

## Quotes of Howard Thurman

"How good it is to center down."

"We must learn to be quiet, to settle down in one spot for spell. Sometime during each day, everything should stop and the art of being still must be practiced. For some temperaments, it will not be easy because the entire nervous system and body have been geared over the years to activity, to overt and tense functions. Nevertheless, the art of being still must be practiced until development and habit are sure."

"It is very good to turn aside from the rush and weariness and the anxieties by which these days beset and lay siege to our moments, to rest in the presence of God. It is good to pause to make an end of so much that bothers and harasses the spirit, to assess the meaning of our lives in the light of the movement of the Spirit within us."

"When I was a boy I was always drawn to worship when I saw a storm come up on the shores of the Atlantic Ocean on the Florida coast. A stillness pervaded everything. The tall sea grass stood at attention. As far out as my eye could go the surface of the sea was untroubled, quiet, but expectant. I could almost hear the pounding of my own heart against my ribs."

The Meaning of All Things – Embrace Mysticism for Compassionate Social Action

"There is the rest of detachment and withdrawal when the spirit moves into the depths of the region of the Great Silence... Here the Presence of God is sensed as an all pervasive aliveness which materializes into the concreteness of communion: the reality of prayer. Here God speaks without words and the self listens without ears. Here at last, glimpses of the meaning of all things and the meaning of one's own life are seen with all their strivings."

The Genuine in You - Recognizing Everyone as a Child of God

"Don't ask what the world needs. Ask what makes you come alive and go do that, because what the world needs is more people who have come alive."

"Whatever may be the occasion there comes a deep necessity which leads you finally into the closet with yourself. It is here that you raise the real questions about yourself. The leading one is, What is it, after all, that I amount to, ultimately? Such a question cuts through all that is superficial and trivial in life to the very nerve center of yourself. And this is a religious question because it deals with the total meaning of life at its heart... The most crucial clue to a knowledge of [God] is to be found in the most honest and most total knowledge of the self."

"Follow the grain in your own wood."

"There are two questions that we have to ask ourselves. The first is 'Where am I going?' and the second is 'Who will go with me?'"

"There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls."

Sacred Synchronicity

"Again and again, we are reminded by the facts of our lives that there is an aspect of our experience which seems to be beyond our own control and yet it seems ever to manipulate us into position. When such things happen, we call them the work of Fate or Destiny, or some other term which expresses our ignorance of what is at work. The most convenient term is coincidence. But this labeling does not indicate that we had to find any terms; we have merely described a situation or a result... Coincidence – Fate – Providence – Chance – or the Purpose of God?"

### The Very Heart of God

"Fundamental to all was [Jesus's] deep confidence in God. This is the heart of what he gives to the disinherited. Here is no superficial optimism, but a vast faith that reaches through all dimensions of human life, giving dignity, worth, and purpose even to the least significant. In Jesus, all [people] may see the illumined finger of God guiding them in the way that they should go, so that high above the clash of arms in the conflict for status, for place, for privilege, for rights, he can hear speaking distinctly and clearly to his own spirit the still small voice of God."

### Response-Ability – Unleash Inner Authority and Sacred Activism

"If a person knows what he can do to you or what epithet he can hurl against you in order to draw you off balance – to make you lose your temper, your equilibrium - then he can always keep you under subjection. The basis of inner togetherness, one's sense of inner authority, must never be at the mercy of factors in one's environment, however significant they may be. Nothing from the outside a person can destroy him until he opens the door and lets it in... Whatever determines how you feel on the inside controls in large part the destiny of your life."

"Nothing less than a great daring in the face of overwhelming odds can achieve the inner security in which fear cannot possibly survive. It is true that a man cannot be serene unless he possesses something about which to be serene. Here we reach the high-water mark of prophetic religion, and it is of the essence of the religion of Jesus of Nazareth. Of course God cares for the grass of the field, which lives a day and is no more, or the sparrow that falls unnoticed by the wayside. He also holds the stars in their appointed places, leaves his mark in every living thing. And he cares for me! To be assured of this becomes the answer to the threat of violence—yea, to violence itself. To the degree to which a man knows this, he is unconquerable from within and without."

### Love and Justice

"It cannot be denied that too often the weight of the Christian movement has been on the side of the strong and the powerful and against the weak and oppressed-this, despite the gospel."

"Love has no awareness of merit or demerit; it has no scale... Love loves; this is its nature."

"To love is to make of one's heart a swinging door."

### Hope and Courage

"Commitment means that it is possible for a person to yield the nerve center of his consent to a purpose or cause, a movement or an ideal, which may be more important to him than whether he lives or dies."

"In the stillness of the quiet, if we listen, we can hear the whisper of the heart giving strength to weakness, courage to fear, hope to despair."

"There is a quiet courage that comes from an inward spring of confidence in the meaning and significance of life. Such courage is an underground river, flowing far beneath the shifting events of one's experience, keeping alive a thousand little springs of action."

"There must be always remaining in every life, some place for the singing of angels, some place for that which in itself is breathless and beautiful." "I will light candles this Christmas, Candles of joy, despite all sadness, Candles of hope where despair keeps watch. Candles of courage where fear is ever present, Candles of peace for tempest-tossed days, Candles of grace to ease heavy burdens. Candles of love to inspire all my living, Candles that will burn all the year long."