



## DETAILS



### **Press Pause**

*Making Time for God in an Overscheduled Life*

March 10, 2026 | \$18.99, 192 pages, paperback | 978-1-5140-1160-7

*“Drawing from her decades of experience as a medical professional and ordained minister, Karynthia offers unique insight into achieving a healthy balance of physical and spiritual wholeness. With refreshing honesty and transparency about her spiritual journey and her physical challenges—including a bout with cancer—she shares personal stories to unmask the façade of self-sufficiency. Those relatable personal experiences help readers know they are not alone in the struggle to grow spiritually.”*

—CeCe Winans, from the foreword

## Seeking Spiritual Depth in Full Lives

Do you long for a deeper connection with God but struggle to find the time?

Learn how spending time with God helps you fulfill your purpose, refreshes your spirit, and cares for your body as God’s temple. No matter where you are in your relationship with God, pressing pause will allow you to refocus, gain clarity, and receive spiritual guidance for your daily life.

*Press Pause* includes:

- A biblical foundation for why quiet time with God is vital to the Christian life
- An evaluation of where you are at in your relationship with God
- Rest-centered devotionals
- A seven-day retreat guide

You’ll discover:

- A renewed awareness of God’s presence
- How time in private with God can have lasting effects in your public life
- Practical guidance to help you pause on purpose in quiet time with God
- How physical well-being and spiritual health are intertwined
- How a healthy spiritual life leads to greater care for others and better decisions at home, work, and in society

This book is perfect for:

- The person who is tired of being too busy to make time for God
- Pockets of time set aside to spend with God
- Those in need of rest for their spirit and soul
- Quiet Time 101



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Q & A



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**Karynthia Glasper Phillips** (DMin, United Theological Seminary) has been bivocational as an ordained minister and a physician assistant in family medicine for over two decades. She is an award-winning author, conference speaker, and adjunct professor. Her concern for the continuity of care to prevent and restore the health of spirit, mind, and body catalyzes her messages.

## Medical Professional Emphasizes Importance of Quiet Time

### **Why did you decide to write *Press Pause*?**

**Karynthia Glasper Phillips:** I have seen an increase of depression and anxiety diagnosed in my office for patients who are burnt out and don't practice the foundation of self-care. There is a need for society to return to honoring time with God to encourage better relationships, success, and fulfillment in a world that, in most cases, doesn't acknowledge the leading of the Holy Spirit or his assistance in its success.

### **Why is "pressing pause" so important?**

**Karynthia:** The practice of pressing pause in quiet time for moments of contemplating is like having a personal silence retreat to refresh the spirit and soul. It leads to the desire to take care of our body if we slow down and listen to the Spirit. Pressing pause allows one to redirect focus and gain clarity for direction and spiritual insight for the next steps in the day or overall life.

### **What are five things readers will take away from *Press Pause*?**

**Karynthia:**

1. A renewed sense of God's presence without guilt
2. The foundation of success: by seeking God first, everything else will be added
3. The value of private time and the results of public success
4. Examples and instruction on how to practice quiet time with God
5. A healthy spirit increases alertness to the needs of others



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