

**ITC/FaithFactor
Project 2000
Study of Black
Religious Life**

**Journey Inward
Journey Outward**

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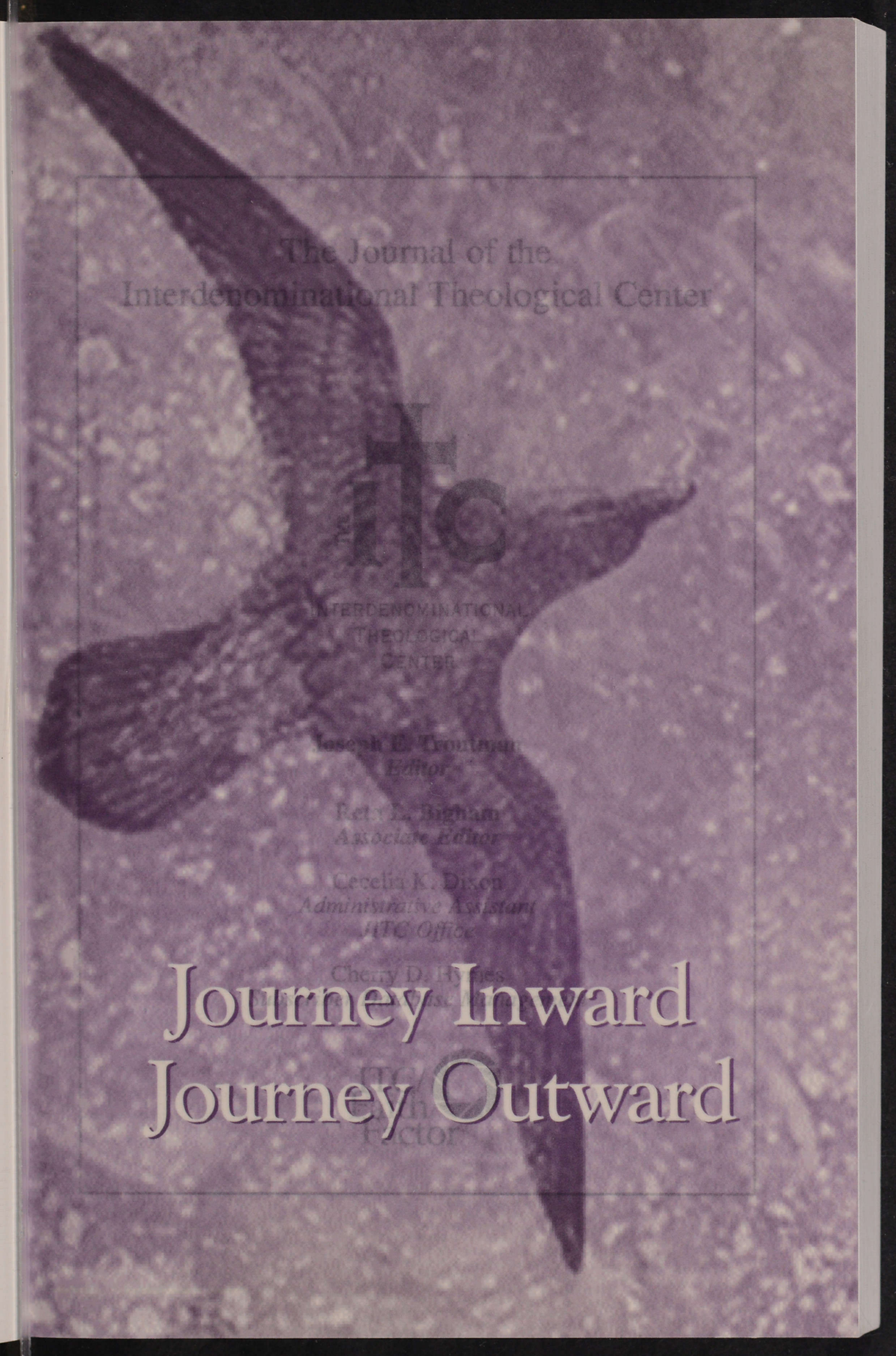
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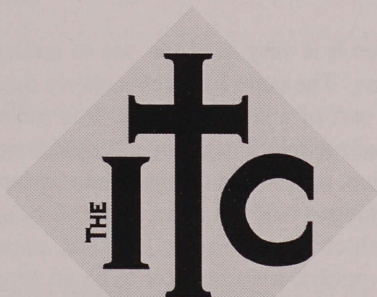
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The Outer Life and the Inward Sanctuary

*I determine to live the outer life
in the inward sanctuary.*

Oftentimes it is very hard for me to realize that I am one. The outer life seems utterly outer. It seems a part of a separate order. It is made up of the things I do, of my relationship of one kind or another with work, play, job, people and things. The standard by which the outer is judged tends to be an artificial standard, made up of that which is convenient, practical, expedient. The outer seems public; it seems ever to be an external net of physical relationships.

The inward sanctuary is my sanctuary. It is the place where I keep my trust with all my meanings and my values. It is the quiet place where the ultimate issues of my life are determined. What I know of myself, my meaning; what I know of God, [God's] meaning; all this, and much more, is made clear in my secret place. It seems strangely incongruous, often, to bring into my secret place the rasping, gritty noises of my outer life. Again, this may be for me merely an alibi. For I know that in the searching light of my inward sanctuary all the faults, limitations and evil of my outer life stand clearly revealed for what they are.

I determine to live the outer life in the inward sanctuary. The outer life must find its meaning, the source of its strength in the inward sanctuary. As this is done, the gulf between outer and inner will narrow and my life will be increasingly whole and of one piece. What I do in the outer will be blessed by holiness of the inward sanctuary; for indeed it shall all be one.

Howard Thurman
Meditations of the Heart

(Richmond, IN: Friends United Press, 1976), 173-174.



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