

National Unity Weekend

Small Group

Lesson Plan



Unite the Church,
Unite the Nation.



1. Watch “A Change of Heart” [Video #1](#)

2. Anchor Scripture – Galatians 3:28 (NIV)

“There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.”

3. Reflection & Discussion Points – What is Your Story?

- A. What are your experiences, feelings, interactions, and dispositions regarding race? How have you navigated these areas?
- B. How has your growth as a believer impacted your thinking about race and ethnicity?
- C. In what ways can you leverage your leadership role to challenge others to be empathetic towards people of different races or ethnic backgrounds?

4. Prayer

"Heavenly Father, I come to You seeking Your guidance and wisdom as I navigate the complexities of racial tensions. Help me, Lord, to see others as You see them – created in Your image, each with their own unique beauty and worth. Forgive me for my own biases and prejudices, and any attitudes or actions that have sown division. Guide me as I continue to align my thoughts on race and ethnicity with the truths of scripture and encourage others to do the same. Lord, help me recognize and celebrate the similarities we share and open my eyes to the common experiences, aspirations, and struggles that unite us all. Guide me in learning from the perspectives, traditions, and cultures of others, recognizing the richness they bring to Your Kingdom. Help me to build bridges of understanding and empathy based on our shared humanity and to use my influence to challenge areas of injustice within my life, church, organization, or community at large. Fill me with Your love and compassion, so that I may extend kindness to all and be a voice for unity and reconciliation in a racially divided world. In Jesus' name, I pray. Amen."

5. Action Steps

- A. Engage at least two (2) people from a different ethnicity this week, in order to share your story and learn more about theirs.
- B. Identify one (1) similarity in each of your stories and reflect on how finding this similarity has deepened your understanding of the other person, strengthened your connection, and how you can build on this common ground to further bridge cultural divides.
- C. If you serve in a leadership role, take a moment in a staff or team meeting to encourage your team to spend time with someone of a different ethnicity.



1. Watch “A Change of Heart” [Video #2](#)

2. Anchor Scripture – Philippians 2:2-4 (ESV)

“Complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

³Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

⁴Let each of you look not only to his own interests, but also to the interests of others.”

3. Reflection & Discussion Points – What is Your Story?

- A. How do you understand the concept of humility?
- B. What challenges have you encountered in practicing humility, especially when you were not at fault?
- C. What is cultural humility (Google it) and how does it allow us to connect with other believers across racial and ethnic lines?
- D. As a leader, how can you foster a culture of humility within your family, church and/or organization?

4. Prayer

“Heavenly Father, I come before You with a humble heart, recognizing Your infinite wisdom and power. I ask for Your guidance and strength as I seek to humble myself before You and others. Give me the wisdom to see beyond myself and my own perspectives, recognizing the inherent dignity and worth of every individual, regardless of race or ethnicity. Help me to set aside my own pride and prejudices, and to approach conversations and interactions with openness and empathy. Lord, as a leader, teach me to listen with humility, to truly hear the experiences and perspectives of others. Guide me in seeking common ground and understanding, even in the face of disagreement or conflict. Let Your love and compassion shine through so that I may extend grace and forgiveness to those who have been hurt or marginalized. Help me to lead by example, demonstrating humility in my words and actions, and be courageous as I speak out against injustice and discrimination. May Your Spirit empower me to walk humbly with You, and to use humility as a tool to bridge racial divides. In Jesus’ name, I pray. Amen.”

5. Action Steps

- A. This week, identify at least two (2) areas of privilege you have and how you can actively use it to serve, help, or support someone else.
- B. Choose at least one (1) person to use your area(s) of privilege to help... this could be a friend, family member, colleague, employee, or someone in your community who could benefit from your support.
- C. Reflect on how it felt to support the person and any lessons learned from the experience.
- D. Leaders, challenge your staff or team to help identify any areas of racial tension or marginalization within your church or organization, and develop a plan to address it.

Feel It, Face It, and Become Fit Enough to Fix It!

Lesson 3



1. Watch “A Change of Heart” [Video #3](#)

2. Anchor Scripture – John 17:20–23 (NIV)

“My prayer is not for them alone. I pray also for those who will believe in me through their message,²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.²² I have given them the glory that you gave me, that they may be one as we are one—²³ I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.”

3. Reflection & Discussion Points – What is Your Story?

- A.** Consider the question about whether the church has adequately mourned over historical injustices. How might acknowledging and mourning past wrongs contribute to reconciliation and healing?
- B.** Recall a time when you faced a difficult truth or experienced empathy for someone else’s pain. How did this experience influence your perspective or actions?
- C.** As a leader, how can you help facilitate moments of connection and empathy for those of a different race or ethnicity within your church or organization?

4. Prayer

“Heavenly Father, I come before you with an open heart and a will to obey Your Word. I recognize the importance of real connections within the body of Christ, especially with those who are racially, ethnically, or culturally different from me. Lord, give me a passion and desire to bridge these divides, initiate genuine connections within my church, organization, and community, and facilitate unity among leaders of various races and ethnicities. Help me see beyond surface differences and embrace the diversity that exists within Your Kingdom. Give me the courage to step out of my comfort zones and initiate meaningful connections with those who may be different from me. Help me to approach others, including those I influence or lead with humility, compassion, and genuine interest, seeking to learn from their experiences and perspectives. May our interactions be marked by mutual respect, understanding, and unity, reflecting the love and grace of Jesus Christ. Lord, help me and those I connect with break down barriers and build bridges that transcend racial, ethnic, and cultural divides. May my pursuit of real connections bring glory to Your name and bear witness to Your transforming power in our lives. In Jesus’ name, I pray. Amen.”

5. Action Steps

- A.** Take the time this week to begin building at least one (1) meaningful relationship with someone from a different race or ethnic background. This can be by inviting the person for coffee or a meal, join a small group together, participate in shared hobbies or interests, etc.
- B.** Leaders, consider hosting at least one (1) cultural-based event at your home, church or organization. This could be having a guest speaker of a different race to preach or lead a seminar.
- C.** Reflect on how it felt to take the initiative to build a relationship with someone different than you and identify two (2) ways this experience can inform your future interactions and relationships.



1. Watch “A Change of Heart” [Video #4](#)

2. Anchor Scripture – 1 John 5:4–5 (ESV)

“For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. ⁵ Who is it that overcomes the world except the one who believes that Jesus is the Son of God?”

3. Reflection & Discussion Points – What is Your Story?

- A.** Have there been times when you have not been merciful to those from a different race or ethnicity? What was the situation and how did you feel afterward?
- B.** What does it mean for the Church to win in the fight for racial unity? What does it look like?
- C.** What do you see as your personal role in combatting racism and promoting biblical justice?
- D.** As a pastor or leader, what practices can you put in place to provide a socially responsible environment for a more diverse church or organization?

4. Prayer

“Heavenly Father, as I come before you in prayer, I commit to combatting racism, promoting biblical righteousness and justice, as well as advancing the cause of racial reconciliation within Your church and throughout the world. I recognize the profound importance of this mission and the role You have entrusted to me. Father, I humbly ask for Your guidance and strength. Show me how to advocate for equality and guide me in my words and actions to actively challenge prejudice and discrimination wherever they may be found in my personal life or my areas of influence. Give me the humility to show mercy and courage to speak out against injustice, even when it is uncomfortable or unpopular. Give me the wisdom to listen attentively to the voices of those who have been marginalized and oppressed, and the humility to learn from their experiences and perspectives. Lord, help me seek to understand the needs of those I lead and create policies or practices within my family, church or organization that demonstrate your love, empathy, humility, and compassion. May I be an instrument of Your peace and healing in a world torn apart by division and strife. Lord, I ask for wisdom and discernment, to understand Your will and to follow Your lead in the pursuit of fairness and reconciliation. May Your kingdom come, and Your will be done on earth as it is in heaven. In Jesus’ name, I pray. Amen.”

5. Action Steps

- A.** Tell 10 people (laymen and leaders) about Unity Weekend and encourage them to go to the website, to learn more and sign up.
- B.** Identify other bible-centered resources that will help develop a deeper understanding and a personal strategy for interacting and engaging with believers from different cultural and ethnic groups.
- C.** Make a personal and organizational commitment (and follow through) to participate in Let’s Talk if you are a pastor or Unity Weekend and other activities or initiatives that promote cross-cultural interactions and understanding within your church, organization, or community.



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– Mark 3:25