

Richard Rohr

Quotes

People, Jesus, Thinking, Christian, Spiritual, Self, Pain, Fall, Religious, Ego, Real, Giving, Prayer, Half, Order, Letting Go, Years, Suffering, Doe, Moving

The morning glories and the sunflowers turn naturally toward the light, but we have to be taught, it seems.

~Richard Rohr

All great spirituality is about what we do with our pain. If we do not transform our pain, we will transmit it to those around us.

~Richard Rohr

We do not think ourselves into new ways of living, we live ourselves into new ways of thinking.

~Richard Rohr

The journey to happiness involves finding the courage to go down into ourselves and take responsibility for what's there: all of it.

~Richard Rohr

Religion is one of the safest places to hide from God.

~Richard Rohr

The path of descent is the path of transformation. Darkness, failure, relapse, death, and woundedness are our primary teachers, rather than ideas or doctrines.

~Richard Rohr

God is always bigger than the boxes we build for God, so we should not waste too much time protecting the boxes.

~Richard Rohr

Maturity is the ability to joyfully live in an imperfect world.

~Richard Rohr

There is nothing to prove and nothing to protect. I am who I am and it's enough.

~Richard Rohr

You come to God not by being strong, but by being weak; not by being right, but through your mistakes.

~Richard Rohr

It is at the bottom where we find grace; for like water, grace seeks the lowest place and there it pools up.

~Richard Rohr

Jesus did not come to change the mind of God about humanity; Jesus came to change the mind of humanity about God

~Richard Rohr

Life is not a matter of creating a special name for ourselves, but of uncovering the name we have always had.

~Richard Rohr

God comes to us disguised as our life.

~Richard Rohr

The people who know God well—mystics, hermits, prayerful people, those who risk everything to find God—always meet a lover, not a dictator.

~Richard Rohr

The cross is the standing statement of what we do to one another and to ourselves. The resurrection is the standing statement of what God does to us in return.

~Richard Rohr

All great spirituality is about what we do with our pain.

~Richard Rohr

The cross solved our problem by first revealing our real problem, our universal pattern of scapegoating and sacrificing others. The cross

exposes forever the scene of our crime.

~Richard Rohr

every time God forgives us, God is saying that God's own rules do not matter as much as the relationship that God wants to create with us.

~Richard Rohr

A good teacher teaches people how to see, not what to see.

~Richard Rohr

Much of the Christian religion has largely become "holding on" instead of letting go. But God, it seems to me, does the holding on (to us!), and we must learn the letting go (of everything else).

~Richard Rohr

Nature is the one song of praise that never stops singing.

~Richard Rohr

When you get your, 'Who am I?', question right, all of your, 'What should I do?' questions tend to take care of themselves

~Richard Rohr

Pain that is not transformed is transmitted.

~Richard Rohr

To give, and not demand that others receive . . . that is the crossover point to maturity. . .

~Richard Rohr

The two Virtues of Equanimity and Compassion become more available to the person whose ego-shell has been smashed-either by great suffering or by great love-or by both.

~Richard Rohr

As you look back on a year almost ended, recall the ways in which God has been inviting you to return, again and again, to Love which is the same as returning to God

~Richard Rohr

Worship of Jesus is rather harmless and risk-free; actually following Jesus changes everything.

~Richard Rohr

Creation is a process that is still happening and we're in on it! We are a part of this endless creativity of God.

~Richard Rohr

Faith is not for overcoming obstacles; it is for experiencing themâ€™ all the way through!

~Richard Rohr

Prayer is not about changing God, but being willing to let God change us.

~Richard Rohr

When we can see the image of God where we don't want to see the image of God, then we see with eyes not our own.

~Richard Rohr

If God is Trinity and Jesus is the face of God, then it is a benevolent universe. God is not someone to be afraid of, but is the Ground of Being and on our side.

~Richard Rohr

Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise.

~Richard Rohr

The true mystic is always both humble and compassionate, for she knows that she does not know.

~Richard Rohr

Would you respect a God you could comprehend? And yet very often that's what we want - a God who reflects our culture, our biases, our economic, political, and military systems.

~Richard Rohr

The best criticism of the bad is the practice of the better.

~Richard Rohr

I am who I am in the eyes of God- nothing more and nothing less.

~Richard Rohr

The important thing is the willingness to give back the gift that is you, not the perfection of the gift itself. Can you feel the difference?

~Richard Rohr

The most common one-liner in the Bible is, "Do not be afraid." Someone counted, and it occurs 365 times.

~Richard Rohr

If our love of God does not directly influence, and even change, how we engage in the issues of our time on this earth, I wonder what good religion is.

~Richard Rohr

Men must learn how to grieve, or they are inevitably angry or controlling, and they don't even know why.

~Richard Rohr

A skilled listener can help people tap into their own wisdom.

~Richard Rohr

God comes to you disguised as your life.

~Richard Rohr

The great and merciful surprise is that we come to God, not by doing it right, but by doing it wrong.

~Richard Rohr

Religions should be understood as only the fingers that point to the moon, not the moon itself.

~Richard Rohr

It is in falling down that we learn almost everything that matters spiritually.

~Richard Rohr

The most courageous thing we will ever do is to bear humbly the mystery of our own reality.

~Richard Rohr

When we fail we are merely joining the great parade of humanity that has walked ahead of us and will follow after us.

~Richard Rohr

A person who can laugh and go with life does not demand to be in control, which is why the most controlling people may be sarcastic but lack an authentic sense of humor.

~Richard Rohr

Every time you choose to love, you have also just chosen to die.

~Richard Rohr

Much of what is called Christianity has more to do with disguising the ego behind the screen of religion and culture than any real movement toward a God beyond the small self, and a new self in God.

~Richard Rohr

Until we learn to love others as ourselves, it's difficult to blame broken people who desperately try to affirm themselves when no one else will.

~Richard Rohr

We are just a little tiny flicker of a much larger flame that is Life itself, Consciousness itself, Being itself, Love itself, God's very self.

~Richard Rohr

The Gospel gives human suffering deep, personal, and cosmic meaning, by connecting our pain to the pain of others and, finally, by connecting us to the very "pain of God".

~Richard Rohr

Jesus is never upset at sinners; he is only upset with people who do not think they are sinners.

~Richard Rohr

The greatest enemy of ordinary daily goodness and joy is not imperfection, but the demand for some supposed perfection or order.

~Richard Rohr

I think your heart needs to be broken, and broken open, at least once to have a heart at all or to have a heart for others.

~Richard Rohr

Life is not, nor ever has been, a straight line forward ... Life is characterized much more by exception and disorder than by total or perfect order.

~Richard Rohr

Pope Francis insists that mercy is at the very top of the Christian hierarchy of great truths, and everything falls apart whenever mercy is

displaced by anything else.

~Richard Rohr

Every viewpoint is a view from a point.

~Richard Rohr

If you depend on being emotionally inspired or newly motivated, you will need a new fix almost every day.

~Richard Rohr

When you don't need to play the victim or create victims you are FREE

~Richard Rohr

You cannot heal what you cannot acknowledge.

~Richard Rohr

Remember finally, that the ashes that were on your forehead are created from the burnt palms of last Palm Sunday. New beginnings invariably come from old false things that are allowed to die.

~Richard Rohr

Transformed people transform people.

~Richard Rohr

Faith is not a means to something further. It is not something we do in order to get to heaven. Faith is its own end. To have faith is already to have come alive.

~Richard Rohr

Whole people see and create wholeness wherever they go; split people see and create splits in everything and everybody.

~Richard Rohr

Our job as conscious humans is to bring the beauty and goodness of

everything to full consciousness, to full delight, to full awareness.

~Richard Rohr

If you don't transform your suffering, you'll transmit it.

~Richard Rohr

The journey never happens alone.

~Richard Rohr

Advent is not about a sentimental waiting for the Baby Jesus.

~Richard Rohr

Christianity is seen by more and more people as a negative message: anti gay, anti immigrant, anti abortion (as the only life issue), anti gay marriage, anti the Democratic party.

~Richard Rohr

Metaphor is the only possible language available to religion because it alone is honest about Mystery.

~Richard Rohr

Solitude is a courageous encounter with our naked, most raw and real self, in the presence of pure love.

~Richard Rohr

...religion either produces the very best people or the very worst.

~Richard Rohr

You surrender to love; you do not accomplish love by willpower.

~Richard Rohr

Contemplation is an alternative consciousness that refuses to identify with or feed what are only passing shows. It is the absolute opposite of addiction, consumerism or any egoic consciousness.

~Richard Rohr

Our job as humans is to make admiration of others and adoration of God fully conscious and deliberate.

~Richard Rohr

The Gospel is not a fire insurance policy for the next world, but a life assurance policy for this world.

~Richard Rohr

One wonders how far spiritual and political leaders can genuinely lead us without some degree of mystical seeing and action.

~Richard Rohr

When 'happiness' eludes us - as, eventually, it always will - we have the invitation to examine our programmed responses and to exercise our power to choose again.

~Richard Rohr

The more one gives one's self in creative union with another, the more one becomes one's self.

~Richard Rohr

Your heart has to be prepared ahead of time through faith and prayer and grace and mercy and love and forgiveness so you can keep your heart open in hell, when hell happens.

~Richard Rohr

The gift of darkness draws you to know God's presence beyond what thought, imagination, or sensory feeling can comprehend.

~Richard Rohr

Once God and grace move us to the second half of life, religion becomes a mystical matter, rather than a moral matter.

~Richard Rohr

In terms of soul work, we dare not get rid of the pain before we have learned what it has to teach us.

~Richard Rohr

God created us for love, for union, for forgiveness and compassion and, yet, that has not been our storyline. That has not been our history.

~Richard Rohr

God, give me a good humiliation every day. It's good for the soul and it's good for the ego.

~Richard Rohr

The spiritual world is hidden and perfectly revealed in the physical world.

~Richard Rohr

The ego knows itself by comparison.

~Richard Rohr

To the degree you have experienced intimacy with God, you won't be afraid of death because you're experiencing the first tastes and promises of heaven in this world.

~Richard Rohr

there is no path to peace, but peace itself is the path.

~Richard Rohr

Those who are not true leaders will just affirm people at their own immature level.

~Richard Rohr

After 32 years as a priest , I think its fair to say that most institutional

churches are very limited in addressing higher levels of spiritual consciousness.

~Richard Rohr

If you do not transform your pain, you will always transmit it.

~Richard Rohr

The ego hates losing - even to God.

~Richard Rohr

The movement toward gratitude, authenticity, and union is the natural and organic inner work of the second half of our lives.

~Richard Rohr

Moralism is always the cheap substitute for mysticism.

~Richard Rohr

Mature prayer always breaks into gratitude.

~Richard Rohr

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