



From Words to Deeds: Living Courageously

Holy Week Resources from Join the Movement for Intervening in Moments of Racial Harm

[Holy Wednesday – Podcast and Video Transcript](#)

[For Video Transcript, see #4 below]

1. *Greeting*

Blessings to you, beloved ones, on this Wednesday of Holy Week. My name is Dr. Sharon Fennema and I am the curator of the United Church of Christ's Join the Movement toward Racial Justice initiative and campaign. This Holy Week we are building our capacity for intervening in moments of racial harm. Today we'll explore the third step in moving from being a bystander to a racial justice upriser.

2. *Scripture Reading*

As we near the heartbreak of injustice that is the cross, let us dwell with the complex stories of what it means to be a follower of Jesus, even when we fail.

A reading from Matthew 26:69-75

⁶⁹Now Peter was sitting outside in the courtyard. A female servant came to him and said, "You also were with Jesus the Galilean." ⁷⁰But he denied it before all of them, saying, "I do not know what you are talking about." ⁷¹When he went out to the porch, another female servant saw him, and she said to the bystanders, "This man was with Jesus the Nazarene." ⁷²Again he denied it with an oath, "I swear, I do not know the man." ⁷³After a little while the bystanders came up and said to Peter, "Certainly you are also one of them, for your accent betrays you." ⁷⁴Then he began to curse, and he swore an oath, "I do not know the man!" At that moment the cock crowed. ⁷⁵Then Peter remembered what Jesus had said: "Before the cock crows, you will deny me three times." And he went out and wept bitterly.

3. *Breath Prayer*

With this scripture in our hearts, let us center ourselves for the work ahead with a breath prayer. Let us pray.

As we inhale we pray: God of compassion

As we exhale we pray: keep me accountable to Love.

Inhale: God of compassion... Exhale: keep me accountable to Love.

God of Compassion, keep me accountable to Love.

May it be so.

4. *Assume personal responsibility – Breath Prayer Practice*

Today we are exploring the third part of the practice of intervening in moments of racial harm.

The third step in moving from bystander to upriser is to assume personal responsibility. Instead of taking for granted that someone else will offer help, feel accountable to care for others and understand that you are part of the solution. In order to build your capacity for assuming personal responsibility, practice this breath prayer intended to reorient us toward mutual care and to remind us of our interdependence with those around us. Using a short prayer in two parts, one phrase to accompany an inhale and another with the exhale, the breath prayer practice is simple: as you move throughout your day, each time you encounter another person, say this breath prayer to yourself:
Inhale: Image of God.

Exhale: I am my sibling's keeper.

Image of God. I am my sibling's keeper.

Repeated over time, this prayer can foster a deep sense of connection and responsibility to the flourishing of each person.

5. *Outro*

I'm so grateful you decided to listen and practice with Join the Movement today. We hope you'll join us tomorrow for the fourth part of the practice of intervening in moments of racial harm. Until then, may the love of God enfold you and the justice of God embolden you.