

Richard J. Foster

Quotes

*Prayer, Spiritual, Heart, People, Discipline, Christian, Doe, Mean, Thinking,
Simplicity, Reality, Worship, Jesus, Children, Father, Pride, Giving, Self,
Silence, Soul*

The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.

~Richard J. Foster

When we genuinely believe that inner transformation is God's work and not ours, we can put to rest our passion to set others straight.

~Richard J. Foster

Joy, not grit, is the hallmark of holy obedience. We need to be light-hearted in what we do to avoid taking ourselves too seriously. It is a cheerful revolt against self and pride.

~Richard J. Foster

Worship begins in holy expectancy, it ends in holy obedience.

~Richard J. Foster

Stop trying to impress people with your clothes and impress them with your life.

~Richard J. Foster

Because we lack a divine Center our need for security has led us into an insane attachment to things.

~Richard J. Foster

Loneliness is inner emptiness. Solitude is inner fulfillment.

~Richard J. Foster

Of all spiritual disciplines prayer is the most central because it ushers us into perpetual communion with the Father.

~Richard J. Foster

Simplicity is the only thing that sufficiently reorients our lives so that possessions can be genuinely enjoyed without destroying us.

~Richard J. Foster

Just as worship begins in holy expectancy, it ends in holy obedience. If worship does not propel us into greater obedience, it has not been worship.

~Richard J. Foster

Worship is our response to the overtures of love from the heart of the Father.

~Richard J. Foster

In the same way that a small child cannot draw a bad picture so a child of God cannot offer a bad prayer.

~Richard J. Foster

If worship does not change us it has not been worship.

~Richard J. Foster

Conversion does not make us perfect, but it does catapult us into a total experience of discipleship that affects - and infects - every sphere of our living.

~Richard J. Foster

Each activity of daily life in which we stretch ourselves on behalf of others is a prayer in action.

~Richard J. Foster

Absolute freedom is absolute nonsense! We gain freedom in anything through commitment, discipline, and fixed habit.

~Richard J. Foster

In the spiritual life only one thing produces genuine joy and that is obedience.

~Richard J. Foster

Let's discipline ourselves so that our words are few and full.

~Richard J. Foster

When we determine to dwell on the good and excellent things in life, we will be so full of those things that they will tend to swallow our problems.

~Richard J. Foster

Fasting reminds us that we are sustained by every word that proceeds from the mouth of God (Matt. 4:4). Food does not sustain us; God sustains us.

~Richard J. Foster

Thinking is the hardest work we can do, and among the most important

~Richard J. Foster

Real prayer comes not from gritting our teeth but from falling in love.

~Richard J. Foster

Goals are discovered, not made.

~Richard J. Foster

Silence is one of the deepest Disciplines of the Spirit, simply because it puts the stopper on all self-justification

~Richard J. Foster

God's heart is the most sensitive and tender of all. No act goes unnoticed, no matter how insignificant or small.

~Richard J. Foster

The inner attitude of the heart is far more crucial than the mechanics for coming into the reality of the spiritual life.

~Richard J. Foster

If the Lord is to be Lord, worship must have priority in our lives. The

divine priority is worship first, service second.

~Richard J. Foster

May God give you - and me- the courage, the wisdom, the strength always to hold the kingdom of God as the number one priority of our lives. To do so is to live in simplicity.

~Richard J. Foster

As worship begins in holy expectancy, it ends in holy obedience. Holy obedience saves worship from becoming an opiate, an escape from the pressing needs of modern life.

~Richard J. Foster

The discovery of God lies in the daily and the ordinary, not in the spectacular and the heroic. If we cannot find God in the routines of home and shop, then we will not find Him at all.

~Richard J. Foster

Our Adversary majors in three things: noise, hurry and crowds. If he can keep us engaged in "muchness" and "manyness," he will rest satisfied.

~Richard J. Foster

Prayer is more than thoughts and feelings expressed in words. It is the opening of mind and heart - our whole being to God our Abba Father. It is Divine Union.

~Richard J. Foster

..the true test of spirituality [is] in the freedom to live among people compassionately....Prayer frees us to be controlled by God.

~Richard J. Foster

The spiritual discipline of simplicity is not a lost dream, but a recurrent version throughout history. It can be recaptured today. It must be.

~Richard J. Foster

Spiritual direction involves a process through which one person helps another person understand what God is doing and saying.

~Richard J. Foster

To stand before the Holy One of eternity is to change. Resentments cannot be held with the same tenacity when we enter his gracious light.

~Richard J. Foster

In worship an increased power steals its way into the heart sanctuary, an increased compassion grows in the soul. To worship is to change.

~Richard J. Foster

We who have turned our lives over to Christ need to know how very much he longs to eat with us, to commune with us. He desires a perpetual Eucharistic feast in the inner sanctuary of the heart.

~Richard J. Foster

Simplicity is freedom.

~Richard J. Foster

The person who does not seek the kingdom first does not seek it at all, regardless of how worthy the idolatry that he or she has substituted for it.

~Richard J. Foster

Prayer is the human response to the perpetual outpouring of love by which God lays siege to every soul.

~Richard J. Foster

Prayer involves transformed passions. In prayer, real prayer, we begin to think God's thoughts after Him: to desire the things He desires, to

love the things He loves, to will the things He wills.

~Richard J. Foster

In intellectual honesty, we should be willing to study and explore the spiritual life with all the rigor and determination we would give to any field of research.

~Richard J. Foster

Owning things is an obsession in our culture. If we own it, we feel we can control it; and if we control it, we feel it will give us more pleasure. The idea is an illusion.

~Richard J. Foster

Spiritual direction is an interpersonal relationship in which we learn how to grow, live, and love in the spiritual life.

~Richard J. Foster

We over-eat, over-buy, and over-built, spewing out our toxic wastes upon the earth and into the air.

~Richard J. Foster

We must understand the connection between inner solitude and inner silence; they are inseparable. All the masters of the interior life speak of the two in the same breath.

~Richard J. Foster

Grace saves us from life without God-even more it empowers us for life with God.

~Richard J. Foster

Prayer is - listening for the still small voice of God. Listening with the "ear of our hearts."

~Richard J. Foster

God has given us the Disciplines of the spiritual life as a means of receiving his grace. The Disciplines allow us to place ourselves before God so that he can transform us.

~Richard J. Foster

You will never have time for prayer; you must make time.

~Richard J. Foster

What is urgently needed is a bold new move from a consumer economy to a conserver economy in all of the developed countries, and particularly in the United States.

~Richard J. Foster

In spiritual direction there is absolutely no domination or control.

~Richard J. Foster

It is Stoicism that demands a closed universe, not the Bible.

~Richard J. Foster

If we are silent when we should speak, we are not living the Discipline of silence. If we speak when we should be silent, we again miss the mark.

~Richard J. Foster

Humility, as we all know, is one of those virtues that is never gained by seeking it. The more we pursue it the more distant it becomes. To think we have it is sure evidence that we don't.

~Richard J. Foster

Prayer is seeing His greatness to the extent we can receive it.

~Richard J. Foster

Freedom in the Gospel does not mean license. It means opportunity.

~Richard J. Foster

Prayer is - a means of uniting us unto Himself.

~Richard J. Foster

We should all without shame enrol in the school of contemplative prayer.

~Richard J. Foster

And so I urge you: carry on an ongoing conversation with God about the daily stuff of life, a little like Tevye in Fiddler on the Roof. For now, do not worry about "proper" praying, just talk to God.

~Richard J. Foster

Simplicity enables us to live lives of integrity in the face of the terrible realities of our global village.

~Richard J. Foster

Supremely, spiritual directors/mentors/pastors are persons who have a sense of being established in God. Otherwise they are too dangerous to be allowed into the soul space of others.

~Richard J. Foster

reject anything that is producing an addiction in you.

~Richard J. Foster

Four times a year withdraw for three to four hours for the purpose of reorienting your life goals

~Richard J. Foster

The lust for affluence in contemporary society has become psychotic; it has completely lost touch with reality.

~Richard J. Foster

Conformity to a sick society is to be sick.

~Richard J. Foster

In the context of Quaker worship, it is perfectly appropriate for any person in the congregation to speak a timely word from the Lord.

~Richard J. Foster

Inward solitude has outward manifestations. There is the freedom to be alone, not in order to be away from people but in order to hear the divine Whisper better.

~Richard J. Foster

When the poor farmer of India is unable to buy a gallon of gasoline to run his simple water pump because the world's demand has priced him out of the market, who is to blame?

~Richard J. Foster

Eastern meditation is an attempt to empty the mind; Christian meditation is an attempt to fill the mind. The two ideas are quite different

~Richard J. Foster

Prayer is - loving conversation with the One who has invited us into His embrace.

~Richard J. Foster

Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem.

~Richard J. Foster

Simplicity, then, is getting in touch with the divine center

~Richard J. Foster

If we truly love people, we will desire for them far more than it is within our power to give them, and this leads us to prayer.

~Richard J. Foster

It is an occupational hazard of devout folk to become stuffy bores. This should not be. Of all people, we should be the most free, alive, interesting.

~Richard J. Foster

Prayer is simply saying "thank you, bless you, praise you."

~Richard J. Foster

It is in the everyday and the commonplace that we learn patience, acceptance, and contentment.

~Richard J. Foster

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