said might come true: “Father, I have not lost even one of those you gave me.”)

¹⁰ Simon Peter, who had a sword, drew it and struck the High Priest's slave, cutting off his right ear. The name of the slave was Malchus.¹¹ Jesus said to Peter, “Put your sword back in its place! Do you think that I will not drink the cup of suffering which my Father has given me?”

¹² Then the Roman soldiers with their commanding officer and the Jewish guards arrested Jesus, tied him up,¹³ and took him first to Annas. He was the father-in-law of Caiaphas, who was High Priest that year.

¹⁹ The High Priest questioned Jesus about his disciples and about his teaching.

²⁰ Jesus answered,

“I have always spoken publicly to everyone; all my teaching was done in the synagogues and in the Temple, where all the people come together. I have never said anything in secret.²¹ Why, then, do you question me? Question the people who heard me. Ask them what I told them—they know what I said.”

²² When Jesus said this, one of the guards there slapped him and said,

“How dare you talk like that to the High Priest!”

²³ Jesus answered him,
 “If I have said anything wrong, tell everyone here what it was. But if I am right in what I have said, why do you hit me?”

²⁴ Then Annas sent him, still tied up, to Caiaphas the High Priest.

Then Pilate went back outside to the people and said to them,
 “I cannot find any reason to condemn him.³⁹ But according to the custom you have, I always set free a prisoner for you during the Passover. Do you want me to set free for you the king of the Jews?”

⁴⁰ They answered him with a shout,
 “No, not him! We want Barabbas!” (Barabbas was a bandit.)

John 19:1-6, 16

¹ Then Pilate took Jesus and had him whipped.² The soldiers made a crown out of thorny branches and put it on his head; then they put a purple robe on him³ and came to him and said,

“Long live the King of the Jews!” And they went up and slapped him.

⁴ Pilate went back out once more and said to the crowd,

“Look, I will bring him out here to you to let you see that I cannot find any reason to condemn him.”⁵ So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them,

“Look! Here is the man!”

⁶ When the chief priests and the Temple guards saw him, they shouted,

“Crucify him! Crucify him!”

Pilate said to them,

“You take him, then, and crucify him. I find no reason to condemn him.”

¹⁶ Then Pilate handed Jesus over to them to be crucified.

Luke 23:33-39

When they came to the place called

“The Skull,” they crucified Jesus there, and the two criminals, one on his right and the other on his left. Jesus said,

“Forgive them, Father! They don't know what they are doing.”

They divided his clothes among themselves by throwing dice. The people stood there watching while the Jewish leaders made fun of him:

“He saved others; let him save himself if he is the Messiah whom God has chosen!”

The soldiers also made fun of him: they came up to him and offered him cheap wine, and said,

“Save yourself if you are the king of the Jews!”

Above him were written these words:

“This is the King of the Jews.”

39 One of the criminals hanging there hurled insults at him:

“Aren't you the Messiah? Save yourself and us!”

Here are a few other key Scriptures to inform your ideas on bullying:

Leviticus 19:18

Do not take revenge on others or continue to hate them, but love your neighbors as you love yourself. I am the LORD.

Proverbs 6:16-19

There are seven things that the LORD hates and cannot tolerate: A proud look, a lying tongue, hands that kill innocent people, a mind that thinks up wicked plans, feet that hurry off to do evil, a witness who tells one lie after another, and someone who stirs up trouble among friends.

Matthew 7:1-5

Do not judge others, so that God will not judge you, for God will judge you in the same way you judge others, and he will apply to you the same rules you apply to others. Why, then, do you look at the speck in your brother's eye and pay no attention to the log in your own eye? How dare you say to your brother, ‘Please, let me take that speck out of your eye,’ when you have a log in your own eye? You hypocrite! First take the log out of your own eye, and then you will be able to see clearly to take the speck out of your brother's eye.

Matthew 5:38-41

You have heard that it was said, ‘An eye for an eye, and a tooth for a tooth.’ But now I tell you: do not take revenge on someone who wrongs you. If anyone slaps you on the right cheek, let him slap your left cheek too. And if someone takes you to court to sue you for your shirt, let him have your coat as well. And if one of the occupation troops forces you to carry his pack one mile, carry it two miles.

1 Peter 3:8-9

To conclude: you must all have the same attitude and the same feelings; love one another, and be kind and humble with one another. Do not pay back evil with evil or cursing with

cursing; instead, pay back with a blessing, because a blessing is what God promised to give you when he called you.

LIFE APPLICATION:

1. List the forms of bullying that you witnessed in the story of the arrest and crucifixion of Jesus. Identify the one that you found the most disturbing and tell why.
2. What do you think of the saying, “Hurt people hurt people?” How do you see this in the story of Jesus’ arrest and crucifixion? Come up with three ways Jesus could have defended himself, but chose not to.
3. Develop a list within the group of some specific and ‘do-able’ ways to counter bullying. Make a pact to banding together to do these at school and in the community. To carry this further, think of ways to involve others or perhaps the whole school. (use Student response sheet)
4. Why have you bullied someone? Take some time to really dig down deep and see what is the underlying reason. Is it guilt or fear or insecurity or jealousy or greed? These are all enemies of our heart. After identifying your personal issue, spend some time praying for each group member asking Jesus to heal those deep hurts. (use Student response sheet)

(A really good book that can help students come to grips with their deeper issue and how to let Jesus heal them is a book by *Andy Stanley* called ***Enemies of the Heart***.)

Guilt = “***I owe You***” – action to deal with it is ***open confession***

Anger = “***You owe Me***” – action is ***forgiveness/canceling the debt***

Greed = “***I owe Me***” – action is ***generosity***

Jealousy – “***God owes Me***” – action is ***celebration/appreciating another’s success***)

STUDENT RESPONSES:

1. LIST THE FOUR PRIMARY FORMS OF BULLYING.
 - a. Now circle the one(s) that you think you have taken part in toward another person (you as the bully)
 - b. Put a star beside the one(s) that you have been affected by (you were bullied)

2. WHAT ARE SOME STRATEGIES FOR DEALING WITH YOUR OWN FEELINGS OF BULLYING OTHERS THAT YOU THINK MIGHT WORK TO HELP YOU DEAL WITH YOUR ANGER/FRUSTRATION/SENSE OF GETTING EVEN?

3. WHAT ARE SOME STRATEGIES YOU THINK WOULD WORK FOR DEALING WITH BULLIES WHEN YOU ARE THE VICTIM?

