

Lesson Plans that Work

Racial Justice Lesson Plan for Young Adults

Repairing the Breach in Society and Institutions

Lesson Five Theme	Becoming Beloved Community Path	Scripture 1	Scripture 2	Way of Love Practice
Anti-racism	Repairing the Breach in Society and Institutions	Isaiah 58 Focus: 58:6-7	Luke 6:27-49 Focus: 6:27-36, 46-39	Rest

Prayer

O God, in the course of this busy life, give us times of refreshment and peace. Help us use our leisure to rebuild our bodies and renew our minds to prepare us for the work of anti-racism.

Open our spirits to the goodness of your creation.

We ask these things through your Son, Jesus Christ. *Amen.*

- Modified prayer for the Good Use of Leisure BCP p. 825

About Anti-racism

“In a racist society, it is not enough to be non-racist, we must be anti-racist.”

– Activist Angela Y. Davis

Many of us understand that racism is wrong. Treating people differently based on their skin color is not the way God wants us to act toward each other. But lots of us think we can just not be racist. God calls us to not only feel and believe but to act. Not doing something is passive and gets no results. If we want to stop racism, we have to be anti-racists. That means we take action when we see discrimination happening. Taking action against racism can seem scary, or that it might hurt us. If you think that, you’re right. I’m a black woman, and being an anti-racist is exhausting and painful. It also feels like what God wants me to do.

Becoming Beloved Community Four-fold path:

Repairing the Breach in Society and Institutions

Anti-racism is active. Repairing the breach is active. Anti-racist efforts are an attempt to repair the breach created by slavery and racism.

Baptismal Promise

Will you strive for justice and peace among all people, and respect the dignity of every human being?

I will, with God’s help.

Questions

- What does being anti-racist mean to you?
- What institutions and systems can you identify as broken?
- How will you participate in repair, restoration, and healing as an anti-racist?
- What happens if you don't say or do anything? What if you don't act?

Bible Study

Scripture 1: [Isaiah 58:1-14](#)

Scripture 2: [Luke 6:27-49](#)

- Read Isaiah 58:1-14. What words or phrases stand out to you?
- Read verses 6-7. What surprises you about these passages? Notice and comment on anything you wish to share.
- Read the three verses one more time. What do those verses say about anti-racism?
- Now read Luke 6:27-49. What words or phrases do you notice?
- Read verses 46-49. What surprises you about those verses? Share any observations or realizations you have.
- Read verses 46-49 one more time. What do those verses add to your understanding of anti-racism?
- What would it take for you to love your enemies? What would it take for you to be an anti-racist?
- Read a different translation, like the Common English Bible, The Message, or King James. How does it compare? Which do you prefer?

Activities

Individual Activity	Group Activity
<p>Read books, watch movies, talk to people of color who you know. Educate yourself in what it means to be a Christian anti-racist.</p> <p>Join or start a Sacred Ground group. Invite the youth of your congregation to partner with you in your antiracism efforts.</p>	<p>Host an antiracism book discussion group. People can read one of these titles - everyone does not need to read the same book. When you host the discussion, ask these questions and folks can answer from the context of the book they read. Host follow up meetings as long as people would like to continue to meet. Books by Yaa Gyasi are my top recommendations. Find more titles in Becoming Beloved Community Where You Are.</p>

Way of Love practice: Rest

<https://episcopalchurch.org/way-of-love/practice/rest>

Receive the gift of God's grace, peace, and restoration

Being an anti-racist is daily work, and it's not easy. Rest is essential to stay strong mentally and physically to do the work of dismantling racism.

- How do we make time to rest?
- How can we make sure others have the opportunity to rest?

Prayer

God, you see us all as your beloved children. Help us see each other that way. Give me the strength and courage to be an anti-racist. Help me recognize and dismantle racism, however hard it might be. In Jesus' name I pray. *Amen.*

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