## Henri Nouwen Quotes

People, Spiritual, Heart, Jesus, Prayer, Mean, Giving, Real, Community, Pain, World, Thinking, Self, Christian, Want, Children, Solitude, Eye, Believe, Home Pay attention to the people God puts in your path if you want to discern what God is up to in your life.

~Henri Nouwen

What makes us human is not our mind but our heart, not our ability to think but our ability to love.

~Henri Nouwen

For Jesus, there are no countries to be conquered, no ideologies to be imposed, no people to be dominated. There are only children, women and men to be loved.

~Henri Nouwen

You don't think your way into a new kind of living. You live your way into a new kind of thinking.

~Henri Nouwen

Dare to love and to be a real friend. The love you give and receive is a reality that will lead you closer and closer to God as well as those whom God has given you to love.

~Henri Nouwen

My whole life I have been complaining that my work was constantly interrupted, until I discovered that my interruptions were my work. ~Henri Nouwen

In a world so torn apart by rivalry, anger, and hatred, we have the privileged vocation to be living signs of a love that can bridge all divisions and heal all wounds.

~Henri Nouwen

The main question is not, how can we hide our wounds...but how can we put our woundedness in service to others.

O Lord, make this Lenten season different from the other ones. Let me find you again. Amen.

~Henri Nouwen

Those who keep speaking about the sun while walking under a cloudy sky are messengers of hope, the true saints of our day.

~Henri Nouwen

The Lord is coming, always coming. When you have ears to hear and eyes to see, you will recognize him at any moment of your life. Life is Advent; life is recognizing the coming of the Lord

~Henri Nouwen

Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure.

~Henri Nouwen

Waiting time is not wasting time. Waiting patiently in expectation is the foundation of the spiritual life.

~Henri Nouwen

When we are crushed like grapes, we cannot think of the wine we will become.

~Henri Nouwen

Our life is...a time in which sadness and joy kiss each other at every moment.

~Henri Nouwen

The greatest trap in our life is not success, popularity or power, but self-rejection.

Spiritual maturity is not knowing what to do with your whole life, but just knowing what to do next.

~Henri Nouwen

Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

~Henri Nouwen

Hope means to keep living amid desperation and to keep humming in the darkness.

~Henri Nouwen

I am the prodigal son every time I search for unconditional love where it cannot be found.

~Henri Nouwen

Prayer is not what is done by us, but rather what is done by the Holy Spirit in us.

~Henri Nouwen

Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.

~Henri Nouwen

The great illusion of leadership is to think that man can be led out of the desert by someone who has never been there.

~Henri Nouwen

In a strange way the spiritual life isn't "useful" or "successful." But it is meant to be fruitful. And fruitfulness comes out of brokenness.

~Henri Nouwen

Life is just a little opportunity for you during a few years to say, "I love

you, too." ~Henri Nouwen

In our own woundedness, we can become sources of life for others. ~Henri Nouwen

If I were to let my life be taken over by what is urgent, I might very well never get around to what is essential.

~Henri Nouwen

Hospitality is not to change people, but to offer them space where change can take place.

~Henri Nouwen

The church is not an institution forcing us to follow rules but a community inviting us to still our hunger and thirst at its table. ~Henri Nouwen

This brief lifetime is my opportunity to receive love, deepen love, grow in love, and give love.

~Henri Nouwen

The spiritual life is a life beyond moods. It is a life in which we choose joy and do not allow ourselves to become victims of passing feelings of happiness or depression.

~Henri Nouwen

Solitude is the furnace of transformation. Without solitude we remain victims of our society and continue to be entangled in the illusions of the false self.

~Henri Nouwen

Community means that people come together around the table, not just to feed their bodies, but to feed their minds and their relationships. ~Henri Nouwen

Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the Beloved.

~Henri Nouwen

Our glory is hidden in our pain, if we allow God to bring the gift of himself in our experience of it.

~Henri Nouwen

God, help me to see others not as enemies or as ungodly but rather as thirsty people. And give me the courage and compassion to offer your Living Water, which alone quenches deep thirst.

~Henri Nouwen

Keep a space where God can let something totally new take place. ~Henri Nouwen

Forgiveness changes the way we remember.

~Henri Nouwen

When we keep claiming the light, we will find ourselves becoming more and more radiant.

~Henri Nouwen

Compassion can never coexist with judgement because judgement creates the distance, the distinction, which prevents us from really being with the other.

~Henri Nouwen

I often wonder if my knowledge about God has not become my greatest stumbling block to my knowledge of God.

Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.

~Henri Nouwen

Community is the fruit of our capacity to make the interests of others more important than our own.

~Henri Nouwen

The fruits of your labors may be reaped two generations from now. Trust, even when you don't see the results.

~Henri Nouwen

Friends share our pain and touch our wounds with a gentle and tender hand.

~Henri Nouwen

My hope is that the description of God's love in my life will give you the freedom and the courage to discover... God's love in yours.

~Henri Nouwen

We just have to recognize life for what it is: a gift to be grateful for, not a property to cling to, hoard, or defend.

~Henri Nouwen

The real question is: how can I live so that my death will be fruitful for others?

~Henri Nouwen

When you have loved deeply, that love can grow even stronger after the death of the person you love. That is the core message of Jesus. ~Henri Nouwen

Your life is not going to be easy, and it should not be easy. It ought to

be hard. It ought to be radical; it ought to be restless; it ought to lead you to places you'd rather not go.

~Henri Nouwen

Trust that the treasure we look for is hidden in the ground on which we stand.

~Henri Nouwen

We are all healers who can reach out and offer health, and we are all patients in constant need of help.

~Henri Nouwen

We cannot make it rain but we can see to it that the rain falls on prepared soil.

~Henri Nouwen

If you feel loved, you can do a thousand things. If you feel rejected, everything becomes a problem.

~Henri Nouwen

The only feelings that do not heal are the ones you hide.

~Henri Nouwen

One of the tragedies of our life is that we keep forgetting who we are ~Henri Nouwen

The spiritual life does not remove us from the world but leads us deeper into it

~Henri Nouwen

Compassion means full immersion in the condition of being human.

~Henri Nouwen

Joy is the experience of knowing that you are unconditionally loved.

~Henri Nouwen

...real care means the willingness to help each other in making our brokenness into the gateway to joy.

~Henri Nouwen

Gratitude flows from the recognition that who we are and what we have are gifts to be received and shared.

~Henri Nouwen

It's an incredible mystery of God's love that the more you know how deeply you are loved, the more you will see how deeply your sisters and your brothers in the human family are loved.

~Henri Nouwen

Much violence is based on the illusion that life is a property to be defended and not to be shared.

~Henri Nouwen

Our lives are unique stones in the mosaic of human existence -- priceless and irreplaceable.

~Henri Nouwen

To live a spiritual life we must first find the courage to enter into the desert of loneliness and to change it by gentle and persistent efforts into a garden of solitude.

~Henri Nouwen

Once we deeply trust that we ourselves are precious in God's eyes, we are able to recognize the preciousness of others and their unique places in God's heart.

~Henri Nouwen

Christmas is believing that the salvation of the world is God's work, and

not mine. ~Henri Nouwen

Reading with children is an enormous gift to them. It's a great honor to invite children to read with adults.

~Henri Nouwen

The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

~Henri Nouwen

I want my work to create space where people can meet God, rather than give them something they can "apply" to their daily life. ~Henri Nouwen

You have to listen to the one who calls you beloved. That has to be affirmed over and over again. That is prayer - listening to the voice of the one who calls you "the beloved."

~Henri Nouwen

Forgiveness changes the way we remember. It converts the curse into a blessing. Forgiveness indeed heals memories . . .

~Henri Nouwen

The mystery of ministry is that we have been chosen to make our own limited and very conditional love the gateway for the unlimited and unconditional love of God.

~Henri Nouwen

A life without a lonely place, that is, without a quiet center, becomes destructive.

Our efforts to disconnect ourselves from our own suffering end up disconnecting our suffering from God's suffering for us. The way out of our loss and hurt is in and through.

~Henri Nouwen

Hiddenness is the place of purification. In hiddenness we find our true selves.

~Henri Nouwen

The pain that comes from deep love makes your love more fruitful. It is like a plow that breaks the ground to allow the seed to take root. ~Henri Nouwen

Peace is first of all the art of being.

~Henri Nouwen

a spiritual life without prayer is like the gospel without Christ. ~Henri Nouwen

Waiting is a period of learning. The longer we wait, the more we hear about him for whom we are waiting.

~Henri Nouwen

True Hospitality is welcoming the stranger on her own terms. This kind of hospitality can only be offered by those who've found the center of their lives in their own hearts.

~Henri Nouwen

The joy that compassion brings is one of the best-kept secrets of humanity. It is a secret known only to a very few people, a secret that has to be rediscovered over and over again.

~Henri Nouwen

The farther the outward journey takes you, the deeper the inward

journey must be. ~Henri Nouwen

Our brokenness has no other beauty but the beauty that comes from the compassion that surrounds it.

~Henri Nouwen

Ministry in no way is a privilege...it is the core of the Christian life. No Christian is a Christian without being a minister.

~Henri Nouwen

To give someone a blessing is the most significant affirmation we can offer.

~Henri Nouwen

Which questions guide our lives? Which questions do we make our own? Which questions deserve our undivided and full personal commitment? Finding the right questions is crucial to finding the answers.

~Henri Nouwen

We need to remind each other that the cup of sorrow is also the cup of joy, that precisely what causes us sadness can become the fertile ground for gladness.

~Henri Nouwen

From the moment we claim the truth of being the beloved, we are faced with the call to become who we are.

~Henri Nouwen

Our first responsibility in the midst of violence is to prevent it from destroying us.

Fear is the great enemy of intimacy. Fear makes us run away from each other or cling to each other but does not create true intimacy. ~Henri Nouwen

Life is not a possession to be defended, but a gift to be shared. ~Henri Nouwen

Without solitude it is virtually impossible to live a spiritual life. ...We do not take the spiritual life seriously if we do not set aside some time to be with God and listen to him.

~Henri Nouwen

Joy is based on the spiritual knowledge that, while the world in which we live is shrouded in darkness, God has overcome the world. ~Henri Nouwen

God's Kingdom is a place of abundance where every generous act overflows its original bounds and becomes part of the unbounded grace of God at work in the world.

~Henri Nouwen

Somewhere we know that without silence, words lose their meaning. ~Henri Nouwen

The question is not: How many people take you seriously? How much are you going to accomplish? Can you show some results? but: Are you in love with Jesus?

~Henri Nouwen

Christian community is the place where we keep the flame of hope alive among us and take it seriously so that it can grow and become stronger in us.

Is my growing old making me any closer to Christ? Am I only getting older or am I getting more godly?

~Henri Nouwen

Every time I take a step in the direction of generosity, I know I am moving from fear to love.

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