

Lesson 4: HOW TO RESPOND TO ADULT BULLYING



**“YOU CAN ONLY LET SOMEONE THROW
SO MANY STONES AT YOU BEFORE YOU
PICK THEM ALL UP, PUT THEM
TOGETHER AND BUILD A WALL TO KEEP
THEM FROM DOING IT AGAIN.”**



**BULLYING IS "ABUSE AND MISTREATMENT
OF SOMEONE VULNERABLE BY SOMEONE
STRONGER, AND MORE POWERFUL."**





WHY DO
PEOPLE
BULLY?

**“YOU NEVER LOOK GOOD
TRYING TO MAKE SOMEONE
ELSE LOOK BAD.”**

FIVE COMMON BULLY TYPES:

1

The Persistent Critic

2

The Skilled Manipulator

3

The Space Invader



The Benevolent Intimidator



The Irresponsible Abdicator

**THREE WAYS TO CATEGORIZE
"DIFFICULT" PEOPLE:**



The Situationally Difficult

2

The Strategically Difficult

3

The Simply Difficult

**WHAT DOES JESUS SAY ABOUT
BULLIES?**

**JESUS GIVES US FOUR
RESPONSES TO BULLYING:**

1

Give Up Our Anger
Toward Abusers.

21 "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.'

--

22 But I tell you that anyone who is angry with a brother or sister, will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

--

23 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you,

--

24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.



Chinese Proverb

“If you are patient in one moment of anger, you will escape a hundred days of sorrow.”

2

Turn the Other Cheek

Matthew 5:38–39

“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also.



**“SHOW RESPECT EVEN TO PEOPLE WHO DON'T
DESERVE IT: NOT AS A REFLECTION OF THEIR
CHARACTER, BUT AS A REFLECTION OF YOURS.”**



WHAT ABOUT PHYSICAL FORCE?

Exodus 22:1-3

Whoever steals an ox or a sheep and slaughters it or sells it must pay back five head of cattle for the ox and four sheep for the sheep. "If a thief is caught breaking in at night and is struck a fatal blow, the defender is not guilty of bloodshed;

**but if it happens after sunrise, the defender is guilty of bloodshed.
“Anyone who steals must certainly make restitution but if they have nothing, they must be sold to pay for their theft.**

Nehemiah 4:16–18

From that day on, half of my men did the work, while the other half were equipped with spears, shields, bows and armor. The officers posted themselves behind all the people of Judah who were building the wall.

Those who carried materials did their work with one hand and held a weapon in the other, and each of the builders wore his sword at his side as he worked. But the man who sounded the trumpet stayed with me.

Nehemiah 4:16–18

Then Jesus said, “When I sent you out and told you to travel light, to take only the bare necessities, did you get along all right?” “Certainly,” they said, “we got along just fine.” He said, “This is different. Get ready for trouble. Look at what you’ll need; there are difficult times ahead. Pawn your coat and get a sword.

What was written in Scripture, 'He was lumped in with the criminals,' gets its final meaning in me. Everything written about me is now concluding." They said, "Look, Master, two swords!" But he said, "Enough of that; no more sword talk!"

3

Love Our Enemies and Pray for
Those Who Persecute Us.

Matthew 5:43-48 MSG

“You’re familiar with the old written law, ‘Love your friend,’ and its unwritten companion, ‘Hate your enemy.’ I’m challenging that. I’m telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the supple moves of prayer, for then you are working out of your true selves, your God-created selves.

This is what God does. He gives his best—the sun to warm and the rain to nourish—to everyone, regardless: the good and bad, the nice and nasty. If all you do is love the lovable, do you expect a bonus? Anybody can do that. If you simply say hello to those who greet you, do you expect a medal? Any run-of-the-mill sinner does that.

**"IN A WORD, WHAT I'M SAYING IS, GROW UP. YOU'RE KINGDOM SUBJECTS. NOW LIVE LIKE IT. LIVE OUT YOUR GOD-CREATED IDENTITY. LIVE GENEROUSLY AND GRACIOUSLY TOWARD OTHERS, THE WAY GOD LIVES TOWARD YOU."
CREATED IDENTITY. LIVE GENEROUSLY AND GRACIOUSLY TOWARD OTHERS,
THE WAY GOD LIVES TOWARD YOU."**

4

Get the Plank Out of Our Own Eye
Before We Can Help Someone Else
with the Spec in Their Eye.

Matthew 7:3–5 NIV

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye?



YOU HYPOCRITE, FIRST TAKE THE PLANK OUT OF YOUR OWN EYE, AND THEN YOU WILL SEE CLEARLY TO REMOVE THE SPECK FROM YOUR BROTHER'S EYE.



**JESUS' RESPONSE TO THOSE
BEING BULLIED OR MARGINALIZED.**

**“LET YOUR SMILE CHANGE THE
WORLD, DON'T LET THE WORLD
CHANGE YOUR SMILE.”**



BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. What was your greatest takeaway from today's lesson?
2. Why do people bully?
3. List and define the five common bully types.
4. List the four scriptural responses to adult bullying.
5. Should Christians ever use physical force? Explain.
6. Why is it important to check our hearts?
7. How did Jesus respond to those being bullied or marginalized?

