



# Our Pro-Baptismal / Anti-Racist Journey Be The Bridge Fall Study

## Session Two Confession & Forgiveness

### Biases – We All Have Them

A bias is a tendency, inclination, or prejudice toward or against something or someone. Biases are often based on stereotypes, rather than actual knowledge of an individual or circumstance. Whether positive or negative, such cognitive shortcuts can result in prejudgments that lead to rash decisions or discriminatory practices.

By looking within, and inviting God to reveal them to us, we can begin to identify, acknowledge, confess, challenge and change the harmful biases we may have.

#### Watch:

[Who, me? Biased?](#) Six two-three minute videos that come one after the other.

[How to overcome our biases? Walk boldly toward them.](#)

[How racial bias works - and how to disrupt it.](#)

Read: [Bias](#)

In addition to reading chapters 4-6 of *Be The Bridge*, over the next week we encourage you to check out these additional resources and questions for our next discussion.

**Watch:** [This 12 minute video about Whitney Plantation](#)

**Listen:** [Lift Every Voice and Sing](#) (referenced on pg. 60-62)

**Learn:** About bias.

**Meditate on:** [Psalm 32](#)

**Spend time:** Alone with God in confession. Press into the Spirit's conviction about any sin that comes to mind. Confess any biases you may carry against other races. Examine how you came about these biases. Ask God to reveal any hidden sin in your life.

#### Think about:

- What about race and racism trigger feelings of guilt and shame in you? From your own life, your family's history, or our church/city/country's past. How do you respond?
- What purpose can communal shame and guilt serve?
- Why is confession important to the work of reconciliation?
- What do you find most difficult about confessing your sins related to race?
- Why are biases so prevalent if they're not based on evidence? How do they become norms, and what can we do so stop that from happening?
- What are some of your own biases - positive or negative - that you are aware of? How have they affected your life?
- Why is forgiveness central to our faith?
- What specific to racism, colorism or other forms of prejudice and discrimination do you need to be forgiven for? Who might you need to forgive?