



DETAILS



The Pace of Peace

Distraction, Attention, and the Gifts of an Examined Life

September 8, 2026 | \$24.99, 208 pages, casebound | 978-1-5140-1271-0

IVP Books by Jay Y. Kim

The Pace of Peace: Distraction, Attention, and the Gifts of an Examined Life (September 2026)

In this book, you are invited to move:

- from the toil of absence to the gift of presence
- from striving for more to the gift of gratitude
- from the wreckage of reactivity to the gift of reflection
- from the shackles of pride and shame to the gift of confession
- from the futility of self-will to the gift of God's will

"Put everything down and read this book by Jay Kim—if you can. Our attention is being so divided and so fragmented that we don't even know how to read a book like this. But when we do, we are reminded that what God has to say often comes into our hearts and minds only by putting other things aside to receive it. If we can learn to see once again, then all of life will walk us past the burning bushes God has put all around us. Read this book and be transformed."

—**A.J. Swoboda**, associate professor of bible and theology at Bushnell University, pastor at Faith Center, and author of *A Teachable Spirit*

Analog Church: Why We Need Real People, Places, and Things in the Digital Age (March 2020)

- **Outreach Resource of the Year**
- **The Gospel Coalition Book Award**

As a pastor in Silicon Valley, Jay Kim has experienced the digital church in all its splendor. In *Analog Church*, he grapples with the ramifications of a digital church, from our worship and experience of Christian community to the way we engage Scripture and sacrament. Could it be that in our efforts to stay relevant in our digital age, we've begun to give away the very thing that our age most desperately needs: transcendence? Could it be that the best way to reach new generations is in fact found in a more timeless path? Could it be that at its heart, the church has really been analog all along?

Analog Christian: Cultivating Contentment, Resilience, and Wisdom in the Digital Age (July 2022)

- **The Gospel Coalition Award of Distinction—Christian Living**
- **Outreach Resource of the Year**

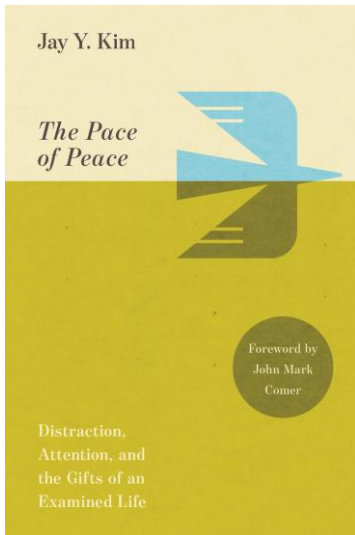
Analog Church explored the ways the digital age and its values affect the life of the church. In *Analog Christian*, Jay Kim asks the same question of Christian discipleship. As the digital age inclines us to discontentment, fragility, and foolishness, how are followers of Jesus to respond? What is the theological basis for living in creative resistance to the forces of our day? How can Christians cultivate the contentment, resilience, and wisdom to not only survive but to thrive as we navigate the specific challenges of our age?



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EXCERPT



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God Doesn't Hide

The opening movement of the Examen asks us to invite the Spirit of God to heighten our awareness of him and to settle into his presence. The idea of God's presence puzzled me for much of my life. As a teenager growing up in the church, "being with God" was simplified into a mandatory practice called the "daily quiet time," which can be, at its best, a beautiful, life-with-God rhythm. But for me, because of a complicated confluence of guilt and fear during my teenage years, quiet time was mostly rigid and awkward. Many late evenings were spent slogging through sections of Scripture I hardly understood and reciting monotonous prayers. On rare occasions, my heart and mind were stirred. But typically, "quiet time" was too quiet and took too much time; an undesired duty, my begrudging acquiescence to the demands of an obstinate God who craved my undivided attention while seemingly offering very little of what I assumed was his very divided attention. It was a bit like three-year-old me retreating to the safety of anonymity amid the discomfort and disappointment of what I perceived as silent absence.

Because life in the modern West is primarily understood and experienced through the lens of the Enlightenment, the Age of Reason, and the Industrial Revolution, followers of Jesus have long systematized, rationalized, and compartmentalized life with God. As a result, God's presence has become a goal we set, a task we accomplish, and a relational widget we produce, efficiently and predictably. But it doesn't work. It doesn't work because God is not a goal, task, or widget. His presence is not something we can manufacture, as hard and as rigorously as we may try.

God's presence is nothing less than God himself in tangible nearness when, where, how, and to whom he chooses. What the biblical story, the human story, and much of my personal story with the gift of hindsight reveal to me is that the when is all the time, the where is everywhere, the how is any way possible, and the to whom is anyone. We see this from the very start.

In the moments immediately following the humans' first sin, the story tells us that the Lord God was *walking in the garden in the cool of the day* (Genesis 3:8). *Lord God* (often *LORD God*) is *Yahweh Elohim* in the Hebrew. *Yahweh* is the personal name of God, which means that he can be known personally. And this God who has a name walks amid the humans, in the garden surrounded by trees, plants, and wildlife. He draws close enough to feel the breeze on that fateful Eden day, amid this newfound brokenness. The humans are hiding. They can no longer bear to stand in the middle of the room and they've exited stage right. God knows something is wrong, that there's been a severing, a break in the relationship, a disruption in a garden that had, up to now, been so very good. Notice how he does *not* respond.

He does not ask, "What happened?"

"What went wrong?"

"What have you done?"

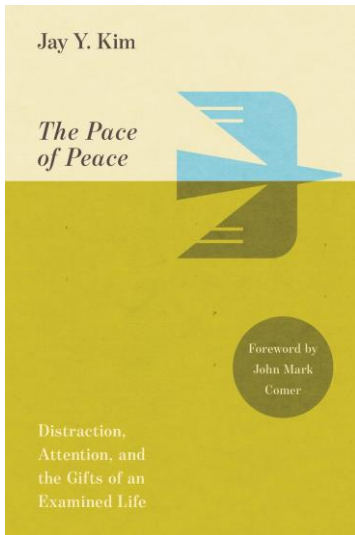
"How could you?"



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Instead, Yahweh asks, “Where are you?”

No one asks, “Where are you?” unless they’re looking for you.

When my daughter was little, she’d ask to play hide and seek. The very first time we played, I hid behind our bedroom door and she struggled to find me, eventually calling out, “Where are you, Daddy?” I stayed hidden. That’s the game. A few moments later, frustration turned to fear. The calling stopped and the crying began. “Where are you, Daddy? Where are you?” I quickly revealed myself with a comforting smile and a warm hug and replied, “I’m right here. Daddy’s here.” The next time we played, I hid in the exact same place, thinking I was making it easy for her. She looked everywhere except the place where she knew I’d be and started to call out again, “Where are you, Daddy?” Except this time, she called out from on the other side of the door. I revealed myself, a bit confused. “Harper, why didn’t you just look behind the corner? You knew I was here.” She replied with a smile, “I didn’t want to find you. I wanted you to find me.” My daughter wasn’t very good at hide and seek. But in that moment, she knew something of the heart of God that most of us have forgotten.

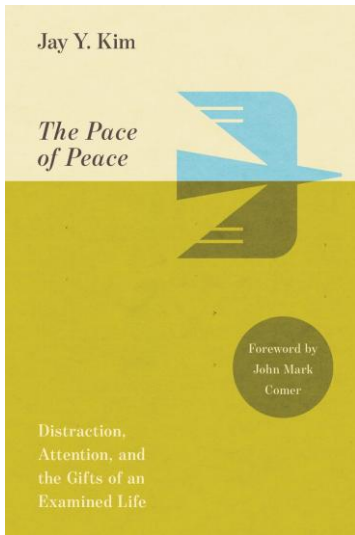
God doesn’t hide. God seeks. And those seasons when he feels painfully and impossibly distant may in fact be what Saint John of the Cross called the “dark night of the soul,” or what writers Janet Hagberg and Robert Guelich call “the wall.” Though the names and expressions vary, there is a rich Christian tradition, across generations, of experiencing God’s seeming absence. They all find their roots in the Scriptures.

—taken from chapter 2, “The Gift of Presence”



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ENDORSEMENTS



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From the Foreword by John Mark Comer

It is *work* to pay attention, in all times, but especially in our era. It takes labor and sweat and practice. It does not come naturally. It's certainly not inevitable. In fact, it becomes *harder* as we age. Many of us feel we are becoming *more* distracted, not less.

Where is help to be found?

My friend Jay Kim has offered us a gift in *The Pace of Peace*. While our modern attentional challenges are especially acute, it turns out, the battle with distraction is not new. It runs like a thread through thousands of years of Christian spirituality. Jay has unearthed one of its greatest artifacts—the Ignatian Prayer of Examen. Developed by Ignatius of Loyola in the early 1500s, it is a rich treasure. But honestly, I've long found the Examen to be one of the most difficult of all the contemplative practices. It can feel like a kind of mental ninja match, and, especially as it's usually done at the day's end when I am already mentally fatigued, I regularly find myself falling face-first onto the mat.

But Jay has changed that for me: He's made the Examen, if not easy, at least accessible, doable. And wonderful. More than that, he's made it a way of life, not just a spiritual exercise. A way of being with God, daily. A way of paying attention to our inner life and finding God deep in the contours of our hearts and the events of our days. A way of living gratefully, slowly, peacefully, and beautifully.

As Jay's friend, let me personally vouch for this man: He is exactly as you would hope. In a word, attentive. Calm, relaxed, thoughtful, peaceful. A delight to be around. In short—the kind of person we all aspire to be. Not perfect, but a loving soul.

If Jay can become this kind of a person, living in the Bay Area, right in the proverbial belly of the beast, then surely there's hope for the rest of us?

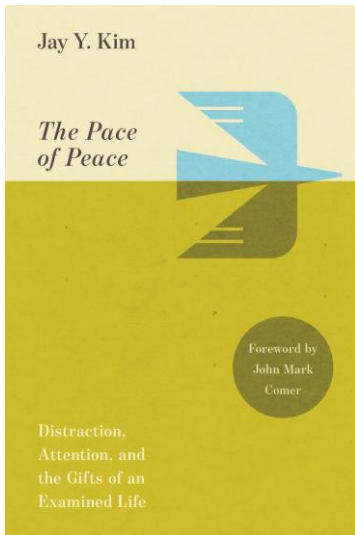
No one practice (or book) will solve our generational battle against distraction. There is certainly not a silver bullet. But this book offers me hope that we can join Jay, and Ignatius, and so many others from the Way of Jesus, in slowing down from the helter-skelter speed of the modern world, and walking at the pace of peace.

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Q & A



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New from Jay Y. Kim, Author of *Analog Church* and *Analog Christian*

Why did you decide to write *The Pace of Peace* at this time?

Jay Y. Kim: In the digital age, our significantly decreased aptitude for and ability to pay attention has left us living life at the pace of frenzied speed with our minds thrashing about from one thought to the next, pulled in every direction, enslaved to the allure of being everywhere and doing everything, only to find ourselves exceedingly nowhere, doing nothing. The various technological and cultural realities of our day have much to do with our predicament, but distraction is not just a contemporary challenge.

It's tempting to look fondly and longingly upon past generations, assuming that a less-technologized world resulted in less-distracted, effortlessly-attentive lives. But this isn't true. Gregory the Great, who was the Bishop of Rome in the late sixth century, wrote that, "the ship of my mind is being battered by cyclones" to describe his own struggles with fighting distraction and focusing his attention on God. Similar accounts abound from Christians throughout the ages. Distraction has always been, and will always be, one of the great enemies of the with-God life.

The Pace of Peace is my response to this timeless tension.

You have also written *Analog Church* and *Analog Christian*. How does *The Pace of Peace* build on the themes in those books?

Jay: *Analog Christian* and *Analog Church* were an attempt to diagnose the problem of the condition—how a culture of speed, distraction, and disembodiment is quietly deforming our lives with God. *The Pace of Peace* is the most natural next pastoral step, my humble offering of an accessible and pragmatic way forward. It presents a livable path—through the Prayer of Examen—toward recovering attention, presence, and a deep life with God amid the everyday chaos.

Who did you have in mind as you were writing *The Pace of Peace*?

Jay: Firstly, anyone and everyone struggling through the frenzied chaos of living in the digital (read: distracted) age. Specifically, I was thinking a lot about my family, friends, and church congregation, and others like them—busy working professionals, business owners, educators, homemakers, creatives, etc. who are living at a pace they know is untenable but don't know how to get out of.

A lot is being written about the age of distraction and slowing down. What unique perspective will we find in *The Pace of Peace*?

Jay: In the sixteenth century, Ignatius of Loyola, a priest, theologian, and the founder of the Jesuits, developed a powerful and accessible practice called the Prayer of Examen, to aid himself and fellow clergy in fighting distraction and focusing attention on God. In recent years, it has become a principal practice by which I've learned to focus my own attention on God, by examining my day, every day, with him, through five distinct movements.

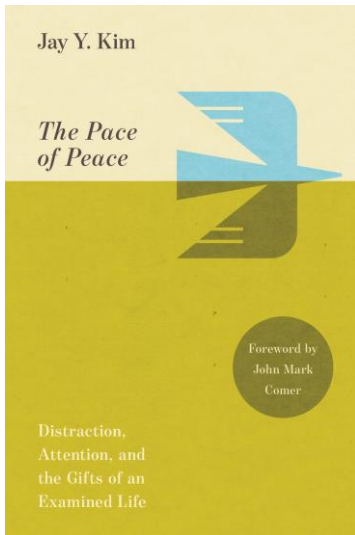
The Pace of Peace guides readers through each movement, diagnosing and scrutinizing specific challenges we face in a distracted age and unveiling these movements as necessary, accessible, and remarkably effective antidotes.



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How has the pace of your family's life personally been impacted by the Prayer of Examen?

Jay: Our family has been praying the Examen together each night for the past few years. On most nights, it's less a parting of the seas and more a quiet stream, less majesty and more mundane. But we've discovered over time that the Examen is shaping and forming us into a family who *lives* the prayer more than simply recites it. We're on an ongoing journey of increasing awareness, gratitude, reflection, confession, and trust. This wonderful prayer is teaching us how to live more attentively, to God, one another, and the world.

What is one first step you recommend for someone wanting to move from distraction toward a pace of peace?

Jay: Begin by noticing. Not achieving or succeeding or optimizing but simply giving the gift of your attention to that which matters most—God and the people he's put within the relational proximity of your life. And notice deeply. Listen prayerfully. See attentively. Offer your presence and receive the gift of their presence.

What are the five main things you want readers to take away from *The Pace of Peace*?

Jay:

- Invitation: Amid the toil of absence in a distracted age, the Examen begins by offering us the gift of presence, right here, right now.
- Gratitude: Amid a culture constantly striving for more and telling us if we're not winning we're losing, the Examen reorients us around the gift of gratitude.
- Reflection: Amid the pressure to react with immediacy about anything and everything, the Examen invites us into the gift of tempered and mature reflection.
- Confession: Amid our enslavement to the shackles of shame—for what we've done, what we've left undone, and what's been done to us—the Examen offers us the freeing gift of confession.
- Looking Forward: Amid the tendency and temptation to habit-stack our way to success and life-plan our way to meaning and purpose, the Examen asks us to offer our plans to God, seeking the daily bread of his gracious provision.



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BIO



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About Jay Y. Kim, Author of *The Pace of Peace*

“Jay Y. Kim is an ecclesiastical alchemist who shows us how to turn information into knowledge, knowledge into wisdom, and wisdom into truth.”

—Leonard Sweet, professor and author of *Contextual Intelligence*

Jay Y. Kim serves as lead pastor at WestGate, a multicongregational church in Silicon Valley. He is the host of IVP’s *Digital Examen* podcast and Barna’s *Making Space Podcast*.

Jay is the author of:

- *The Pace of Peace*
- *Listen Listen Speak*
- *Analog Christian*
- *Analog Church*
- *Colossians: One Jesus, One People*

Jay is also a contributing author to:

- *Faithful Exiles*
- *Before You Lose Your Faith*
- *Red Skies*

His written work has been featured in *Christianity Today*, *The Gospel Coalition*, *Missio Alliance*, *Outreach*, and *Relevant Magazine*.

Jay serves on the board of Practicing the Way and has spent two decades in local church ministry, all in the San Francisco Bay Area, serving as a teaching pastor and church planter over the years.

Jay lives in Silicon Valley with his wife Jenny and their two children.

Learn more at jaykimthinks.com.



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