

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](#)

Questions:

- 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?

Activity: Take Action!

Equip your anti-racist toolkit. Make a list of the ways you can take action to be an anti-racist. Here are some examples:

- I will speak up when I hear someone being bullied.
- I will stop and observe when I witness someone being harassed.
- I will interrupt and call someone out by saying, "Stop! Don't say words like that. It's racist."
- I will protest in ways I find meaningful, doable, and helpful. It might mean marching; it might mean making signs for others to hold.
- I will pray for my enemies and mean it.
- I will call someone in when they say something racist or biased in a 1:1 conversation.
- I will spend my privilege on others because doing so helps us both.

Notice what feels comfortable, slightly uncomfortable, and very uncomfortable. If you feel uncomfortable, consider your sibling who is marginalized. What does God call us to do? Can you push against your comfort zone if it means you can help dismantle racism?

Way of Love practice: Rest

<https://episcopalchurch.org/way-of-love/practice/rest> (length 3:11 minutes)

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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