

MOVIE: “ANGER MANAGEMENT**Sub Topic Theme:****SEEDS: WHY DO I GET SO ANGRY?****Lesson Objective:**

The purpose of watching this movie in a large group is to give students a chance to learn about how anger can affect one’s life, and how to recognize it in a fun and entertaining way. Adam Sandler plays a character that most people would not think of as angry until they really get to know him. This will help students recognize that not all anger is explosive; some of it is implosive as Nicholson explains to Sandler in the beginning of the movie. All anger, however, has consequences for the angry person and those around them.

**Intro to the Movie:**

When we first meet Dave, a mild mannered businessman, he is headed off on a business trip with his boss to help his boss launch a new product line that Dave actually created but is getting no credit for.

As he boards the plane, he discovers his seat has been taken. Buddy a random man on the plane offers to let Dave sit next to him. The whole plane ride turns into a mess as Buddy ends up just annoying Dave the whole time they are in the air. He is eventually accused of assaulting a flight attendant, tazed by an air marshal and is made to stand before a judge. As this is his first offense, he gets off with anger management classes.

When he walks into the class he is astounded to see that Buddy, the guy from the plane will actually be his instructor, someone who saw the whole incident and knows the truth about it. Dave relaxes, as he should be able to just get his hours signed off on. Nothing happens how it is supposed to though, and Buddy ends up doubling the number of hours Dave must do.

After a couple more outbursts, Buddy puts Dave in his intensive anger management program because, while Dave thinks he isn’t angry, Buddy informs him that there are two kinds of people, those who explode at the cashier who won’t take their expired coupon and the cashier who silently takes it till one day they come to work and go crazy. Dave is the cashier, holding it all in till he explodes.

Buddy is comical in the ways that he gets Dave to release a little bit of anger at a time, starting with his boss. Then his girlfriend’s best guy friend, a childhood bully, and finally Buddy himself. All a part of Buddy’s program of course, but Dave still has no idea; he just believes that there have been a lot of misunderstandings and Buddy is crazy.

However, crazy as Buddy is, there is purpose to his madness. As Dave slowly gets built up to the final level of his anger management intensive, Buddy performs his final act

by stealing Dave's girlfriend and taking her to a Yankees game to propose to her, something Dave just hadn't had the courage to do yet but had shared with Buddy confidentially.

This forces Dave to take drastic measures. Finally running out onto the Yankees' field, shouting out for his girlfriend Linda and confessing his love for her and desire to marry her, Dave had completed anger management, and he didn't even know it.

As the movie closes, Linda shares with Dave how the past two weeks had been a set up, and she asked Buddy to help him, starting all the way back before even the first plane ride where they coincidentally met. Dave is surprised, happy and thankful for the lessons he has learned, friends he has met, and Linda, his soon-to-be wife.

(The 3D Lenses) Look for themes of what things make someone angry (situational, personal attack, protecting others, etc.), how people express their anger (silent explosion, passive/aggressive, violent outbursts), and what things they do to control their anger. How do these methods reflect what God says about the emotion of anger and the effects on us as human beings?

Discussion Group Questions:

1. How many of you thought that Dave was actually an angry person when you first met him? Why or why not? What were some of Dave's tells as the movie moved forward?
2. Maybe some of you have experienced not receiving proper credit for the work you have done like Dave and his fat cat clothing line. What are some better ways Dave could have gone about approaching his boss?
3. Buddy tells Dave that sarcasm is one of anger's cousins; do you agree or disagree? Why?
4. While the set up is funny and all works out in the end, if you were Dave's friend, how would you have approached the anger subject with him? What examples would you use to help him see what you are talking about?
5. The movie ends with a happy ending; he gets the girl and everything, but he still has a lot of work to do. He has let out all the anger he has been holding in, but what should he do to make sure the anger does not build up again?

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 watching this movie in a large group is to give students a chance to learn about how anger can affect one's life and how to recognize it in a fun and entertaining way. Sandler plays a character that most people would not think of as angry till they really get to know him. This will help students recognize that not all anger is explosive; some of it is implosive as Nicholson explains to Sandler in the beginning of the movie.*

Bullet Objective:

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

As we have seen from the movie, sometimes anger is an explosive thing like many of Dave's friends in Anger Management experienced, but sometimes it's not. Sometimes your anger can be more like Dave's and sneak up on you. Slowly boil. It's kind of like the cooking a frog. How do you do it? You just put the frog in lukewarm water in a pot then turn on the heat. The frog doesn't know it's cooked till it's too late.

It's the same with our anger and us when we are like Dave. We didn't feel angry, we felt pretty good, like the frog in water and then all the sudden we explode and have no idea why because things were going pretty good. Well, actually, they weren't or we wouldn't have exploded.

Since Dave graduated from Buddy's intensive anger management class we are assuming he learned things to look out for, ways to monitor the things going on inside of him, his heart. The movie may not have specifically talked about those things, but Scripture does. Let's check out these passages.

Ephesians 4:1-16

The Unity of the Body

¹I urge you, then—I who am a prisoner because I serve the Lord: live a life that measures up to the standard God set when he called you. ²Be always humble, gentle, and patient. Show your love by being tolerant with one another. ³Do your best to preserve the unity which the Spirit gives by means of the peace that binds you together. ⁴There is one body and one Spirit, just as there is one hope to which God has called you. ⁵There is one Lord, one faith, one baptism; ⁶there is one God and Father of all people, who is Lord of all, works through all, and is in all.

⁷Each one of us has received a special gift in proportion to what Christ has given. ⁸As the scripture says,

“When he went up to the very heights, he took many captives with him; he gave gifts to people.”

⁹Now, what does “he went up” mean? It means that first he came down to the lowest depths of the earth. ¹⁰So the one who came down is the same one who went up, above and beyond the heavens, to fill the whole universe with his presence. ¹¹It was he who “gave gifts to people”; he appointed some to be apostles, others to be prophets, others to be evangelists, others to be pastors and teachers. ¹²He did this to prepare all God's people for the work of Christian service, in order to build up the body of Christ. ¹³And so we shall

all come together to that oneness in our faith and in our knowledge of the Son of God; we shall become mature people, reaching to the very height of Christ's full stature. ¹⁴Then we shall no longer be children, carried by the waves and blown about by every shifting wind of the teaching of deceitful people, who lead others into error by the tricks they invent. ¹⁵Instead, by speaking the truth in a spirit of love, we must grow up in every way to Christ, who is the head. ¹⁶Under his control all the different parts of the body fit together, and the whole body is held together by every joint with which it is provided. So when each separate part works as it should, the whole body grows and builds itself up through love.

Crazy right? While this passage goes on to talk about things to avoid, it shares with us why we avoid them, because we have chosen to follow Christ. This beginning part is great because it tells us what to focus on. Often times, we point out things to *avoid*, but we can forget what to actually *focus on*. Here Paul tells us to be humble, gentle and patient. To show love to one another and to stand united as one with other believers.

This is important because , when we focus on these things, it makes being angry at someone or ourselves a little harder. Don't get me wrong, we will still get angry, but it's harder to be angry with someone you are actively serving, talking to and being patient with; someone you know and love.

Challenge:

1. Maybe you are like Dave, been holding it in for a while. Sit down, figure out some of the things you are upset about and then go serve those people. Do something nice for someone who has upset you and see how your heart changes.
2. Think about Dave; his girlfriend Linda did a lot to try to help him recognize his anger. Do you have someone like that in your life? Take a few minutes this week to hand write them a thank you note. Tell them that you appreciate the things they have done for you and apologize if you may have hurt them as well.
3. Prayerfully seek God. Pray big prayers. Ask him to help you recognize where you are falling short and to come along side you as you walk toward peace. Memorize Ephesians 4:1-3 and see how God uses it by bringing it to mind when you begin to feel angry. The verse may even come before you feel angry!

Before leaving pray for the students, that they would find healing and be able to recognize the ways in which they are hurting and feel angry. Remind them of the online personal journey at ReZilient Life for further involvement with this topic of anger and where it comes from.