

## TALKING POINTS



### ***The Sabbath We Need*** *Finding True Rest in a World of Counterfeits*

October 13, 2026 | \$19.99, 192 pages, paperback | 978-1-5140-1278-9

**John Starke** is the lead pastor at Apostles Church Uptown in New York City. He is the coeditor (with Bruce Ware) of *One God in Three Persons* and is the author of *The Possibility of Prayer* and *The Secret Place of Thunder*.

**Jena Starke** is the administrator at Apostles Church Uptown in New York City.

## Sabbath as a Summon to Holiness

Our world offers endless prescriptions for wholeness—a sense of fullness through achievement, a perfect work-life balance, the ideal Instagram feed, or the pursuit of well-being and leisure. Yet these cultural visions of fulfillment often leave us more restless than before.

There is a more satisfying path. God invites us not simply to take a day off, but to be transformed to be like him through the joy, delight, and holiness of Sabbath all seven days of the week.

*The Sabbath We Need* touches on the following questions, and more:

- What really is Sabbath?
- How does Sabbath affect our entire week?
- How has “achievement culture” affected our ability to rest?
- Is it possible for people of different socioeconomic statuses to Sabbath?
- What does practicing Sabbath look like at different stages of life?
- How does Sabbath push against our vision of self-fulfillment?
- What if it feels impossible to take time to rest?
- What makes Sabbath an escape from worldly systems?
- How is Sabbath different from well-being culture?
- Why does rest not come naturally for us?



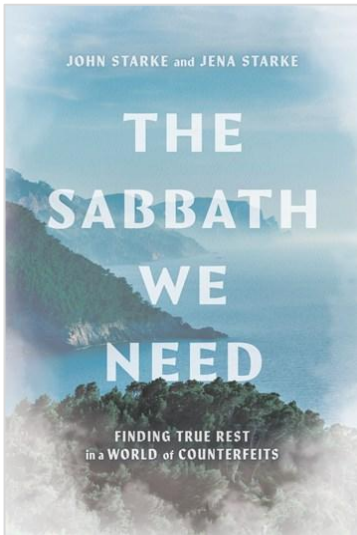
---

Eva Pankratz, book reviews, excerpts, and original articles  
epankratz@ivpress.com

Krista Clayton, author interviews  
800.843.4587 ext. 4013 or kclayton@ivpress.com



ivpress.com/media



BIO



***The Sabbath We Need***  
*Finding True Rest in a World of Counterfeits*

October 13, 2026 | \$19.99, 192 pages, paperback | 978-1-5140-1278-9

## Husband and Wife Provide Hope for a Weary Culture

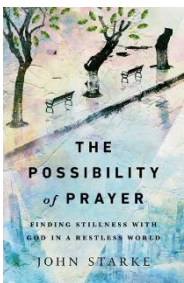


**John Starke** is the lead pastor at Apostles Church Uptown in New York City. He is the coeditor (with Bruce Ware) of *One God in Three Persons* and is the author of *The Possibility of Prayer* and *The Secret Place of Thunder*.

He has written for The Gospel Coalition, 9Marks, *Tabletalk Magazine*, The Pastor's Workshop, and others. Read John's Substack at <https://substack.com/@johnstarke>.

**Jena Starke** is the administrator at Apostles Church Uptown in New York City. She lives in Manhattan with her husband John and their four children.

### More from John Starke:



**[The Possibility of Prayer: Finding Stillness with God in a Restless World](#)**

\$19.99, 200 pages, paperback | 978-0-8308-4579-8

As a pastor in Manhattan, John Starke knows the bustle and busyness of our society. But he also knows that prayer is not just for spiritual giants. Prayer, he writes, is for each of us—not because we are full of spiritual wisdom and maturity, but because we are empty. Here is an invitation to discover, via the church's ancient rhythms and with Starke's clear, practical guidance, the possibility of prayer. Here is a book about prayer that is really a book about the whole Christian life.



**Eva Pankratz**, book reviews, excerpts, and original articles  
[epankratz@ivpress.com](mailto:epankratz@ivpress.com)

**Krista Clayton**, author interviews  
800.843.4587 ext. 4013 or [kclayton@ivpress.com](mailto:kclayton@ivpress.com)



[ivpress.com/media](https://ivpress.com/media)