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Announcer: The Art of Leadership Network.

Carey Nieuwhof: Welcome to the Carey Nieuwhof Leadership Podcast, it's Carey here and I hope our time together today helps you thrive in life and leadership. I am so glad that you're here because we are going to talk about spiritual formation today and I have none other than Richard Foster and Brenda Quinn on the podcast, Richard is one of the OGs of spiritual formation and we are going to talk about A Type leader. The journey from being an a-type leader to a contemplative life. The disciplines of solitude silence and humility and then we're going to talk about Eugene Peterson, Henry Nouwen, and Dallas Willard and so much more. I think you're going to love this. This one was good for my soul and today's episode is brought to you by something, I'm excited to share. It's my four steps to engage your church around money and generosity. It's a free guide and if you want to build a culture of generosity in your church check it out. You can go to, engagegenerosity.com to learn more, and today's episode is brought to you by Compassion.

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When people experience God in a way that's outside of their usual rhythms and routines, lives change.

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Go to compassion.com/carey to learn more. So Richard Foster wrote, back in 1978, isn't that crazy, *The Celebration of Discipline*, and so we talked about that, we talked about, well, all things spiritual formation with Richard and his associate, Pastor Brenda Quinn and we are going to talk to A-Type leaders. I'm one, believe it or not, Richard was one as well. And this turned out to be a delightful conversation.

Richard Foster is the founder of Renovare, he is the author of several books including *Streams of Living Water*, *Prayer*, *Freedom of Simplicity*, *Sanctuary of the Soul*. and *Celebration of Discipline*, which has sold over two million copies worldwide, and he is co-author of *Longing for God*.

Brenda Quinn is the pastor of Spiritual Formation at Living Way Fellowship, Highlands Ranch, Colorado, which is a Foursquare church. She oversees adult education and spiritual formation. She is involved with the children's ministry and women's ministry, as well as other ministries from a spiritual formation perspective. So I absolutely love this conversation. I think you will too.

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So as you know, one of the pressures of leading a growing ministry is having a lot more vision than you have money. And could you imagine for a moment leading a generous church? What would that actually be like?

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And I understand a lot of pastors, you're scared to talk about money, you don't know how to engage it.

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I went to Seminary, guess how much time we spent talking about raising money and building a generous church? Exactly zero minutes. So how do you talk about that, right? It's a great question.

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So to help you have better conversations about money with the people in your church. I've created a free guide. It's called Four Steps to Engage your Church Around Money and Generosity in it. You'll get some super practical, typical steps and mindset shifts. You can use as early as right now today to start building a culture of generosity at your church.

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So if you want to feel less awkward, if you want to not feel sleazy when you talk about money, not feel greedy when you talk about it, and not feel all of those things that we feel.

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Check the link in the description. You can click on it, or simply go to engagegenerosity.com. You'll get free, and instant access to my guide for steps to engage your church around money and generosity.

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And then we often think about the power of a great sermon but you know, that people really respond to experience.

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If you immerse somebody in something it really sinks in. So I've had the privilege as many of you had of traveling to, well, different places. Guatemala, Nicaragua, to see the work of Compassion in real life and to really see what poverty looks like around the world. But, you know what, 98% of the people who attend your church will never go on a mission trip, but if you bring the compassion experience to your

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You will have an interactive way for everyone in your church to witness the realities of life for children in poverty and the church's incredible response. So, if you want to learn more and maybe book it for your church, check it out. Go to compassion.com/carey. Compassion is currently lifting 2.2 million children, releasing them from poverty in Jesus' name, and I have been personally supporting them for years. Check it out.

And now, my conversation with Richard Foster and Brenda Quinn.

CAREY NIEUWHOF: Well, it's a delight to have you both on the podcast today. Welcome, Richard. Welcome, Brenda.

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BRENDA QUINN: Thank you. Great to be here.

RICHARD FOSTER: Thank you so much. Wonderful to be with you.

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CAREY NIEUWHOF: Well, I've been excited for this for a number of months and I'd love for you to talk about just so that we can frame it for our listeners. How the two of you got to know each other and work together and how you got connected on this project, your latest book on humility.

RICHARD FOSTER: Brenda and I have known each other over a long period of time. But more recently I was dreaming about this little book project and I ask Brenda and a few others just to read what I was writing and make comments and Brenda's a pastor in Denver area and I just felt that those comments were so helpful.

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And then when this idea of these podcasts, you know, in the old days, the old days I would you know, jump on horseback and go around and see people. But what now we have this wonderful technology and I ask Brenda to help me out because you know, I don't never know if I can get three sentences together. So Brenda was so

kind. I mean she's a full time pastor and works hard and what but has been willing to do these podcasts.

BRENDA QUINN: And I will say he hasn't really Richard hasn't really needed me but it's been a good partnership because we both live in different worlds and just come from different perspectives because of the ways we spend our days. So it's just been nice to join in the conversation.

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CAREY NIEUWHOF: Well, it's going to be great to have it with both of you.

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RICHARD FOSTER: I wanted people to hear the pastoral perspective that Brenda has. I mean, she's working with hundreds of folks all of the time. I'm sitting here at my desk, you know, answering an email or two. So she gives a perspective that is very helpful.

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CAREY NIEUWHOF: Well, Richard, you're best known for your work on spiritual disciplines. And I'd like to ask both of you, because that was, Celebration of Discipline goes back to, was it 1978?

RICHARD FOSTER: Yep. You got that right.

CAREY NIEUWHOF: Yeah. Wow.

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Wow, so that's let me do some quick math, 35 years.

RICHARD FOSTER: 40-some

CAREY NIEUWHOF: 45 years. Yes, again, if math was my future, there would be no future. 45 years, my goodness. Yeah, that's that's quite a legacy. How have maybe can outline the disciplines. I know it's sold millions of copies, so many people have read it. It's a classic but some of the disciplines that have sustained both of you over your life.

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RICHARD FOSTER: Oh there's so many, of course, an attentiveness to scripture, allowing it to read me.

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Has been so helpful and also solitude. I mean, the first little church I pastored it would rank as a marginal failure on the ecclesiastical scoreboards, but I went to the elders and said, you know, I need to learn more about God and they readily agreed. And so, we arranged four times a year, just following the seasons in the fall, in the winter, in the spring, and in the summer, that I would spend some time. Usually, it was just a good part of a week and then I would come back on Sunday and lead the service, but not preach. So that during the time of solitude, I wasn't trying to prep a sermon. So that was wonderful of those Elders so many years ago

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BRENDA QUINN: Yeah, I think for me, I think there are probably three disciplines that have been really formative amongst all of them. And I would say also for me, meditation on Scripture has been a big one. Just as a regular daily part of my life, it has formed me in really big ways.

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I started that when I was in high school, and I'm so grateful for that.

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And then solitude as well. However, I haven't had as much opportunity for long periods of solitude like Richard described, where I would go away for a week. But, you know, I have had three sons who are young adults now. But when they were growing up, I had to find that solitude, and every day, I had to find little pockets of solitude. And I read Richard's book when I, you know, before I was married, before I had kids. And I really took to heart that discipline of solitude.

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And felt like it needed to be a regular part of my life where I could listen to God and just quiet down my life to hear him. And so, I really tried to incorporate that in small ways daily on a daily basis. And it really has made a huge difference for me. And then I'll just throw in a third one. I think the discipline of simplicity has been a big one for me to focus on. And Richard has a great book on simplicity and in the world that we live in the culture that we live in, it's pretty countercultural. To be, you know, committed to simplicity and it's challenging but that one has been big for me too.

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CAREY NIEUWHOF: Richard, I'd love to drill down a little bit. When you would take that time off when you were pastoring, because we have a lot of church leaders listening, what would Solitude look like for you?

RICHARD FOSTER: Very simple. I would take my Bible and a journal to write in, and that was it.

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I didn't take books to read, or any of those kinds of things except structure itself, and what helped me a great deal was, I was able to read large passages of scripture and stay with them. I remember, I think it was one of the very earliest retreat times was to read through the book of Jeremiah, the weeping prophet. And while tell you those days I really identified with Jeremiah, there's one passage where they took Jeremiah and threw him down a well.

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They were trying to break his neck, but it didn't happen. There was a bunch of mud at the bottom of the well. Anyway, I can't remember what version I was reading, but I remember the passage where it said that Jeremiah sank in the mire. And boy, I thought, that's me. I'm in the mire. So that was a great help to me. And I would go to, it was a little Catholic retreat house, and so I would, oh, at the mealtimes, talk with the priest. There usually was, I think, only one, maybe a couple. But just ask questions and learn more about their lives.

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That was it, then I'd come back. Oh, I don't know, Thursday, Friday. And of course I'm prepping for Sunday.

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I mean, in a pastoral context, that's sort of, you know, you go from Sunday to Sunday but also, to have a sense of where people are so that this is the kind of reflection response out of the retreat time, I would go and sit where the people sat. My people.

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Now, most congregations are probably similar people would tend to sit in the same places, so I would sit there trying to soak in, what are they dealing with? What are the pains, the hurts?

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And, that was just a very simple prayer time for them, as I would prepare for Sunday's. Somebody else would do the preaching, but, you know, when you are leading a worship service, Brenda knows this, how you are trying to be baptized into the sense of the meeting. What's happening here? What do people need? You know, can't remember his name who said that everybody is sitting beside their own pool of tears and so that would lead up to Sunday.

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CAREY NIEUWHOF: I appreciate you sharing that. I had the privilege of interviewing Eugene Peterson before he passed away a few years ago and just a gem, and also interviewed his son and his biographer more recently, and you said something, maybe there's nothing there, Richard, and I'd like both of your takes on it because, Brenda, you're a pastor, you lead a church today, et cetera, but you said, just throw it off to the side, you said, I'm not sure my church would have been considered to be a success in the measure of the world. I wonder if there is sometimes a tension between practicing the disciplines, practicing the way of Jesus, and what we might call success in the eyes of the world.

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And I think about Eugene Peterson because I think he felt that tension as well. I'd love your comment on that from both of you from your perspective.

RICHARD FOSTER: Go ahead Brenda.

BRENDA QUINN: Well, yes, I, you know, I think our world looks at numbers and I think that's probably one of the things Richards talking about, it was his key was at a small church and we talked about that a lot, my church, you know, it's not really about numbers, it's about following Jesus. And I think In the eyes of the world often, it's pleasing people. And are we there to please people, or are we there to please God, and to follow Jesus, and what he has for us as leaders, you know, and there can be a big difference, you know, we want to serve people for sure, but it's, it's really not about pleasing people. It's about keeping our eyes on Jesus and leading the church in the ways that he guides us every day on a daily, you know, daily basis to serve our people.

RICHARD FOSTER: One of the things that happened in that little church, I mean, learning how to work together. See, I remember in those days, the Conservatives they were mad at the Liberals and the Liberals they were mad at the radicals and the radicals, God bless them, they were just mad. I mean, I think half my nation had the gift of discouragement.

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I mean, it was so dysfunctional.

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But then as we begin to work and learn and grow and I mean, I early on felt that I needed to understand and experience life with God in a deeper way, which led me to the great devotional masters. I knew that they had a sense of God in a way that I didn't know and I need to learn. So it didn't matter really what book, you know, I get Teresa Bobby Law's Interior Castle or Brother Lawrence's The Practice of the Presence of God, whatever, and slowly, slowly, slowly learned to grow in grace.

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And that was a wonderful thing among the people. I mean, this was way back in the, what, the 70s.

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There was so much dysfunction and and we could see people begin to get healed up and wonderful things happened, a little influx of folks and now it wasn't always perfect. We had some real tragedies to but we learned together. See that was it, that we didn't learn not to fight with each other.

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Now, we had that center whole of Jesus alive and among us as our savior to forgive us, our teacher to guide us, our Lord to move us, our friend to come alongside us.

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And so we began to learn about life with God together, with all of our differences and so on. So that was kind of how it started in those days years. Later, of course, I wrote Celebration but we were working with all of those things through those early years.

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CAREY NIEUWHOF: Do you think there's an inherent tension between quote "success" numerically and keeping a strong interior life? Is it mutually exclusive or is it just especially difficult?

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RICHARD FOSTER: Especially difficult.

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Wonderful things can happen, and there are churches that thrive. I knew Eugene Peterson pretty well, and his congregation back east. But he kept his focus on Jesus, and since he has a book, there's a book, *The Contemplative Pastor*, and one of the old writers, George Fox, would often talk about taking people off of himself and turning them to Jesus. Their present teacher.

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And I thought, oh yes. See if I can learn in that direction now. See, I also Pastor what, the truth growth analysts would call the large church, and it was a kind of place where things seemed to go right, no matter what I did. I could enter the pulpit thinking I was in this lived in the small of despond come out feeling like I lived on Mount Sinai. I mean just carried by the life of a congregation, wonderful people, and so it isn't size.

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That hardly matters at all.

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See the great danger in churches is the ABCs attendance, buildings, and cash, and if you focus your attention there, you've lost. No, no, no. We focus our attention on a life with God, the healing up of so many of the deep needs that people have, and the learning to grow day by day. I mean, that lovely passage in 1st Peter where he says grow in the grace and knowledge of our Lord and Savior Jesus Christ, that's so wonderful. But many people can make no sense of it because they think of Grace, only as unmerited favor. And it is that if you don't grow an unmerited favor.

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See, we're not just saved by grace, we live by grace. Many of your listeners here are in all kinds of settings, maybe into businesses or other situations outside of church life. I mean, most people spend a large portion of their time in some office or business or a relational thing with people, and we've got to learn that's where the life really comes. How can I live with God there? And, you know, with bosses that are, well, you know.

CAREY NIEUWHOF: I think I know.

RICHARD FOSTER: And so we learn, we learn slowly, and we do, we learn in community. We learn from each other how we grow in grace.

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So I mean, the Christian consumes Grace like a 747 consumes fuel on takeoff. We need to learn that all of life is done under the grace of God. Does that makes sense?

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CAREY NIEUWHOF: It certainly does. Hmm. Brenda, I mean, you're in the trenches every day, in pastoral Ministry, what are your thoughts about the endemic to the tension between, you know, growth and staying spiritually, true or anchored or routed because I mean the headlines are just filled with examples of where that all went horribly wrong. How are you experiencing that? Do you think it's especially difficult or do you think it's mutually exclusive? What is your thought?

BRENDA QUINN: Well, I really think that much of the tension lies in, just the time factor. Our time. We only have so much time every day. And there are always so many people and needs that are pulling at us, you know, as a pastor at, you know, as a leader of a business, whatever you might be doing, we have to make choices about how we spend our time. And so often, it's it becomes very easy for that time with God to be squeezed out for that time in the word for that time, sitting in the quiet, where we can hear God's voice where we're maybe not doing a Bible study or preparing a sermon, or preparing a business plan, or whatever it might be. But we're just sitting and having downtime where we can hear God's voice, allowing the Holy Spirit to speak. We can't hear the Holy Spirit if we don't have some quiet. That's where we talk about solitude.

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We need that in a daily way in our lives. And what I love about Eugene Peterson, what I love about Richard is they really made conscious daily choices to take that time with God and to spend those longer periods with God. Eugene got up every morning and he sat in the Psalms every morning and sat in prayer for not just 10 minutes, but for good periods of time, early every morning and even into the morning. And he had a church with a lot of needs. He led groups of leaders at his church. And yet that was always a priority that didn't change for him. You know, I think about Richard, I was just reading some notes the other day of a talk Richard gave about how he had chosen to step out of public speaking, out of public ministry a few years ago. And he just felt that clear call of God and he explained, why. And you might want to talk more about that Richard. But that's not something many

leaders today make a choice to do, to step out of the public eye step out of, you know, public speaking and opportunities, to be out there, using your voice. And yet it was something Richard chose to do and that's how this book came about partly.

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CAREY NIEUWHOF: Well, let's go there. Thank you for that. Brenda, why did you make that choice? Tell us about it.

RICHARD FOSTER: Well, there was a whole bunch of factors, but let me tell you the key one. Now, my associate would set out, we did this once a year, set out all speaking engagements. Now at that time, I was teaching, I was a professor at the University, but I would do this public speaking and she would set all of this out and we had a little clearness committee to help us think about that, what we should say yes to, what we should say no to, and the first question that we always ask is what do I need?

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Where's the situation with me? What about the family? And my wife Carolyn was part of that clearness committee and at that particular time.

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She said, our kids were just entering the teen years, and she said, you know, Richard, you kind of you need to make a decision. Do you want to be better known and have a mess at home? Or do you want to be less well-known and have a good situation at home? And I said, oh, that's the word of the Lord. We're going to say, we had about 300 invitations up there. I said we'll say no to all of them. And it was the shortest meeting we ever had.

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As it was that period, I didn't know if I would ever write or speak again.

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As it turned out that period lasted about 18 months and out of it was came the vision for working together, a community, that could find ways of working together. And we formed this little ragtag group rent of Ari, and that's the Latin word that means to give new life, and we just had a conference at Brenda's church and let me say one of the reasons we were at that congregation and that church was, I could see the influence that Brenda has had over the years to form a community. And anyway, we did a little conference there, then we took our ministry team for a week.

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Our own personal Retreat as a team because we're a dispersed community all over the country. And so we come together once a year for retreat among ourselves and it was a wonderful time. See, that's why we don't do this stuff on our own. We learn to grow together.

CAREY NIEUWHOF: I'll tell you, that's categorical decision, making at its best. You turned three hundred decisions into one decision, for 18 months, and it was just a blanket no. And that's fantastic and out of that, that's what this is, what's really surprising? I did not know that. That is what gave birth to Renovare which obviously is had huge implications global implications Brenda you know as somebody who's still an active day-to-day ministry.

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Do you sense, because you, I sense like me, have a pre -digital memory, has it gotten more complicated to say no because of all the inbound, and if so, do you have any tips, recommendations, strategies, for safeguarding your soul, your personal time, and all of those things, because the demands in leadership, in ministry in particular, seem to have just been rising, not falling.

BRENDA QUINN: Yeah, I think, you know, as I talked about before, having that time with God and His Word really regularly and in prayer, and that, just that quiet time for listening to Him, but I think it's also, I really make a practice of asking the hard questions in my life, and really trying to look underneath, underneath what's happening in the church, underneath what our motivations are as leaders. What the messages from our culture, our versus God's messages through his word, through his spirit, and I think some of us are probably more naturally prone to asking the hard questions than others. Some of it's a personality thing, but I think it's also a really a rhythm that we need to get into as leaders, we have to ask the hard questions. Why would I say yes to such and such, you know, this invitation, or this new commitment? What will it mean in my life if I say yes, what are my motivations for saying yes, are these fleshly motivations, or are they motivations that are focused on Jesus, and on his kingdom?

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How will my life change if I make this decision? You know, asking those hard questions. How will my ministry change? How will my church change? How will this affect my business? How will this affect my ability to serve those around me? How will this affect my margin in my life? You know, will I have margin, will it take away

my margin to be able to take interruptions and and help those that I wasn't planning on helping or serving that day? I think all of those hard questions are ones that we have to ask and be you know, just in a habit of living with and then living with the answers that we get as we ask those questions.

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CAREY NIEUWHOF: I think you're getting into the really hard stuff now and I appreciate the hard question framing. Were you nervous about like, there's a FOMO, right? Fear of missing out. So when you say no, and I think those are great questions to ask, like, oh, maybe you have to reconsider some of my yeses over the last little while in light of all those hard questions. But like, you know, I guess what I was saying is, do you fear when you cancel out 300 at a time, or just say, okay, I'm just not going to do that? What do you do with the fear of missing out?

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RICHARD FOSTER: Let me just tie into what Brenda said. It's so helpful because every yes has a no tied to it.

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And we have to really learn that lesson. When I say yes, I've learned I'm also saying no to certain things, because we are finite human beings. I mean, one of the things that Solitude does for us is teach us that we are not the CEO of the universe. And that's a hard lesson for us. Now, the freedom in the early days, I was not a Type A person. I was a AAA. I mean, you know, I'm going to conquer the world at least by tomorrow and I had to learn, see, that I'm not in charge of all of this, and sure, you think, oh, miss the great opportunity of life. If it's right for me to be, well look, I remember way back, I had decided that Friday night I was going to spend with the family, the kids, they were just growing up and it was just after that big executive called and asked if I would come and speak at such and such a place. I said, oh no, I can't. And he said, oh yeah, I mean it was a Friday night, that was the time with the kids.

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And he said, oh, do you have another commitment? I didn't know back then that I could say, yes, I certainly do. I just said, no. I mean, and then I could just feel the condemnation coming over the phone line. And I sort of felt like I made myself look less to this person. When I hung up the phone, I just jumped up and said, hallelujah. I've learned to say no, you know, to whatever, because I was saying yes to Caroline

and the kids for that night. That's how we learn, slowly, slowly. And that's okay. It's okay. We cannot accomplish everything in the world.

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And we're not asked to do, and that's what we have to learn. We are not the CEO of the universe.

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BRENDA QUINN: And, you know, one of the things I've learned from Richard, also, that I've really appreciated along with that is we also don't have to be so worried about what other people think when we make these decisions. Because I think we just, we want people to think well of us and they want, we want them to know that we're servants and that we're good at what we do. And we're good leaders and it can be really hard to just try and manage everyone's perceptions of us all the time. And Richard has really taught me that we can leave that in God's hands. We can, of course, we're going to, we're going to love people. We're going to always be loving but we can leave our reputations and what other people perceive of us in God's hands and it'll be okay.

CAREY NIEUWHOF: That's a really good word.

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RICHARD FOSTER: If we give a proper perspective in life, then we can be present with people when we are with them, if we're full of muchness, many-ness, then when we're with people, we're scattered, we're fractured, we're fragmented.

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We can't actually sit with another person and listen to the heartache, listen to the hurt, listen to the needs, or laugh together, whatever, see. So we need to have a sort of balance word, we're not infinite or finite human beings and there's a limit and as I'm aging here as you can tell, my limitations are greater and I need to learn that. I can't do everything these days and that's okay.

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CAREY NIEUWHOF: Richard, I have to ask on behalf of a lot of listeners and perhaps myself, how does one go from being a type A or triple A in your words to living a contemplative life? Because when you're looking at your new book, Learning Humility, this is not a type A pace that you're living and haven't lived for decades. What was that transition like, my goodness?

RICHARD FOSTER: Very painful and very slow.

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And these little times of solitude were a great help. Another great help, and it's a wonderful spiritual discipline, is silence.

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That I don't have to always speak up and straighten everybody out on whatever it is, you know, I can just listen to another human being and just be still with them. Isn't that wonderful? I was just with my son the other day and we were hiking and sometimes you visit a little bit, but we had up here, we've done this many years, where we hiked in complete silence. And we didn't speak about the politics or the whatever, and we listened.

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The Earth, the birds, the little, God's friends, you know, and one of the reasons we love to go into the woods there is because these creatures, the trees, they're doing the will of the Father And I need to learn to do that too. Remember what Jesus said? What was it that we should be harmless, innocent as doves, and wise as the serpent. Now I just I could get the dove part. Sure, sure. I could never get the serpent part until where I hike. There are a number of rattlesnakes. You know what, the serpent can wait, and wait until the time's right, and so I need to learn that, learn to wait and not always jump in, not, you know, in the early, Pastor Brenda may know about this experience, where I try to rescue everybody.

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There's a decision, an area, problem that they're going through, and I want to rush in and rescue them.

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No, you have to leave people alone for a while, willing to be there, be with them, pick up the pieces when things fall apart, and, but not to rush in and try to control everything.

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And that's a great discipline for us to learn with each other.

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Give people freedom

CAREY NIEUWHOF: Solitude and silence are becoming more and more attractive to me, not just as disciplines, but as lifestyle, as I get older and we're fortunate to live in the country, you both live in the Denver area. So, you're surrounded by nature. I was just there. We have a little backyard, a lake across the road and I was having a particularly bad day on Friday, you know, just one of those days we we're any type leader. You're like not going the way I want it to, and I did here. The words of Jesus in my mind, like look at the birds and we have a ton of birds in our yard and look at the flowers, and my wife has beautiful gardens, like yeah, they're living to the glory of God. We have flowers on our property. No human will ever see and that doesn't diminish their worth. And here's the question in this.

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Which is, you know, we are surrounded by technology. We're communicating through screens and technology, but if you think about the Scripture, it was always in, you know, there was a city context. But the city was minutes, seconds from the country. And people were steeped in an agrarian life with the dependence on the land. To what extent do you think the condition of our souls and our connection to nature are related? I'd love to hear from both of you on this.

[00:41:05.500]

RICHARD FOSTER: Brenda you, you can start.

BRENDA QUINN: Yeah I think that, you know, the Bible starts off with God as Creator.

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He created this world and he and you know Genesis tells us day by day, step by step, how He created the world and how important this world is to Him and all of the creation that He made and called it good.

[00:41:31.200]

And so I think that as the last part of His creation, we human beings, we have a tie in our soul to the creation. And so when we're separated from that and we're not encountering God through nature, I think we're probably not living as He created us to live. And I love that about Richard's book that he goes, he weaves in and out of using quotes and using stories and talking about people and then talking about the hike he went on and talking about the flowers and talking about the birds that he

saw. And all the things that he saw outside or outside of his house, the trees, how important the trees are to him.

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And I love that because that's, that's a really important place where we experience God. You know, Romans tells us that he reveals himself to us in nature. So if we're not finding ways, but I do think we can even find ways in the middle of a city. We can be in Parks. We can sit out on the, balcony of our apartment, and enjoy the tree that's outside of our apartment building in the birds that are in the tree, or we can look up at the sky, whatever it is. There are ways that we can still find pieces of nature wherever we are. And I do think it's an important connection to God.

[00:42:46.600]

RICHARD FOSTER: You'll remember that the devotional masters told us to read two books, the Bible and the Book of nature.

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And learning to do that for me early on. It was just slipping out before bed for a few moments just in silence looking at the stars. That's simple action. Now, there is a kind of contradiction between the city and nature, but the wonderful thing out while Brenda was speaking, I turned to the wonderful Book of Revelation and the 22nd chapter because there, the city and the rural, the country, the book of nature. Come together, the angel shows to John a river, water of life, bright as crystal, flowing from the throne of God and the Lamb through the middle of the streets of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month. And the leaves of the tree are for the healing of the nations." And that's bringing the urban and the country together. And that's what we should see and look for, even today, as we can.

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But certainly, in the new heaven, the new earth, there's going to be a bringing together.

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And the country, I hope in heaven, you know, we're going to be growing and learning and having responsibilities. I'd like to be given some responsibilities over the national park system here in the States. Wouldn't that be fun.

[00:44:58.700]

CAREY NIEUWHOF: That would be great fun. That would be fascinating actually. Yeah, I think about that actually you know, the responsibilities and have it and the driven leader in me is like oh thank goodness, there's going to be work, at least, you know, there's something to do in the morning that is redeemed and not as perhaps tainted by the curse as we have on this side of eternity. Okay. Humility? Why humility? Why this project?

[00:45:27.900]

RICHARD FOSTER: Because, this is so important of all of the virtues, the great writers say that humility is the most basic, the most foundational for a growing in the virtues. Think of the word teachability without teachability, without us being teachable, it's very hard for us to move into anything, into any virtues. We think we know everything. Well, see, that doesn't work very well. It's that, remember humility comes from humis. The Earth. Get us down to the earth.

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And that's why it's so critical. But remember, this came to us through Jesus himself, his birth, his life, his teachings, his death, his resurrection. Humility is all through that. And if we want to move into the likeness of Christ, humility is right at the foundation of it all.

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CAREY NIEUWHOF: Brenda, what drew you in to be an early reader of this project and a regular reader of this project?

[00:46:57.800]

BRENDA QUINN: Well, I immediately resonated with just the topic of humility when Richard first wrote and said, I'm thinking that God's maybe prompting me to start writing down some things about this subject, you know, for any of us.

[00:47:12.300]

If we're followers of Jesus in this world, humility is not a topic that we encounter very often, probably not even in a very direct way in the church all that often. We certainly encounter it a lot in scripture, but I don't know that we really talked about it a lot and I think because we're all human beings who are very much immersed in the culture that we live in, humility isn't the message that we're receiving from our culture very often. And so I think, even for us who desire to be faithful to God, and to his character, and to what he's trying to form in us, we can very easily get drawn off track because of the messages that we just live in all the time.

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And if we're not careful, holding to scripture, we can buy into a lot of those messages and we can start to follow where those messages take us and it can lead us away from God's will for us. So I think it's a message that's needed and Richard is the one to bring it. He's respected and I appreciate that he would take three years out of his life to slowly, slowly write this book and put it before, several others, and do edits and I really encourage everyone to get it because we all need it. We just we need this reminder.

[00:48:29.600]

CAREY NIEUWHOF: Richard, you thought you had work to do on humility, right? That's how you open it. It's like, oh my, I haven't arrived.

RICHARD FOSTER: Well, it actually started, it was on New Year's Eve.

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Yeah, New Year's Eve. And I was thinking about New Year's resolution.

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Now, I don't like those. They last about a week and a half and, you know, it's kind of worthless.

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But, just as I was thinking about that, I felt addressed. There were these two words, just two words, learn humility. And I thought, oh, see, that's for me. And so I need to think about this to see if this is from the Lord. And I don't want to just push it aside. And so that was the beginning. And I just started by writing notes in a journal. And I'm not very good at journal writing. I have probably a dozen journals over there on my bookshelves that are half-written. But I began. That's how I started.

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And it was a while before I realized oh this may be something that we need to share a little broader but there, I felt that kind of contradiction. How do you write on humility, which values, for example, anonymity, you know, you don't. And if this, you know, comes out, we'll be doing a podcast. Oh, my, do I really want to do that?

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CAREY NIEUWHOF: I'm really proud of my book on humility, right?

RICHARD FOSTER: Yeah, right. I doubled my humility this year.

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Brenda mentioned three years. Yeah, the book is cast in a journal form of one year. The actual writing took about three years and I condensed things finally. But yeah. Yeah that's okay because I'm much older. Now, I write a lot slower. There's the old saying that I spent all morning taking out a comma and all afternoon, putting it back in. That's sometimes what writers do.

[00:51:16.000]

CAREY NIEUWHOF: I'd love for each of you to reflect on humility as it sits in your tradition. So Richard, a Quaker background and tradition. Brenda, you come from the charismatic evangelical world, which I think a lot of us are much more familiar with. The pros and the cons, like you have human beings involved in every tradition. It's not like anyone has a monopoly on humility, but how have you seen it best practiced and then maybe where are some of us exposed in our traditions?

[00:51:51.700]

BRENDA QUINN: When I think about that question, I really think about how we're all just human beings and I think we all fall prey to both, you know, the promises of living faithfully with God and the dangers of following our humanity, following our flesh. I you know, I think in my tradition Pentecostal/charismatic as well as Evangelical, there are so many wonderful beautiful people that are serving and loving the people of this world in so many ways. And I think unfortunately what gets broadcast most often are the hypocritical areas of people focusing on certain types of sin and then being found to be in sin themselves in other ways, or just having too loud of a voice in certain areas. But so much of that too, I think, is just the messages we hear in the world. We're going to hear the negative messages a lot more than we're going to hear the positives. And so, I just think we're all human. We're all human were all prone to not always doing a great balance between grace and truth, you know, living out a great, you know, a skewed balance between grace and truth that which is what we want. We want to follow Jesus' way of living in grace and truth. So I think that that challenge is there for all of us, no matter what tradition were from, you know may we keep our eyes on him and what may we speak and act as his Spirit guides us to do and that is the challenge of everyday, and it's a big enough challenge for all of us.

CAREY NIEUWHOF: Yeah, I would be tempted to say, Richard, as an Evangelical, you know that, okay. Yeah, maybe maybe the Quakers have something to teach us on this, but what would you have to say? That's from the outside looking in,

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RICHARD FOSTER: Believe me, we've seen plenty of arrogance and pride and narcissism among Quakers, but I do want to say this, and it helped me from way back in my teenage years.

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There's a saying among Quakers that's often used that we always allow our performance to exceed our profession. That is, that what we do is always in excess of what we talk about.

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So, that is a way of tempering this thing. I mean, it really is reflecting Jesus' words, let your yes be yes, and your no, no. Anything beyond that comes from evil.

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So just saying, what is actually the case, not trying to embellish it, or make it sound better than it really is. I allow what I do to exceed, what I say, And we could all learn from that, I know.

[00:55:03.800]

CAREY NIEUWHOF: Well, and I think social media has made that, and this idea of everybody finding a platform, building a platform, that's even more needed. But I want to go back to something that you both hinted at. It is sort of ironic. I mean, we're writing about humility in a book and I don't know too many authors that don't want to sell any copies of their book. I spent three years of my life writing this. I hope it doesn't sell. We all hope that the book gets some level of distribution. And then here we are on a podcast, and I'm not the only one you're doing. You're doing many podcasts to quote, promote, the book.

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So you know welcome to life as we know it. This is not a criticism that's just we're all in this layer together. How do you navigate talking about humility? When you're promoting a book on humility and that we can just insert our own project here. So how do you navigate that?

[00:56:01.600]

RICHARD FOSTER: That's a that's a wonderful question and I puzzled over it I didn't say anything to anyone. At my wife for a long time about this for that very reason. And when I finally mentioned it to our son, our youngest son, Nathan, he just quipped. Oh, a book on humility, that'll make you famous for sure. And now he will, it was a joke. But he also underscored that kind of attention that you have.

[00:56:41.700]

I've always loved, there's an old book from the Middle Ages, Brenda, The Author's unknown to us, The Cloud of Unknowing.

[00:56:55.700]

BRENDA QUINN: The Cloud of Unknowing?

RICHARD FOSTER: Yeah. I got such a kick out of, here's somebody who never, we have no idea who wrote this. And I thought, oh man, that's great. But in our day, you are right. Publishers, for example, they'll tend to ask first about your platform, not whether you can write well or whether you have anything worth saying or writing. But do you have a platform?

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So that's part of the brain that true, it's just there and you know, if I had my druthers I would just walk up into those mountains west of here and never be heard from again, I'd be happy with that, but that's not been the case in my life and that's, you know, it's kind of, in a sense, the cross that I've had to bear that, you know, it's okay. And I remember there was a writer sometime back, Henri Nouwen. And when I was with him and mentioned about this very problem, he said, oh no think of the getting to be known a bit as a means of giving a platform to other people. And I thought, oh good for him. So we've worked at that, we've tried to bring folks that really have something, and Brenda's one of them, to give them a platform in any way we can.

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Isn't that good? We all have to struggle though, with this. It's not an easy thing.

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But here we are. And we must never do the opposite. I remember our dear team member Dallas Willard. He's on into heaven now but I was, I don't remember.

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Somebody was saying all these nice things and I was trying to, you know.

[00:59:16.100]

And Dallas just said, oh, stop this humble mumble. And I thought, oh, he's right.

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I just need to learn to say thank you. I'm glad that it's been helpful, and not try to deflect all the time.

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So I've learned about the humble mumble.

[00:59:39.700]

CAREY NIEUWHOF: That's great, Richard. Brenda, I mean, you're in it every day too. And as a pastor, I'm sure you want to reach new people. You want to see people grow. You want to see your church accomplish its mission. Any thoughts on the inherent tension between getting the word out there and humility?

[01:00:03.500]

BRENDA QUINN: Well, I think it goes back again to listening to the voice of the spirit in your life and doing what he asks you to do, obeying what God asks you to do and, you know, making it your constant prayer that Lord, this is your work and not mine. This is yours and I'm surrendered to you, and will you be my voice? Will you be my actions? Will you guide my decisions? And will it point people not at me but will it point people to you. That's what we want. We want it to point people to Jesus. And if we can do that in whatever he asks us to do, whether it's being in the public spotlight or whether it's, you know, cleaning the toilets at our Church, whatever it is.

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May it point people to Jesus and that's what we're in it for, and we all have to do our part. It's the passage about the body that, you know, every part of the body is needed, everyone is necessary. And there's no one that's more important than the other.

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RICHARD FOSTER: Exactly. I've watched this. I've been to Brenda's church and oh my, just her attention to details in people's lives. That's wonderful to watch.

[01:01:18.500]

CAREY NIEUWHOF: So it was a three-year journey. What were, or were there, breakthroughs along the way? Like, if you had some aha moment, some key insight, some turning points, Richard, when you went on this journey, what, what were some of those moments that were crystallizing moments for you?

[01:01:41.600]

RICHARD FOSTER: For me, it was mainly a very, very slow dawning of the importance of humility, and that Jesus, I mean, all of that, the birth, the life, the teaching, the death, the resurrection, all of this reflected a humbleness of spirit. Of course, I read enough in my Greek philosophy and so on to know that humility was not particularly valued in that kind of culture, and it was this Christ event that brought us. And Augustine was one of the great writers that first helped us to see how humility was so central to a good life, a life of virtue. See, these are things that bring us into life, not make us miserable. And we observe to do things that are that are good for us. I mean, you know, the rules and councils in scripture, are to bring us not to discourage us, make our lives miserable but to give us real life, I mean, I could take this pen I have, I could take that and, you know, jam it into my eye, but I wouldn't, why wouldn't I do that? Well, it doesn't bring life. I learned that that all of this, that humility brings us a lot more joy, a lot more fun, a lot more happiness, than arrogance. Some you just think of what pride does to people and how they have to, you know, work so hard to feel that everybody thinks they're wonderful. We need to let go of that.

CAREY NIEUWHOF: Brenda, what was the impact of taking this journey with Richard? What has that been in your life?

[01:04:15.300]

BRENDA QUINN: Well, I just want to, in follow-up to what Richard just said. I want to just note, a verse James 4:10 humble yourselves before the Lord and He will lift you up. And you know, we could live on that verse for a year or more.

[01:04:28.900]

You know, Richard's talking about living abundant life in Jesus, and how do we do that? It's not by lifting ourselves up, it's by letting Him lift us up. That's what we want, right? We want to be lifted up by God, and when He lifts us up, it's going to be so different and so much more rich and full than when we try and lift ourselves up in this world. And I think that is what I got from this project, is that reminder about why I'm in it, why I'm in it with Jesus, why am I following Him, what is it that He's

called me to. And it's been so good to take this journey back in time through many of the devotional masters of years past and through, we haven't talked at all about the Lakota people, but Richard ties in the Lakota people in this book in a big way and it's really beautiful how that all happened. Richard calls it a Divine accident that he integrated the Lakota people with this message but it's really amazing to learn that their foundational virtue of that culture is humility just as well as it is in the Bible. You know? And as it is with many of our devotional masters that he talks about so taking that journey and just having that impressed upon my heart again. But that it's true in scripture and it's God's way for us and it's the first part of my formation in Christ.

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You know, Andrew Murray says it's the most important part of discipleship, is learning humility. And think about that. That's the most important part of my discipleship to Jesus, is to grow in humility. So we all need it. We need the reminder, we need the affirmation. We need the encouragement of one another, that we're doing this together. We're committed to this together. We're in it together. We're God's people and if we do this, that this has this message has really come, I think from the Lord to me, over these years, that if God's people can follow his way of humility, it opens wide the door for God to act in even greater power and purpose in this world, because the more we are following him and shaped like him, the more he has the absolute freedom to do his work in this world, and that's what we want.

[01:07:00.000]

CAREY NIEUWHOF: Let's talk about your Lakota heritage, Richard, and you did integrate that into the book. So tell us what led to your embrace of that part of your heritage and how it ties into humility and spiritual disciplines.

[01:07:18.700]

RICHARD FOSTER: Well, like Brenda said, it felt like kind of a divine accident because I was writing in a journal form and I don't know, I just wasn't drawn to the idea of using the Latin Gregorian calendar, January, February, March. And so I turned, part of my background is not Lakota, but Ojibwa. And I looked at the Ojibwa calendar, a number of calendars, but the Lakota calendar really just seemed good.

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I loved it's strong connection to the Earth. And anyway, it just seemed like fun. So I started that and like, the moon when the ducks come back.

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I love that love ducks. Here they are. Do they have any purpose in life? I don't know. But there, they just seem to enjoy life, but those kinds of things. And then I thought, well, if I'm going to Use the Lakota calendar. I should learn a little more, I knew they have maybe, I don't know, a dozen books are so on those kinds of things, but I thought I'd like to dip in and learn some more and so, I did, there's a book The Lakota Way and just stories and this particular book, the writer, Lakota is his first language.

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So I mean he's wonderful that book is in English but it is based on the 12 Lakota virtues and I begin to learn as and go, oh wow.

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The first virtue of the list is humility. I think I could learn a few things here so I would get to do that. And of course, the Lakota is an oral tradition and so storytelling is the way that they would convey teaching and meaning. And so they're wonderful storytellers. And I love many of those Lakota stories. I mentioned a few of them in what I wrote, but there are many others, and it's great fun to learn from another tradition. You know, God is wonderful. It's spreading his truth around.

[01:10:10.600]

CAREY NIEUWHOF: He is. You mentioned three leaders that I have so much respect for and was sad when each of them died. Years ago, Henry Nowen, when he passed, and more recently, Dallas Willard and Eugene Peterson. And I remember experiencing all three as real losses.

[01:10:31.500]

You know, like these are spiritual giants of our time who are no longer with us and you knew them all. What were some of the qualities and characteristics of Henri, Eugene, and Dallas that you think it would be really good for young leaders to pay attention to?

[01:10:53.500]

RICHARD FOSTER: You know, I have to say that the humility of life, I mean Dallas was a genius. And just to see him, when, the first church, he was in that church. He and his wife Jane and their two kids, John and Becky.

[01:11:17.500]

When I went there, the first thing I noticed was Dallas with one other fellow. Tony to Renzo, Tony was a construction worker, really hard worker had a third grade education as though he could not follow, Dallas was the professor of philosophy at the University of Southern California and Brilliant. Phenomenology was his field but Tony could never have understood any of that. It's tough, but the two of them would meet once a week to study, the Bible, met in Dallas' home. And I watched this, and I watched a love that Tony had for Dallas and I thought, oh my, this is something marvelous and I want to learn from it one time when Dallas and Jane were going through a difficult time. Tony calls me, we need to fast and pray for Dallas.

[01:12:16.600]

And he called me together, I mean, you know, as the pastor, but here was Tony, three or four days straight fasting, and he worked hard construction. And I was just astonished at that.

[01:12:35.400]

And Henri Nouwen, his first time we met we were being interviewed by a journal. And after that interview, we were in the Chicago airport and he took me aside.

[01:12:50.600]

And he said, he said, I didn't come for this interview. I came to meet you. He, I mean, you know, who was I?

[01:13:03.000]

And we sat and I was with him, oh, three times, I think.

[01:13:10.200]

What a kind kind man, and he struggled in plenty of things. And Eugene, I'm formed about 30 years ago, a little group of writers and Eugene and Jan were part of that group. His wonderful work with the Bible. The Message, he read that to us. In the early days and he started with the Psalms and our group, many of these are writers, many of them poets and different things. I mean, they were astonished but I had, you know, some background in Hebrew and I saw what he was doing.

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And later, one of our members asked Eugene, well, what English translation do you use? Eugene, just kind of put his head down, he didn't use any English translation.

He just used Hebrew and Greek. Right. That's another level. So they just, and they were all fun. Just fun. Let me just tell you this brief story. It was the little men's group at this little church. And Dallas was part of this group. There probably were maybe a dozen of us and one fellow, he's dead now, so I can tell the story. He was kind of rough as a cob. He just I don't know but Jim came one time and he was just telling the story that he had I don't know got a hold of some Peppers, habanero peppers, really hot peppers, and he and this was Jim he took several of them and just stuffed him in his mouth and He was just telling the group and he said "they were so hot, they'd burn the hell out of you." And Dallas was sitting by just leaned over and said "give me a thousand of them."

[01:15:44.000]

CAREY NIEUWHOF: You know, Richard, I've noticed you're laughing a lot in this conversation, it sounds like you've found a level of joy that I think eludes a lot of people.

RICHARD FOSTER: That's one of the wonderful things when you reach some of the great devotional masters, they were funny.

[01:16:05.100]

St. Francis, Troubadour of the Lord. Just, you know, and I'll tell this quick story. A dear lady was helping another lady Agnes Sanford who was a speaker and so on, and Margaret kind of cared for her and so on. So when Agnes died I wondered how Margaret was doing and I went to see her.

[01:16:36.000]

A little bit later and she was making one of those Brenda. What is it? That spells out things?

BRENDA QUINN: Cross-stitch?

RICHARD FOSTER: Cross-stitch. And I said Margaret, where did you get that? Oh, she said I was praying a few days ago and the Lord spoke to me, and she was writing out what she thought God had said to her and this is what she spelled out. Fun ahead, saith the Lord. And she used the old English saith, and for her, it was this, there's a future for you, you know, there's something to do. Fun ahead, saith the Lord and I always have held that. I thought, oh, good for you. Fun ahead. Stay up aboard.

[01:17:26.300]

CAREY NIEUWHOF: You know, just a note to listeners or leaders, particularly young leaders. I don't know whether either of you have read Henri Nouwen, I think it was his first book, *The Genesee Diaries*, very much a similar format to what you've done with *Learning Humility*. But it was just six months in a, I'm going to say it was a Benedictine Monastery in Upstate New York. And it was the young, ambitious, academically rising Henri Nouwen, being broken by God over six months into the Henri Nouwen we would come to know and love. And it's probably the book I've gifted most often to other leaders. But if you're looking at that, you know, journey from type A leader, Richard, AAA, to contemplative life, it is such a beautiful simple diary on like, you know, he's angry at the other brothers for putting too many raisins in the bread one day, and for not taking the stones out of the river the next, and then he's contemplating his own soul and the future of Eternity. And it's just this beautiful mixture of very earthy observations and the deepest questions you can ask in life.

[01:18:44.500]

RICHARD FOSTER: There's one story, I don't remember whether you might know whether it was in the book or were they just told me the story, but the Abbot came to him with, there was a little high school group, probably Catholic High School, that wanted him to speak in the Abbot presented it to a him and Henry goes Oh no! No, that's what I came here to get away from. And he said besides, I don't have time to prepare, and he says this is the way he told it to me, the Abbott's says, prepare! Prepare! What's there to prepare to prepare? You've been, you know, teaching for ten years. You don't need to prepare, besides these students, what you teach is not what they're after. They want your presence, if you would just be present to them, that's enough. That was Henri; able to be present to people.

[01:19:50.700]

CAREY NIEUWHOF: So, if people listening, perhaps myself included, want to take a step or two towards humility, I know it's a long obedience in the same direction, to quote Eugene, who I think was quoting Kierkegaard, are there practical changes? I mean, you've given some good tips along the way, but Brenda and Richard, are there some practical things they could really put on their radar screen or in their prayer life that would help them take a step in the right direction?

[01:20:19.200]

BRENDA QUINN: Well, we talk about this a lot. I think praying, you know, committing yourself in prayer to God, and none of us are capable of shaping

ourselves. It's God who shapes us. And so, I think committing it to Him in prayer is the first step. And then I think, and Richard talks about this a lot in the book.

[01:20:42.200]

It's being able to see ourselves for who we are, and be honest about who we are. But then it's getting our eyes off of ourselves and on to Jesus. And I think it's a daily eyes off of myself and on to Jesus, and it's a walk. It's a walk with him and not being so concerned about humility, as we are about just focusing on him and doing what he asks me to do, not what the world is telling me to do, and not what my human nature is telling me to do it. You know, it's learning to hear his voice and follow his voice apart from the voices of the world in the voices of my own flesh. That's it, that's the daily, that's the Christian walk, pretty much in a nutshell and I think it's being re committed to that.

RICHARD FOSTER: Brenda that's very good. I would encourage people not to be too concerned about humility. But learn to be concerned about people. Persons. Find someone that you could get to know, learn what they care about. I was just, this is one of our grandkids. I was just talking with him, we went out to lunch and, he's a musician. Boy, his skills and his knowledge. I mean this is a 17 year old kid. I said maybe you could teach me about music and oh, he brightened up, and he just in our few minutes he goes from the 60s to the 70s to the 80s to the 90s and on and he just knows all these musical genres. And I said, okay, we're going to get together when you have your guitar there and you teach me. And I just I told Caroline I found something that Kyron can really you know brighten up to, so I'm gonna go meet with him and let him teach me. See, you just see people, and value people. That will lead you into humility. It's not hard.

CAREY NIEUWHOF: It's been a really special conversation I want to thank you both, Brenda and Richard I appreciate it the book is called Learning Humility it's your latest a year of searching for a vanishing future any final thoughts as we wrap up?

RICHARD FOSTER: Enjoy the life, walk truthfully over the earth, and God will be with you.

[01:23:33.600]

BRENDA QUINN: We just bless everyone in your audience and we just speak the love and the grace and the blessing of Jesus over you. And he's brought you here for a reason to this podcast and we just bless all that he's doing in and through you, in Jesus' name.

RICHARD FOSTER: Amen.

[01:23:56.300]

CAREY NIEUWHOF: Thank you both so much.

RICHARD FOSTER: Thank you.

BRENDA QUINN: Thank you so much, Carey.

Carey Nieuwhof: Well, that was a delight. And, you know what? I hope when I get to the stage of life that Richard is at, I am laughing as much as he is. That was, that was such a great conversation with Richard and Brenda and if you want more we've got show notes for you and go to careynieuwhof.com/episode595. We also have transcripts there if you want to see any of the things that we talked about.

[01:24:23.400]

And I want for you to check out my free guide, it's on generosity, it's a brand new resource, just go to engagegenerosity.com, and I will show you how to get over your fear of talking about money and how to do it in, well, actually a really helpful way that is going to build a generous congregation at your church. If you're ready for that, go to engagegenerosity.com. And why not bring the Compassion experience to your church. Most people in your church are never going on a mission trip, so bring the mission trip to them. Go to compassion.com/carey to learn more.

[01:24:56.600]

Well next time on the podcast we've got Jon Acuff, man.

[01:25:00.000]

I love my conversations with Jon Acuff and you know sometimes when you have really good friends on the show, it's just like a green room conversation. What would you talk to Jon Acuff about over lunch? Well, we kind of do that. And we talked about the difference between High performers and high achievers, how to make a goal and guarantee a goal, and the problem of false humility in the church. Here's an excerpt.

[01:25:22.000]

Jon Acuff: I made a list of things I do because they're important and things I do because they make me feel important.

[01:25:28.300]

Those are two very different lists.

[01:25:30.400]

Things I do that are important, things I do that make me feel important. It makes me feel important to say, oh yeah, I've got a big team, like, to have a big team, like to say that, like, is it important? Do I need that? So I started to go through my business, through my life, through kind of the way I was living, and go, which of these things are for my ego, and which are the things I'm supposed to be doing? Which are the things that are actually really moving the business forward and are healthy versus just things that make me feel good at a dinner party when I say them.

[01:26:03.600]

Carey Nieuwhof: So that's coming up next episode. And for those of you who subscribe, you're not going to miss it, right?

[01:26:09.300]

But some of you, actually the majority of you listening to this episode, haven't subscribed.

[01:26:13.400]

So if you enjoyed this, then I would love for you to do that. Just subscribe. Maybe leave a rating and review, and if you really appreciated it, would you share it? Share it with your team, send the link via email, or text to some people, and give us a shout out on social. I've said it before, I'll say it again, our guests rave about you as an audience, they love hearing from you.

[01:26:35.300]

And so when you reach out to them it makes a big difference. So, also coming up on the podcast, we've got some really cool guests.

[01:26:43.200]

We're going to do a whole series on AI this fall and I'm talking to Professor John Lennox from Oxford University and Skeet and Brian Greene who created an ethics guide for the Vatican. We're also going to talk to John Burke, Louie Giglio, Russell Moore is coming on the podcast. Philip Yancey, very excited for that. Kyle Idleman who else Miroslav Volf, Arthur Brooks, Jenni Catron, Dave Ramsey and a whole lot more all coming up this fall. If you subscribe you get that automatically.

And hey you know if you're looking for other podcast to check out I've got a podcast Network and we vouch for all of these shows, it's the art of leadership Network. So

you'll hear conversation and Leadership advice from people like Adam Weber. Chris Cook, Jenni Catron, my wife Toni Nieuwhof, and her co-host, Rob, and a whole lot more. You can follow the Art of Leadership Network on Instagram, and you'll always know where to find the leadership conversations you need.

[01:27:43.700]

So, just go to the Art of Leadership Network on Insta and we'll see you there. Thank you so much for listening everybody. Hey, if you enjoyed this episode, you've listened to the very end, you can always shoot me an email and tell me about what you're loving, what you'd like to see more of, or anything else on your mind. It's Carey@careynieuwhof.com. Thank you so much everyone and we'll catch you next time, and I hope today's episode helped you identify and break a growth barrier that you're facing.