

Lesson Plans that Work

Racial Justice Lesson Plans for Young Adults

Lesson Seven Theme	Becoming Beloved Community Path	Scripture 1	Scripture 2	Way of Love Practice
Inclusive Spiritual Practices	Practicing the Way of Love	Luke 10:25-37 Focus: 10:27	Romans 12 Focus: 12:4-5	Worship

Prayer

O God, you have blessed us and given us dominion over all the earth. Increase our reverence before the mystery of life.

Give us new insight into your purposes for the human race.

Show us new wisdom and firmness of purpose in providing for humankind's future according to your will.

We ask this through your Son, Jesus Christ. Amen.

- Modified prayer for the Future of the Human Race BCP p. 828

Introduce Theme: Inclusive Spiritual Practices

Practicing the Way of Love is one of the four-fold paths of Becoming Beloved Community.

Those seven practices - turn, learn, pray, worship, bless, go, and love - give us a rule of life or a way to live. What does Racial Justice have to do with our spiritual practices? In our practices, we can remember that God's love applies to everyone and is the same for everyone. We can be intentional and inclusive about our practices when we are alone and in community.

Becoming Beloved Community Four-fold Path: Practicing the Way

We can bring the concept of inclusion and Beloved Community to our practices, particularly our shared practices of Go, Worship, Bless, Pray, and Learn. We can Turn publicly by repenting of our complicity in racism and white supremacy. And we can focus our intentions so that people from all walks of life have an opportunity to Rest as we continue to improve our practice.

Take some time to reflect on each practice. Write down what comes to you and how you may continue to live into this practice or start a new path on that practice. What are individual practices? What are group practices?

Lesson Theme	Becoming Beloved Community Fourfold Path	Way of Love	Reflection
Beloved Community	Proclaiming the Dream of Beloved Community	Pray	
Racism	Telling the Truth about the Church and Race	Learn	
Privilege	Telling the Truth about the Church and Race	Bless	
Bias	Practicing the Way of Love	Turn	
Anti-racism	Repairing the Breach in Society and Institutions	Rest	
Solidarity	Repairing the Breach in Society and Institutions	Go	
Inclusive Spiritual Practices	Practicing the Way of Love	Worship	

Baptismal Promise

We will seek and serve Christ in all persons, loving our neighbors as ourselves.

We will, with God's help.

Questions

- How will we grow as reconcilers, healers, and justice-bearers?
- Where do you see God in this?
- How will our spiritual practices help us to actively grow relationships across divisions and seek Christ in the other?

Bible Study

Scripture 1: [Luke 10:25-37](#)

Scripture 2: [Romans 12](#)

- Read Luke 10:25-37. What words or phrases stand out to you?
- Read verses 25-28. What surprises you about these passages? Notice and comment on anything you wish to share.
- Read the four verses one more time. What do those verses say about anti-racism?
- Now read Romans 12:1-21. What words or phrases do you notice?
- Read verses 4-5 and 9-21. What surprises you about those verses? Share any observations or realizations you have.
- Read verses 9-21 one more time. What do those verses add to your understanding of what it means to be a Christian?
- How can you apply your learning from these verses to your spiritual practices? Or, take one practice, like bless, and apply these teachings.

Activity

Individual Activity	Group Activity
Sign up for braverangels.com to have a conversation with someone different from you in a variety of ways, including political leanings, gender, and race. Look for God in the other person. Pray for them and yourself.	Page six of Becoming Beloved Community Where You Are has lots of suggestions for practicing the Way of Love. My favorite is hosting a Story Sharing event. Create questions around a theme like the tell what you know about the history of your parish, or what reparations means to you, or how did you start coming to this church.

Way of Love practice: Worship

Gather in community weekly to thank, praise, and dwell with God

Does our worship represent us? Does it include people who don't look like us? How can our worship include people we don't usually represent? Should we do that? Why or why not?

Prayer

Thank you, God, for giving me all the tools I need to dismantle racism.

Give me strength.

Give me courage.

Give me compassion for others.

Give me grace.

Send the Spirit to speak to my heart until I hear it.

Forgive me when my bias interferes with my good intentions.

Keep me mindful that you're always near me.

Whenever I call you, you hear me.

Help me recognize and dismantle racism, however hard it might be.

I ask all of this in the name of your Son, Jesus Christ, my brother, guide, and friend. Amen.

A Prayer attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. *Amen. BCP p. 833*

Written by Miriam McKenney

Published by the Department of Faith Formation of The Episcopal Church, 815 Second Avenue, New York, N.Y. 10017.

© 2021 The Domestic and Foreign Missionary Society of the Protestant Episcopal Church in the United States of America.

All rights reserved.