

Harold S. Kushner

Quotes

*People, Soul, God, Life, Children, Believe, Giving, Thinking, Hurt, Prayer,
Kindness, Age, Pain, Winning, Perfect, Miracle, Inspirational, Feelings, Deeds,
Matter*

Our souls are not hungry for fame, comfort, wealth, or power. Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter.

~Harold S. Kushner

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul

~Harold S. Kushner

Do things for people not because of who they are or what they do in return, but because of who you are.

~Harold S. Kushner

Think about it: it is easy to see God's beauty in a glorious sunset or in ocean waves crashing on a beach. But can you find the holiness in a struggle for life?

~Harold S. Kushner

We are here to change the world with small acts of thoughtfulness done daily rather than with one great breakthrough.

~Harold S. Kushner

What cannot be achieved in one lifetime will happen when one lifetime is joined to another.

~Harold S. Kushner

In all my years of counselling those near death, I've yet to hear anyone say they wish they had spent more time at the office

~Harold S. Kushner

Why bad things happen to good people

~Harold S. Kushner

When your life is filled with the desire to see the holiness in everyday life, something magical happens: Ordinary life becomes extraordinary, and the very process of life begins to nourish your soul.

~Harold S. Kushner

When you are kind to others, it not only changes you, it changes the world.

~Harold S. Kushner

God is like a mirror. The mirror never changes, but everybody who looks at it sees something different.

~Harold S. Kushner

I said in an interview at the time that God's job is not to make sick people healthy. That's the doctors' job. God's job is to make sick people brave.

~Harold S. Kushner

You don't become happy by pursuing happiness. You become happy by living a life that means something.

~Harold S. Kushner

I'm not perfect, ... But i'm enough

~Harold S. Kushner

There is no right way to do a wrong thing.

~Harold S. Kushner

We do ourselves and others a disservice when we make old age something to be feared...The longer we live, the more life we possess.

~Harold S. Kushner

One of the most sublime experiences we can ever have is to wake up feeling healthy after we have been sick.

~Harold S. Kushner

Given the unfairness that strikes so many people in life, I would rather believe in a God of limited power and unlimited love and justice, rather than the other way around.

~Harold S. Kushner

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.

~Harold S. Kushner

Integrity is not something that grownups have and adolescents can aspire to. Integrity is something that all of us, at all ages, are constantly striving for.

~Harold S. Kushner

Caring about others, running the risk of feeling, and leaving an impact on people brings happiness.

~Harold S. Kushner

Forgiveness is a favor we do for ourselves, not a favor we do to the other party.

~Harold S. Kushner

People are so busy chasing happiness- if they would slow down and turn around, they would give it a chance to catch up with them.

~Harold S. Kushner

Many biblical verses are like inkblot tests, revealing more about us than about the text in question.

~Harold S. Kushner

None of us has the power to make someone else love us. But we all

have the power to give away love, to love other people. And if we do so, we change the kind of world we live in.

~Harold S. Kushner

Never attribute to malice or other deliberate decision what can be explained by human frailty, imperfection, or ignorance.

~Harold S. Kushner

Prayer is simply coming into the presence of God. Because when you come into the presence of God, even the things you don't have matter a lot less.

~Harold S. Kushner

The circumstances of your life have uniquely qualified you to make a contribution. And if you don't make that contribution, nobody else can make it.

~Harold S. Kushner

Fun can be the dessert of our lives but never its main course.

~Harold S. Kushner

I am convinced that it is not the fear of death, of our lives ending, that haunts our sleep so much as the fear that as far as the world is concerned, we might as well never have lived.

~Harold S. Kushner

One man alone can't defeat the forces of evil, but many good people coming together can.

~Harold S. Kushner

Everything that God created is potentially holy, and our task as humans is to find that holiness in seemingly unholy situations. When we can do this, we will have learned to nurture our souls.

~Harold S. Kushner

The small choices and decisions we make a hundred times a day add up to determining the kind of world we live in.

~Harold S. Kushner

I think of life as a good book. The further you get into it, the more it begins to make sense.

~Harold S. Kushner

When facing a dilemma, choose the more morally demanding alternative.

~Harold S. Kushner

We pray to you, O God ... for strength, determination, and willpower, to do instead of just to pray, to become instead of merely to wish.

~Harold S. Kushner

There are some things we should feel guilty about, but the guilt feelings should attach to the deed, not to the doer.

~Harold S. Kushner

You nourish your soul by fulfilling your destiny.

~Harold S. Kushner

Pain is a part of being alive, and we need to learn that. Pain does not last forever, nor is it necessarily unbeatable, and we need to be taught that.

~Harold S. Kushner

Good people will do good things, lots of them, because they are good people. They will do bad things because they are human.

~Harold S. Kushner

We teach children how to measure and how to weigh. We fail to teach them how to revere, how to sense wonder and awe.

~Harold S. Kushner

Our awareness of God starts where self-sufficiency ends.

~Harold S. Kushner

Being kind to others is a way of being good to yourself.

~Harold S. Kushner

Our society puts too much emphasis on finding someone who will love you; our culture focuses too much on being loved and not enough on being a loving person.

~Harold S. Kushner

. . .We are here to finish God's labors. . .so that we could be His partners in completing the work of creation.

~Harold S. Kushner

If we put our soul into our work, if, rather than just going through the motions, what we do flows from the deepest part of our being, then after a burst of creativity, we need to replenish our souls.

~Harold S. Kushner

You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you.

~Harold S. Kushner

You don't have to be religious to have a soul; everybody has one. You don't have to be religious to perfect your soul; I have found saintliness in avowed atheists.

~Harold S. Kushner

God, who neither causes nor prevents tragedies, helps by inspiring people to help.

~Harold S. Kushner

We don't have to be afraid of dying because it's not really death that scares us. We are afraid of not having lived.

~Harold S. Kushner

We tend to take on the coloration of the setting in which we find ourselves.

~Harold S. Kushner

Our human bodies are miracles, not because they defy laws of nature, but precisely because they obey them.

~Harold S. Kushner

Seek something outside your nine-to-five job as an additional source of fulfillment and as a way to feel the joy of helping others.

~Harold S. Kushner

I wish i spent more time at the office.

~Harold S. Kushner

God is the One who is with us when we have to do something we don't think we are capable of doing.

~Harold S. Kushner

One of the basic needs of every human being is the need to be loved, to have our wishes and feelings taken seriously, to be validated as people who matter.

~Harold S. Kushner

No good deed ever goes wasted.

~Harold S. Kushner

Our responding to life's unfairness with sympathy... may be the surest proof of all of God's reality.

~Harold S. Kushner

Children need parents who will let them grow up to be themselves, but parents often have personal agendas they try to impose on their children.

~Harold S. Kushner

Only a life of goodness and honesty leaves us feeling spiritually healthy and human.

~Harold S. Kushner

The path to God is rarely a steady climb upward. We climb, we fall back, and we climb higher again.

~Harold S. Kushner

We cannot live without the knowledge that someone cares about us.

~Harold S. Kushner

There is a Jewish notion that holiness is found with other people. To understand what life really is, one has to share it.

~Harold S. Kushner

History is written by winners, so most history books are about people who win.

~Harold S. Kushner

I believe that God is totally moral, but nature, one of God's creatures, is not moral. Nature is blind.

~Harold S. Kushner

The God I believe in is not so fragile that you hurt Him by being angry at him, or so petty that He will hold it against you for being upset with Him.

~Harold S. Kushner

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