

00:39:08 Dr La Verne Tolbert: Who is the author of that quote?

00:41:44 Wilfred Graves: The author is Adele Ahlberg Calhoun in her "Spiritual Disciplines Handbook."

00:42:36 Dr. Oscar Owens, Jr.: An excellent book on Christian spiritual disciplines. I recommend anyone to get a copy.

00:49:21 Althea Granberry: I heard that said, but the technique of buttering up God to get something never worked for me!

00:49:50 Dr. Oscar Owens, Jr.: Right, because it is not real or true.

00:51:46 Flenoid Harris: Butter Him up? Scripture says in Psalm 66:18, That "if I regard iniquity in my heart, the Lord will not hear me"

00:52:09 Dr. Oscar Owens, Jr.: I think we had a little technical difficulty. Thank the Lord!

00:53:55 Dr La Verne Tolbert: No problem. It's worth hearing again!

00:55:46 Dr. Oscar Owens, Jr.: Yes! Hallelujah!

00:56:11 Flenoid Harris: Hallelujah!

00:56:27 Valerie Cannon: We make space for the Lord. These disciplines focus us and help us become intentional and deliberate in our relationship with God. Thanks for the explanation of gratitude and the other disciplines as well.

00:56:29 Pastor Dennis Bullock: GLORY!

00:56:39 Devon's iPhone: Amen Doctors!!

00:56:47 rosina covington: thank you Lord

00:56:56 Devon's iPhone: 🙌🙌🙌🙌🙌

00:57:00 Pastor Dennis Bullock: THANK YOU!

00:57:17 rosina covington: 🙌🙌🙌🙌🙌

00:59:24 Devon's iPhone: Pride

00:59:35 Althea Granberry: My flesh gets in the way!

00:59:39 Flenoid Harris: Self righteous

00:59:45 Cheryl Thompson: they consider you weak.

01:00:28 Toni Terrell-Randolph: a sense of entitlement

01:02:30 Cheryl Thompson: I focus on God's Word.

01:03:34 Althea Granberry: Realized not my will but God's will shall be done!

01:03:41 Valerie Cannon: I go back to 1 Thessalonians 5:18. It is the will of God.

01:03:51 Devon's iPhone: In everything give thanks. For this is the will of Christ Jesus

01:04:02 rosina covington: yes God is good 🙌

01:07:49 Valerie Cannon: I like the idea of rehearsing gratitude for the past. Dr. Graves can you say that again? I'm taking note.

01:10:38 Devon's iPhone: This is why praise and worship is so important in corporate worship. It gets the people's mind off if them and focus on God.

01:11:13 Dr. Oscar Owens, Jr.: Yes, excellent insight!

01:11:25 Valerie Cannon: It's humbling also...

01:12:45 Dr La Verne Tolbert: The spiritual discipline of journaling helps me to be thankful daily.

01:13:36 Dr. Malaika Graves: Dr. Tolbert, journaling is a great discipline!

01:17:00 Pastor Dennis Bullock: Thank you Dr Graves, Dr Hammonds and Dr Owens for your mentorship, your love and input for many years in my life! Much love for you Men of God!

01:17:35 Dr. Oscar Owens, Jr.: Thank you all! Thank you Lord!

01:18:05 Cheryl Thompson: AMEN

01:18:18 Brother Nathaniel: In everything give thanks!

01:19:11 Cheryl Thompson: I appreciate you. C. Thompson

01:19:39 Althea Granberry: I hope this class never ends!!

01:22:25 Dr La Verne Tolbert: 1. Gratitude Journal; 2. Thanking God daily in prayer time before going to bed; 3. Thank a person who has touched your life and been a blessing to you; 4. Think about a situation in your past that you weren't thankful for at the time but now that you reflect, you're thankful!

01:25:12 Jonesy: Good night good lesson