

THE  
LIVING  
WISDOM  
OF  
HOWARD  
THURMAN



A VISIONARY  
FOR OUR TIME

Howard Thurman  
*with* Vincent Harding,  
Michael Bernard Beckwith,  
Alice Walker,  
*and* others



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## SESSION ONE (78:12)

### The Inward Journey

1. Introduction
2. “The Inward Journey” by Vincent G. Harding
3. “How Good to Center Down” (reading from *Meditations of the Heart*, pg. 28: 1956)
4. “Charting the Inward Sea” (sermon: 1952)
5. “What Do You Want, Really?” (reading from *The Inward Journey*, pg. 135: 1962)
6. “Goals of Your Life” (1960)
7. “A Tribute to Life” (excerpt from sermon “The Quest of the Human Spirit”: 1962)

## SESSION TWO (74:34)

### Encountering God

1. Introduction
2. “Encountering God” by Luther E. Smith, Jr.
3. “The Lord Is the Strength of My Life” (reading from *Deep Is the Hunger*, pg. 210: 1956)

4. “In Quietness and Confidence” (reading from *Deep Is the Hunger*, pg. 211: 1956)
5. “We Offer to Thee” (prayer: 1956)
6. “The Radical Test” (sermon: 1967)
7. “We Yield to the Love of God” (reading from *Meditations of the Heart*, pg. 181: 1956)
8. “Those Who Walked with God” (sermon excerpt: 1953)
9. “To Celebrate His Goodness” (prayer)

## SESSION THREE (74:36)

### The Power of Love

1. Introduction
2. “The Power of Love” by Edward K. Kaplan
3. “Growing in the Love of Self” (sermon: 1977)
4. “Growing in the Love of Others” (sermon: 1977)
5. “Growing in the Love of God” (sermon: 1977)

## SESSION FOUR (77:15)

### Healing Community

1. Introduction
2. “Healing Community” by Alice Walker
3. “We Are Visited” (prayer)
4. “No Man Is an Island” (reading from *Meditations of the Heart*, pg. 134: 1963)
5. “The Flow Between the Inner and the Outer” (sermon: 1952)
6. “New Heaven, New Earth” (reading from *The Inward Journey*, pg. 34: 1963)
7. “Martin Luther King, Jr., Memoriam” (1968)

## SESSION FIVE (77:02)

### Coping with Difficulty

1. Introduction
2. “Coping with Difficulty” by Liza J. Rankow
3. “All Experience Is an Arch” (readings from *Meditations of the Heart*, pgs. 61 and 139: 1965)
4. “Events That Imprison Us” (prayer)

5. “Suffering and Failure” (reading from *Meditations of the Heart*, pg. 215: 1959)
6. “Divine Encounter in Crisis” (sermon: 1952)
7. “Joy Beyond Pain” (reading from *The Inward Journey*, pg. 44: 1961)
8. “Mystery of the Soul” (sermon excerpt: 1952)

## SESSION SIX (76:21)

### The Fullness of Living

1. Introduction
2. “The Fullness of Living” by Michael Bernard Beckwith
3. “Automatic Earth” (sermon: 1955)
4. “Dream in the Heart” (reading from *Meditations of the Heart*, pg. 36: 1956)
5. “Qualitative Living” (1960)
6. “The Good Death, the Good Life” (reading from *The Inward Journey*, pg. 24: 1959)
7. “Joy Is of Many Kinds” (reading from *The Inward Journey*, pg. 49: 1963)
8. “I Will Sing a New Song” (reading from *Meditations of the Heart*, pg. 206: 1956)