



# Soul Food Lessons for Families

Summer Worship Lessons on Race  
Secondary



PIONEER OCEAN VIEW  
United Church of Christ

## Soul Food Lessons for Young People (secondary)



Faith Based Lessons on Race

The POVUCC Board of Christian Education has put together the following faith based anti-racism lessons to help families think about and discuss what is truly in God's heart regarding race and racism.

A special thank you to Kenya Bohn and Jillian Kodama for their work on writing these important lessons.

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Racial Justice Curriculum  
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Dear friends, families and young people of POVUCC,

Today, America and the rest of the world are experiencing a painful period of time in our mutual history. We see the unjust treatment of peoples of all race, color, creed or orientation, be it Black, Asian, or Native Americans; Yazidi Christians persecuted in the Middle East; or the Muslim Uyghurs enslaved in Communist China. Many ask what can they do to perform Christ's work in this tumultuous time? When do we go to find the answers to the many perplexing questions that confront us?

First and foremost, we go to our spiritual bedrock, the Bible. It is there that we are told the Bible is "profitable for teaching, for reproof, for correction, for training in righteousness" (2 Timothy 3:17) and is the way by which "the person of God may be complete, equipped for every good work" (2 Timothy 3:17). This certainly includes the work of race relations as noted by many contemporary Christian scholars. It is based on this foundation that our curriculum for Summer Worship Lessons on Race is created. Each lesson will have an accompanying Scripture reading that helps give us grounding in biblical teaching.

Next, we can look at events today and ask about the history of our country and learn about events that have shaped the different subcultures in our country. By engaging in dialog with others, we learn and grow our understanding of the uniqueness of each of us as a child of God. We are all made in God's image and as such we should honor that which God has made. "Lord I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works..." (Psalm 139:14). Each lesson has an opportunity to participate in an activity and/or a video based on the Bible verse(s) pertaining to the topic followed by a discussion to broaden our understanding.

We can then take our concerns, questions, and joys to the Lord in prayer. Seeking His guidance in these times is an important part of living in Jesus' light. Each session will provide an opportunity for humbling ourselves before God and asking for His forgiveness, guidance, and love.

The Board of Christian Education would like to give some background on the phrase Black Lives Matter, which is well known in society today. After the jury acquittal verdict in the

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Travyon Martin case in 2012, three women who were hurting recited this phrase as a prayer.

The message of the Black Lives Matter movement is that it is not fair that black people are treated so differently because of the color of their skin. The Black Lives Matter movement is trying to draw attention to this unfairness and say that something must be done to fix the situation.

Many people like the phrase “All Lives Matter” rather than “Black Lives Matte”. The Black Lives Matter movement is highlighting that Black Lives are in peril and need the most attention at this time. In the Bible there is a story that Jesus told about the good shepherd (Matthew 18:10-14). The shepherd notices that one of his sheep is lost and may be in trouble. The shepherd leaves the rest of his sheep to help the one that is in trouble. Just like the shepherd helped the sheep that was in trouble, God wants us to help those who are experiencing hurt and trouble. The Board of Christian Education at POVUCC agrees with this. Racism against one group of people is wrong and it is hurting all of us. We hope you will use these resources as a starting point for conversations and a way to dig deeper so that we can all begin to create a more Just World for All.

We have put together a starting point for conversations about racial justice for the families of the POVUCC community. These lessons are comprised of movies\*, YouTube clips, and music playlists via YouTube. (\*If your family does not have access to the streaming service required for the lessons, please let us know, and arrangements for home viewing will be provided.)

We stand by the words that are on the banner as you enter our church:

Be the church  
Protect the environment.  
Care for the poor.  
Forgive often.  
Reject racism.  
Fight for the powerless.  
Share earthly and spiritual resources  
Embrace diversity.  
Love[,] God.  
[P.S:] Enjoy this life.

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## Lesson 1: God Loves and Welcomes Everyone

**Message:** As children of God, we are people who gladly welcome others in the name of Christ. We want to communicate God's love to all people and let them know they are valued and cared about. Just like in the UCC, "No matter who you are or where you are on life's journey, you are welcomed here."

### **Bible Passage:**

*"There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."* (Galatians 3:28)

**Discuss:** This reminder was written to the early church. It went against their culture to welcome people different from themselves (Greeks, slaves, etc.). There were strict laws that hurt people who looked different or were from a different country/tribe/religion. What does this verse mean to you? How can we apply this message in our actions?

**Video/ Activity:** Watch "Remember the Titans" on Disney+. Even if you've seen it before, watch it again. (Don't hesitate to sing-a-long!) During or after the film try and answer these questions:

1. **Think:** What does racism mean today? How does it look, sound, or feel?
2. **Circle:** Do you see any instances of racism in this film? YES NO

Do you think people, like these characters, can grow and learn? YES NO

3. **Discuss:** Are the stories and experiences of racism and prejudice different today than in 1971? How does the movie end, with friendships or fights? How and why? What do you think God has to say about it? (HINT: Look at the Bible Passage!) Should we help to come together as one in Christ? If so, how? If not, why?

### **A Pause for Prayer**

Let's make our own SHORT prayers (with some help ☺)!

Use this outline to pray, replace the **bold print** with your own words

Dear God,

Thank you for **something special, or something that happens every day, or for someone you love, ANYTHING!** It is with your loving welcome I know the value of all people and life. I ask for your continued love and wisdom, God, for me and all of your people, to show us how to best be *all one in Christ Jesus*. AMEN.

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## Lesson 2: It's a Small World

**Message:** There is only one God, and they have created a world of love full of many people. We are not the same. Just like an orchestra is made up of different instruments, and a rainbow has many colors, God purposefully filled the world with different people, animals, plants, foods, music, languages, and environments.

### **Bible Passage:**

*<sup>12</sup> There is one body, but it has many parts. But all its many parts make up one body. It is the same with Christ. <sup>13</sup> We were all baptized by one Holy Spirit. And so we are formed into one body. It didn't matter whether we were Jews or Gentiles, slaves or free people. We were all given the same Spirit to drink. <sup>14</sup> So the body is not made up of just one part. It has many parts.*  
(Corinthians 12:12-14)

**Discuss:** Some body organs do similar jobs and look totally different, and some look similar but do opposite jobs. We need nearly all of them. One is not superior to the other. Could we survive on one single body part?

**Video/ Activity:** Listen (don't forget to dance and sing-along too!) to at least ONE of the songs on the playlist on the YouTube playlist provided. A link will be sent to you for listening. After a solid jam session, try and answer these questions:

1. **Think:** Pick a song, can you hear background music or a musical accompaniment? How important is the music to the song?
2. **Draw:** Can you illustrate all of the instruments you can hear? Do you hear any instruments you don't recognize? Some artists generate music through clapping, snapping, a computer, or use unconventional objects like (more) cowbells!

3. **Discuss:** What is the power of music? What if singing and instruments were only performed and heard separately? Besides body organs, people, and music, can you name anything else that can be seen as awesome individual parts that go together to make something whole or one?

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## ***A Pause for Prayer***

Let's make our own SHORT prayers (with some help🙏)!

Use this outline to pray, replace the **bold print** with your own words

Dear God,

Thank you for **something you're a part of (family, friends, clubs, or church)**! I am grateful for **ONE reason or person you love from your group**. It is with your love I understand and respect all the parts of the human body, and all the people who own those parts. And that we are of the same Spirit! Like organs in the body, we may not all look alike, we are all equally worthy of love and life. Please continue to guide me, and all your people, to best be *all one in Christ Jesus*. AMEN.

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## Lesson 3: Who are the People in your Neighborhood?

**Message:** Accepting God’s love comes with a full residency in community and communion. Being a Christian is to cherish other residents in the community, and to accept and love one another. Different households and neighborhoods can look different, but it doesn’t mean their community of love is different than yours.

### **Bible Passage:**

<sup>25</sup>On one occasion an expert in the law stood up to test Jesus. “Teacher,” they asked, “what must I do to inherit eternal life?”

<sup>26</sup>“What is written in the Law?” Jesus replied. “How do you read it?”

<sup>27</sup>They answered, “Love God with all your heart and with all your soul and with all your strength and with all your mind’[a]; and, ‘Love your neighbor as yourself.’[b]”

<sup>28</sup>“You have answered correctly,” Jesus replied. “Do this and you will live.”

<sup>29</sup>But they wanted to justify themselves, so they asked Jesus, “And who is my neighbor?”

<sup>30</sup>In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead.

<sup>31</sup>A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. <sup>32</sup>So too, a Levite, when he came to the place and saw him, passed by on the other side. <sup>33</sup>But a Samaritan, as he traveled, came where the man was; and when he saw him,

he took pity on him. <sup>34</sup>He went to him and bandaged his wounds, pouring on oil and wine.

Then he put the man on his own donkey, brought him to an inn and took care of him. <sup>35</sup> The next day he took out two denarii[c] and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

<sup>36</sup>“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

<sup>37</sup> The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.”

(Luke 10:25-37)

Discuss (part 1): First, some background information! What is a Levite or Samaritan?

Denarii? A Levite was a Jewish person who believed their family was of “pure” descentance from Abraham. A Samaritan was a Jewish person of mixed race, whose family intermarried with a non Levite person, but still had a familial connection to descendants from the Abrahamic generation. At the time, there was violent tension between the two groups

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because Levites saw themselves as a “superior race.” On a lighter note, denarii is a Roman silver coin, “make some mooooooneyyy moves!” If you need or want to reread, GO FOR IT!

Discuss (part 2): Who is whose “neighbor” in the Good Samaritan parable? Why do you think the Samaritan showed mercy for the robbed Levite? Why do you think the fellow Levite did not show any mercy? If God tells us to be kind to our neighbor, are mercy and kindness the same thing?

**Video/ Activity:** Watch “Black Panther.” Even if you’ve seen it before, watch it again. (WAKANDA FOREVER!) During or after the film try and answer these questions:

1. Think: Who in the film acts more like the Samaritan? Who in the film acts more like the passing-by-Levite? Is anyone in the film the robbed Levite? The Innkeeper?
2. Circle: Is Wakanda a good neighbor?    YES    NO  
Did you see any acts of mercy?    YES    NO  
(HINT: What does Klaue exclaim when T’Challa finds him in South Korea? Is that a true act of mercy?)
3. Discuss: Does the word “neighbor” have limitations or requirements? Is it important to be a good neighbor, why or why not? Did Wakanda do the right thing in the end by helping other African nations, and the world?

## ***A Pause for Prayer***

Let’s make our own SHORT prayers (with some help ☺)!

Use this outline to pray, replace the **bold print** with your own words

Dear God,

Thank you for my community and **YOUR favorite part about YOUR community**. I see and appreciate my surroundings, most importantly the people and lives around me. I promise to do my best to be a good neighbor to everyone I meet, and show them the love I receive from you. Please continue to guide me, and all your people, to best be *all one in Christ Jesus*. AMEN.



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## Lesson 4: More than Book Covers

**Message:** God doesn't judge us by outward appearances, what we own, our job titles or by how much money we have. We should follow God's example and look to what is inside a person's heart to find out who they really are.

### **Bible Passage:**

<sup>21</sup>Jesus said to them, "I did one miracle and you were all astonished..  
<sup>24</sup>Stop judging by mere appearances, and make a right judgement"  
(John 7:21 and 24)

**Discuss:** What does "judgment" or "judging someone" mean? Have you ever judged someone? Why? Were you right? Did you try to walk a mile in their shoes, or think about it from their perspective? Has someone judged you? How did that feel? Sometimes judgments can help, when they are well informed, but when they are quick and without proper knowledge, they can hurt.

**Video/ Activity:** Watch "The Color of Friendship" on Disney+. Even if you've seen it before, watch it again. During or after the film try and answer these questions:

1. **Think:** What is a prejudice? Is it different than racism? How important was it for the characters in the movie to let go of prejudices?
2. **Read:** Read this brief biography on Steven Biko at :  
<https://www.biography.com/activist/steve-biko>
3. **Discuss:** How would this movie be different if it took place in 2020? How would it be the same?

### **A Pause for Prayer**

Let's make our own **SHORT** prayers (with some help🙏)!

Use this outline to pray, replace the **bold print** with your own words

Dear God,

Please continue to guide me, and all your people, to best be *all one in Christ Jesus*. AMEN.

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## Lesson 5: What Does a Hero Do?

**Message:** God helped a boy named David defeat Goliath with only a single stone. Think of the ways He can help you with your problems. God doesn't always need to do big miracles to help us. Sometimes, He can even use us, to help make some problems to go away.

**Bible Passage:** (Watch the cartoon version of the story of David & Goliath linked below!)  
WATCH: → [https://www.youtube.com/watch?v=7zLAcUZkxHA&ab\\_channel=CrossroadsKids%27Club](https://www.youtube.com/watch?v=7zLAcUZkxHA&ab_channel=CrossroadsKids%27Club)

David and Goliath 1 Samuel 17:48-49

"As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. <sup>49</sup> Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground."

**Discuss:** At certain times in your life, you may see injustices happen such as when you see someone being bullied. Think about what God would want you to do when you see others who need help. Do you think He wants you to say or do anything? Should you tell your parents or an adult?

**Video/ Activity:** Watch "Spider-Man: Into the Spider-verse" Even if you've seen it before, watch it again. (Don't hesitate to sing-a-long!) During or after the film try and answer these questions:

1. **Think:** God chooses every day people to help others and make the world a just world for all. How is God calling you to step in and help others?
2. **Write:** What does a hero do? \_\_\_\_\_
3. **Discuss:** Is Miles the Spider-Man you expected? Are any of the Spider-People the Spider-Man you picture in your mind? Do you think *one* of the Spider-People could have made it back to their universe on their own? Are any of the Spider-People less heroic?

### ***A Pause for Prayer***

Let's make our own **SHORT** prayers (with some help🙏)!

Use this outline to pray, replace the **bold print** with your own words

Dear God, Please continue to guide me, and all your people, to best be *all one in Christ Jesus*. AMEN.

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## Lesson 6: What Do We Owe to One Another?

**Message:** “God is still speaking.” Do you hear it? Do you see it? Are you looking? The messages God sends us can be clear as day, or more confusing than a fair fun house. We interpret it as love and to spread the message of eternal hope. Being a beacon of love and hope takes strength and willingness to spread the message.

**Bible Passage:** *Acts 9:15* (Watch the cartoon version linked below!)

WATCH: → [https://www.youtube.com/watch?v=R0p0W\\_Zbt1s&ab\\_channel=CrossroadsKids%27Club](https://www.youtube.com/watch?v=R0p0W_Zbt1s&ab_channel=CrossroadsKids%27Club)

Discuss: How do you spread a message of love, acceptance, or hope? Are there more ways you could do this?

**Video/ Activity:** Pick someone who is currently spreading a message of love, acceptance, and hope. (If you can't pick, there's a list of names below!) Research what that person is doing for the world.

1. Think: Are God's messages all the same? Do they present themselves in the different or same ways?
2. Write: Who did you pick?: \_\_\_\_\_
3. Discuss: Present the person you chose! You can write a paragraph, or a song, draw a picture, whatever you want to do! How is their message presented to the world?

### ***A Pause for Prayer***

Let's make our own SHORT prayers (with some help🙏)!

Use this outline to pray, replace the **bold print** with your own words

Dear God,

Please continue to guide me, and all your people, to best be *all one in Christ Jesus*. AMEN.