

Courageous Conversations

A Lenten Antiracism Journey

CONVERSATION PROMPTS, PRAYERS AND SCRIPTURES

Day	Date	Scripture	Prayer	Conversation Prompt
1	22-Feb	As he walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents?" Jesus answered, "Neither this man nor his parents sinned." John 9:1-34	Inhale: From generation to generation Exhale: you are God.	Describe your ancestral lineage. What do you know about where your ancestors are from?
2	23-Feb	Jesus asked them, "Who do you say that I am?" Peter answered him, "You are the Messiah." Mark 8:27-30	Inhale: Created in the image of God Exhale: this body is sacred.	How do you self-identify racially, ethnically, and/or culturally? What do the words you use to describe your race mean to you? Why did you choose them? How do these labels impact your identity as a person of faith?
3	24-Feb	"Is not this the carpenter, the son of Mary?" ...and they took offense at him. Then Jesus said to them, "Prophets are not without honor except in their hometown, and among their own kin, and in their own house." Mark 6:1-6	Inhale: Where two or three are gathered Exhale: Spirit, you are here.	Were conversations about race or culture part of your upbringing? your church? If yes, what were those conversations like? If no, what were non-verbal ways that race or culture were addressed?

4	25-Feb	A certain ruler asked him, "What must I do to inherit eternal life?" Jesus said, "You know the commandments." He replied, "I have kept all these." Jesus said to him, "Sell all that you own and distribute the money to the poor." Luke 18:18-27	Inhale: Root me, O God Exhale: in your love.	What core values ground your passion for racial justice?
5	27-Feb	Zacchaeus said to Jesus, "Look, half of my possessions I will give to the poor; and if I have defrauded anyone of anything, I will pay back four times as much." Then Jesus said to him, "Today salvation has come to this house." Luke 19:1-10	Inhale: This is holy ground. Exhale: In reverence, I take off my shoes.	What do you know about the indigenous stewards of the land you now occupy? What are you curious to know? How does what you know and don't know impact your relationship to the land and its indigenous stewards?
6	28-Feb	They were complaining to Jesus' disciples saying, "Why do you eat and drink with tax collectors and sinners?" Luke 5:27-39	Inhale: Hear the voice of God saying Exhale: This is my child, my beloved one.	Describe a moment when you first remember being identified with a race? What did it reveal to you about yourself? What messages did it give you about race?
7	1-Mar	Then the righteous will answer, "Sovereign, when was it that we saw you hungry and gave you food...?" And the Sovereign will answer, "Truly I tell you, just as you did it to one of the least of these...you did it to me." Matthew 25:31-46	Inhale: I am determined Exhale: to follow Jesus.	What specific racial justice issue has captured your heart? What connection does it have to your faith journey?

8	2-Mar	Jesus said, "If you knew who it is that is saying to you, 'Give me a drink,' you would have asked and he would have given you living water." The woman said, "Sir, you have no bucket and the well is deep. Where do you get that living water?" John 4:1-42	Inhale: Blessed are those who thirst for justice Exhale: for we shall be filled.	Share a story about how your perceived race has impacted your daily life today or this week. What spiritual resources help you navigate these impacts?
9	3-Mar	In order to trap him, they asked, "Teacher we know that you are right in what you say and you teach the way of God in accordance with truth. Is it lawful for us to pay taxes to the emperor or not?" But he perceived their craftiness... Luke 20:20-26	Inhale: From the grip of all that is evil Exhale: free us, Holy One.	Where do you see structural or systemic racism showing up in your church or community?
10	4-Mar	The adversary said to him, "If you are the Child of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Luke 4:1-13	Inhale: There is healing and power Exhale: in your holy Word.	What is your favorite bible verse or bible story about racial justice?
11	6-Mar	"These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat." But he replied, "Friend, I am doing you no wrong...are you envious because I am generous?" Matthew 20:1-16	Inhale: You are important to me Exhale: I need you to survive.	How have you been taught to make sense of human difference? Are there spiritual resources that have shaped your understanding of human difference?
12	7-Mar	But wanting to justify himself, the lawyer asked Jesus, "And who is my neighbor?" Luke 10:25-37	Inhale: Teach me, Liberator, Exhale: love is the practice of freedom.	Describe your understanding of racism.

13	8-Mar	The leader-indignant because Jesus had healed on the sabbath-kept saying, "There are 6 days for work-come on those days and be cured." Jesus said, "You hypocrites, ought not this woman bound for 18 long years be set free on this sabbath day?" Luke 13:10-17	Inhale: My way, my truth, my life Exhale: show me my true self.	When you read the bible, listen to sermons, or attend bible studies what people groups do you identify with the most? Why?
14	9-Mar	Martha said to Jesus, "Lord, if you had been here, my brother would not have died." ...Jesus said to her, "Your brother will rise again." John 11:(1-16)17-44.	Inhale: My freedom is our freedom. Exhale: Our freedom is my freedom.	What is your stake in the movement toward racial justice? Why are you committed to this work?
15	10-Mar	Then he called his disciples and said to them, "Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury." Mark 12:41-44	Inhale: Open my heart, God Exhale: help me to love like you.	What is a racial bias you hold or have held? Where did you learn it?
16	11-Mar	The disciples said to him, "Send the crowds away so that they may buy something to eat." Jesus answered them, "You give them something to eat." They said, "Are we to go off and buy two hundred denarii worth of bread?" Mark 6:30-44	Inhale: Fearfully and wonderfully made Exhale: I will praise you.	What is your favorite part of your culture? How is your culture a blessing in your life?
17	13-Mar	She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped. Then Jesus asked, "Who touched me?" Luke 8:43-48	Inhale: This body holds wisdom. Exhale: I listen for God's voice here.	How does your body feel when you talk about or hear someone else talk about race? What information do those feelings give you about your practices of antiracism?

18	14-Mar	His disciples said to him, "Lord, teach us to pray." He said to them, "When you pray, say, "Creator, hallowed be your name. Your kingdom come." Luke 11:1-13	Inhale: These dreams are holy. Exhale: Your kingdom come.	What would it look like/feel like if we were living in an accessible, antiracist, world of justice for all?
19	15-Mar	When those who were around him saw what was coming, they asked, "Lord, should we strike with the sword?" Then one of them struck the slave and cut off his ear. But Jesus said, "No more of this!" And he healed him. Luke 22:47-53	Inhale: Breath of Life, Exhale: keep me breathing toward wholeness.	For BIPOC folks: How do you care for your mental, emotional, and spiritual health when harmed by racial bias, threats and microaggressions? For non-BIPOC folks: What practices of self-regulation do you use in moments of racial stress?
20	16-Mar	But when he noticed the strong wind he became frightened and, beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" Matthew 14:22-33	Inhale: God who has brought us this far, Exhale: keep us forever in the path.	Where do you think your church, your community, the UCC, the country is on the journey toward racial justice?
21	17-Mar	When he saw he was healed, he turned back, praising God with a loud voice. He bowed at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus asked, "Were not ten made clean? But the other nine, where are they?" Luke 17:11-19	Inhale: For all that heals and teaches me, Exhale: I am grateful.	What song or hymn has taught you something important about race?

22	18-Mar	Someone told Jesus, "Look, your mother and brothers are outside." Jesus replied, "Here are my mother and my brothers! For whoever does the will of God is my brother and sister and mother." Matthew 12:46-50	Inhale: God in community, Exhale: surround me with kindred spirits.	Share a memory you have connected to race, ethnicity or culture
23	20-Mar	Martha asked him, "Lord, do you not care that my sister has left me to do all the work by myself?..." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing." Luke 10:38-42	Inhale: Spirit of Freedom, Exhale: loosen all that binds me.	How do racial stereotypes impact you and/or your interactions with others?
24	21-Mar	The apostles said to the Lord, "Increase our faith." The Lord replied, "If you had faith the size of a mustard seed you could say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you. Luke 17:5-6	Inhale: There is more love somewhere. Exhale: I'm gonna keep on til I find it.	What hopes do you have for being antiracist? What would you like to share with others about being antiracist? How are antiracist practices part of your life of faith?
25	22-Mar	When they heard this, all in the synagogue were filled with rage. They got up and drove him out of the town...so that they might hurl him off a cliff." Luke 4:14-30	Inhale: Whichever way I turn, Exhale: there is the face of God.	How do you imagine Jesus' physical appearance? How does it impact your faith journey to think about Jesus looking like you? ...not like you?

26	23-Mar	He entered the temple and began to drive out those who were selling and buying in the temple...He was teaching and saying, "Is it not written, 'My house shall be a house of prayer for all the nations'? But you have made it a den of robbers." Mark 11:15-19	Inhale: Send out your light and your truth. Exhale: Let them lead me.	How have you or would you respond if someone told you that something you did was racist? What would your next steps be?
27	24-Mar	Jesus said to her, "Let the children be fed first, for it is not fair take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Mark 7:24-30	Inhale: My heart is breaking. Exhale: Have mercy, O God, bring justice.	How have you been harmed by the myth of racial superiority? Share your laments with one another.
28	25-Mar	They said to Jesus, "Teacher, this woman was caught committing adultery. The law commanded us to stone such women. Now what do you say?" ...He said to them, "Let anyone among you who is without sin be the first to throw a stone." John 8:1-11	Inhale: So much beauty, so much love. Exhale: I celebrate it all.	What would a society that values racial, ethnic, and cultural differences look like? What hopes and fears come up for you thinking about that society?
29	27-Mar	Then he began to teach them that the Child of Humanity must undergo great suffering, be killed and after three days rise again...Peter took him aside and began to rebuke him. But he rebuked Peter and said, "Get behind me, Satan!" Mark 8:31-9:1	Inhale: Grateful for what serves, Exhale: I will refuse what harms.	How does the Christian tradition/history help or hinder your work for/imagination of racial justice?

30	28-Mar	Some were there who said to one another in anger, "Why was the ointment wasted in this way? For this ointment could have been sold...and the money give to the poor." Mark 14:3-9	Inhale: Transforming God, Exhale: turn me around right.	How have your understandings of race, racism and racial justice changed over time? What changed you?
31	29-Mar	They woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind and said to the sea, "Peace! Be still." Mark 4:35-41	Inhale: For healing, praise. Exhale: For harm, mercy.	What does racial harm look like in your church, community, or family? What does racial justice or healing look like in your church, community or family?
32	30-Mar	People were bringing little children to him in order that he might bless them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me..." Mark 10:13-16	Inhale: Come celebrate with me. Exhale: This life is a blessing.	How is your race, ethnicity or culture an asset to your life of faith?
33	31-Mar	Then they came to Capernaum; and when he was in the house he asked them, "What were you arguing about along the way?" But they were silent, for on the way they had argued with one another who we the greatest. Mark 9:33-37	Inhale: Not flourishing for the few; Exhale: a just world FOR ALL.	When you hear the word "privilege," what images come to mind? Are "blessed" and "privileged" different? How? How does privilege impact your life?
34	1-Apr	Some of those in the crowd said to Jesus, "Teacher, order your disciples to stop." He answered, "I tell you, if these were silent, the stone would shout out." Luke 19:28-40	Inhale: I will stay in the struggle, Exhale: until justices comes.	Where will the movement toward racial justice go in the next 5 years? 10 years? 25 years?