

Jean Vanier Quotes

*People, Community, Heart, Pain, Love Is, Light, Loneliness, Jesus, Struggle,
Important, Mean, Compassion, Believe, Exercise, Brother, Responsibility,
Children, Giving, Our World, Want*

To love someone is to show to them their beauty, their worth and their importance.

~Jean Vanier

Love doesn't mean doing extraordinary or heroic things. It means knowing how to do ordinary things with tenderness.

~Jean Vanier

Each person is sacred, no matter what his or her culture, religion, handicap, or fragility. Each person is created in God's image; each one has a heart, a capacity to love and to be loved.

~Jean Vanier

Community is not an ideal; it is people. It is you and I. In community we are called to love people just as they are with their wounds and their gifts, not as we want them to be.

~Jean Vanier

Growth begins when we start to accept our own weakness

~Jean Vanier

One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals.

~Jean Vanier

I am struck by how sharing our weakness and difficulties is more nourishing to others than sharing our qualities and successes.

~Jean Vanier

Those we most often exclude from the normal life of society, people with disabilities, have profound lessons to teach us

~Jean Vanier

Prayer is like a secret garden made up of silence and rest and

inwardness. But there are a thousand and one doors into this garden and we all have to find our own.

~Jean Vanier

Love is to recognize that the other person is a person, is precious, is important and has value.

~Jean Vanier

Life is a succession of crises and moments when we have to rediscover who we are and what we really want.

~Jean Vanier

A community which refuses to welcome - whether through fear, weariness, insecurity, a desire to cling to comfort, or just because it is fed up with visitors - is dying spiritually.

~Jean Vanier

Love is an act of endless forgiveness.

~Jean Vanier

When we love and respect people, revealing to them their value, they can begin to come out from behind the walls that protect them.

~Jean Vanier

A community is only a community when the majority of its members are making the transition from 'the community for myself' to 'myself for the community'.

~Jean Vanier

It is only when we stand up, with all our failings and sufferings, and try to support others rather than withdraw into ourselves, that we can fully live the life of community.

~Jean Vanier

[Happiness] comes when we choose to be who we are, to be ourselves, at this present moment in our lives.

~Jean Vanier

We cannot grow spiritually if we ignore our humanness, just as we cannot become fully human if we ignore our spirituality.

~Jean Vanier

A Christian community should do as Jesus did: propose and not impose. Its attraction must lie in the radiance cast by the love of brothers.

~Jean Vanier

All of us have a secret desire to be seen as saints, heroes, martyrs. We are afraid to be children, to be ourselves.

~Jean Vanier

When we begin to believe that there is greater joy in working with and for others, rather than just for ourselves, then our society will truly become a place of celebration.

~Jean Vanier

Wisdom is something that comes, little by little, through a lot of listening.

~Jean Vanier

Community means caring: caring for people. Dietrich Bonhoeffer says: "He who loves community destroys community; he who loves the brethren builds community." A community is not an abstract ideal.

~Jean Vanier

Our danger is to think that happiness will come from outside of us, from the things we possess or the power of our group, and not from within us, from the inner sanctuary of our being.

~Jean Vanier

Avoid the poison in your life that brings you turmoil.

~Jean Vanier

So many in our world today are suffering from isolation, war and oppression. So much money is spent on the construction of armaments. Many, many young people are in despair because of the danger.

~Jean Vanier

People are longing to rediscover true community. We have had enough of loneliness, independence and competition.

~Jean Vanier

If we are to grow in love, the prisons of our egoism must be unlocked. This implies suffering, constant effort and repeated choices.

~Jean Vanier

Envy comes from people's ignorance of, or lack of belief in, their own gifts.

~Jean Vanier

People may come to our communities because they want to serve the poor; they will only stay once they have discovered that they themselves are poor.

~Jean Vanier

There is nothing stronger than a heart which loves and is freely given.

~Jean Vanier

Every act of violence is also a message that needs to be understood.
(23-24)

~Jean Vanier

When people love each other, they are content with very little. When we have light and joy in our hearts, we don't need material wealth. The most loving communities are often the poorest.

~Jean Vanier

Community begins in mystery and ends in administration. Leaders move away from people and into paper.

~Jean Vanier

Every human activity can be put at the service of the divine and of love. We should all exercise our gift to build community.

~Jean Vanier

I have discovered the value of psychology and psychiatry, that their teachings can undo knots in us and permit life to flow again and aid us in becoming more truly human.

~Jean Vanier

People cannot accept their own evil if they do not at the same time feel loved, respected and trusted.

~Jean Vanier

In any case, community is not about perfect people. It is about people who are bonded to each other, each of whom is a mixture of good and bad, darkness and light, love and hate.

~Jean Vanier

The friend of time doesn't spend all day saying: 'I haven't got time.' He doesn't fight with time. He accepts it and cherishes it.

~Jean Vanier

Many people are good at talking about what they are doing, but in fact do little. Others do a lot but don't talk about it; they are the ones who make a community live.

~Jean Vanier

When we judge, we are pushing people away; we are creating a wall, a barrier. When we forgive we are destroying barriers, we come closer to others.

~Jean Vanier

At the heart of the celebration, there are the poor. If [they] are excluded, it is not longer a celebration. [...] A celebration must always be a festival of the poor.

~Jean Vanier

Put on light-coloured clothes and some perfume, take care of your body and do everything you can to fight against the forces of darkness. It is not an easy struggle, but it is worthwhile.

~Jean Vanier

Power always has a direction. It is always downward, towards the weak but power is often confused with what is right

~Jean Vanier

Every human being is a mixture of light and darkness, trust and fear, love and hate.

~Jean Vanier

When children are loved, they live off trust; their bides and hearts open up to those who respect and love them, who understand and listen to them.

~Jean Vanier

We work for peace every time we exercise authority with wisdom and authentic love.

~Jean Vanier

He who is or has been deeply hurt has a RIGHT to be sure he is LOVED.

~Jean Vanier

Look at your own poverty welcome it cherish it don't be afraid share your death because thus you will share your love and your life

~Jean Vanier

To invite others to live with us is a sign that we aren't afraid, that we have a treasure of truth and of peace to share.

~Jean Vanier

The belly laugh is the best way to evacuate anguish.

~Jean Vanier

The strong need the weak as much as the weak need the strong

~Jean Vanier

If we love (the poor) people, we want to identify with them and share with them.

~Jean Vanier

To live with Jesus is to live with the poor. To live with the poor is to live with Jesus.

~Jean Vanier

The cry for love and communion and for recognition that rises from the hearts of people in need reveals the fountain of love in us and our capacity to give life.

~Jean Vanier

A tension or difficulty can signal the approach of a new grace of God. But it has to be looked at wisely and humanly.

~Jean Vanier

True peace can rarely be imposed from the outside; it must be born within and between communities through meetings and dialogue and then carried outward.

~Jean Vanier

So we need places, laboratories, the creation of places which could be each one of our homes, where we invite people who are different, and we listen to each other, people of different class groups.

~Jean Vanier

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