



## How Big Is Your God?: The Freedom to Experience the Divine (Book & DVD)

By Paul Coutinho SJ



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Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know *about* God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

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### Editorial Review

From Publishers Weekly

Coutinho, a Jesuit priest who has lived much of his life in India, once was told by a theology teacher at an American university that he was a heretic. He had merely posed a what if, asking what the man would do if scripture scholars should determine that Jesus never existed as a historical figure. The teacher said he would have to abandon his work as a priest because he could never base his life on a myth, but Coutinho countered that he would still die for the myth. Conversant with India's Hindu and Buddhist traditions, Coutinho effectively uses this story to illustrate the differences between the Western and Eastern understandings of truth (one, he writes, sees truth as a set of beliefs while the other views it as an experience). Throughout this volume of short essays, Coutinho draws on Eastern religious traditions, blending them with his own Catholic practice to challenge and deepen readers' understandings of God. Besides asking questions like Can you be religious without knowing God? and Are you running for fun or for your life? he offers practical advice as well, including a PQR (Pause Question Respond) formula for handling difficult situations and BAD (Basement Attic Disposal) days for helping Westerners get rid of consuming possessions. Readers who favor spirituality over religion will most enjoy this book. (*Oct.*)

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From the Inside Flap

“Paul Coutinho, SJ, challenges and delights the reader in his ever provocative ways of inviting us into our religious experience.”

David L. Fleming, SJ

author of *Draw Me into Your Friendship*

### **A bold faith requires a big God.**

How big is your God? In other words, what limits have you placed upon God in your life? If your experience of the Divine has become static and predictable, or if you have a relationship with God that is small and confined, Paul Coutinho invites you to believe that God is bigger—much bigger! *How Big Is Your God?* is Coutinho's challenge to every person to grow deeper and stronger in his or her faith by embracing a God whose love truly knows no bounds.

To help us rethink our limited ideas of God, Coutinho, a Jesuit and a native of India, introduces us to his Hindu friends who put him on the path to mysticism; to his Buddhist teachers who broke open his limited views of the Divine; to Viktor Frankl, Desmond Tutu, and other enlightened guides who led him to a far more meaningful spiritual life; and to St. Ignatius of Loyola, whose Spiritual Exercises continue to shape his reflection and prayer life.

As Fr. Coutinho encourages us to open our hearts and minds so that we can personally experience the infinite breadth of God, we begin to see that an ever-deepening relationship with the Divine is the true purpose of religion.

Fr. Paul Coutinho, SJ, is an internationally recognized Ignatian scholar and speaker who brings an Eastern

influence to Western spirituality. A Jesuit from the Bombay province of India, he frequently leads retreats, gives spiritual direction, and trains people to lead the Spiritual Exercises. Fr. Coutinho holds master's degrees in both clinical psychology and religious studies, and he has a doctorate in historical theology from Saint Louis University. He currently divides his time between India and the United States.

From the Back Cover

Deepen your experience of God by moving from religion to relationship

Do you have a relationship with God, or do you just have a religion? Do you know God, or do you just know about God? Do you believe in a God without limits, or have you placed God in a box and sealed the lid?

*In How Big Is Your God?* Indian Jesuit priest Paul Coutinho asks each of us to carefully consider questions such as these. With his warm sense of humor and a talent for telling just the right story to drive home a point, Coutinho guides us to reconsider who God is and how we can have fellowship with God beyond anything we have imagined.

The immensely powerful yet eminently readable wisdom in *How Big Is Your God?* will move us past religion as we know it and toward a relationship with God that can change the way we think, love, and live!

“Coutinho draws on Eastern religious traditions, blending them with his own Catholic practice to challenge and deepen readers’ understandings of God.”

Publishers Weekly

“If you have ever suspected that ‘religion’ is way too small a container for the mystery we call God, this book is for you!”

Margaret Silf, author of *Inner Compass*

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## Users Review

### From reader reviews:

#### David Pell:

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#### Brent Campbell:

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#### Donald Purcell:

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