



Center for  
Action and  
Contemplation

## Practice-Based Spirituality: Beyond Belief

**Richard Rohr**

Unedited Transcript

Some have predicted that the future of Christianity cannot be just belief based. We've pretty much tried that for most of our history. We have to be also practice based. We have to find something that rewrites this and reconnects this. We call that practice. There is nothing to believe, there is nothing to disbelieve. Our fight against it's just do it, try this, and see if this practice does not force you to think or feel or see or hear in a different way. So, oft-times if you are not used to practice based Christianity, I'll be honest, they sometimes feel oh this is silly, oh this is childish, or you are playing with me, but don't knock at it till you've tried it, and you might even ask sometimes why am I afraid to do this simple almost childlike thing. That might be our very indication of our resistance and the line that we have to cross, so I just offered to you as an invitation, and I think at the end of a few months you will see for yourselves there is nothing to believe here. There is only something to experience and then you will know for yourself. You will feel for yourself. It's not Richard's feeling. It's now something that has emerged out of your own body and soul, mind and heart, and that is the way Jesus said we are supposed to love both God and our neighbor. You can't do it just with your head, or even with just your willpower or your behavior. Somehow they have to act as one, and that's what a good practice teaches you. Trust me on that.