

Q & A



Everyday Discipleship *How Faith Shapes the Most Practical Areas of Life*

October 20, 2026 | \$19.99, 192 pages, paperback | 978-1-5140-1434-9

Overcoming the Sacred-Secular Divide

What led you to write *Everyday Discipleship*?

Jeremy Treat: Seeing so many people live with a sacred-secular divide, assuming that God only cares about the “spiritual” things in their life and not knowing how to apply their faith to their everyday life. I also see a lot of non-Christians who are spiritually hungry but are engaging in conversations primarily around things like mental health, technology, and the body.

How has everyday discipleship changed for you personally throughout your life?

Jeremy: It’s been a complete paradigm shift for me. I grew up in the church thinking that God cared about my time in church but didn’t care about sports, school, work, and everyday things like meals. Now, I know that God cares about it all. This infuses every aspect of my life with meaning and purpose.

What is the message at the heart of *Everyday Discipleship*?

Jeremy: Scripture invites us to tear down the sacred-secular divide and learn to follow Jesus in all of life. Everyday discipleship is about learning to follow Jesus in the most practical areas of life (work, rest, play, politics, art, science, sexuality, etc).

What areas of our lives do we often consider as “secular” or “neutral”? How are they actually sacred?

Jeremy: Most people think of the main activities of our day (meals, work, rest, play, technology, politics, etc.) as secular. In the book I try to show how these are sacred because they’re a part of God’s design for humanity and creation. The gospel doesn’t make us hyper-spiritual. It makes us fully human.

As an example, describe what it looks like to break down the sacred-secular divide in our play and in our hobbies.

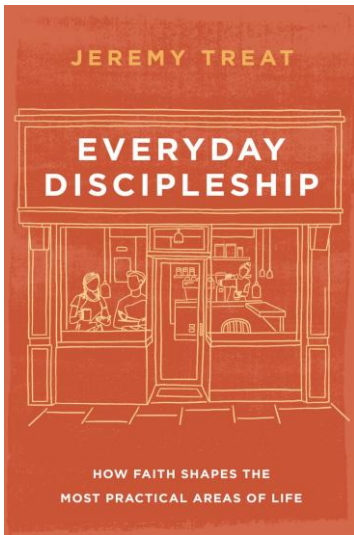
Jeremy: For me, my favorite hobby is basketball (playing and watching). Many Christians would view this as an unserious waste of time. But I believe that God made us to play. And when I play basketball, I’m using my God-given body and being creative (which we’re called to do) for his glory. He delights in my play. But the same applies for my friend who dances for fun, or another friend who’s into bird-watching.



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What does it look like for you, and your congregation, to live out everyday discipleship in Hollywood?

Jeremy: In Hollywood, there's a strong temptation to live by other narratives: The narrative of self-expression. The narrative of progressive politics. The narrative of fame. Everyday discipleship invites us to live by a different narrative—the narrative of the kingdom of God. The story that frames our lives is God restoring his broken creation and renewing it into a beautiful kingdom. And as we follow the king (that's discipleship) we learn to partner with him in his beautiful work of renewal.

What are the five main things you want readers to take away from *Everyday Discipleship*?

- God cares about every aspect of our lives.
- The sacred-secular divide is unbiblical and unhelpful.
- Discipleship applies not only to “spiritual” aspects of our lives but also the areas that are often considered “secular” or “neutral.”
- We have to learn to follow Jesus in these often-overlooked areas.
- All truth is God's truth.



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BIO



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Jeremy Treat, Pastor for Preaching and Vision at Reality LA

“Jesus did not lay down his life on the cross to merely rule over the spiritual parts of our lives. He is the king of creation and demands nothing less than to reign over every corner of our existence. The sacred-secular divide needs to be replaced with a vision of the kingdom of God—his reign over all of life and one day over all of creation.”

Jeremy Treat’s childhood was spent in the arctic snows of Alaska, forging a rough-hewn living in the frozen wonderland of the North. By age twelve, though, he’d had his quota of “icy wilderness” and so he (and his family) moved to Seattle to experience “rainy suburban sprawl.”

Jeremy grew up in the church and, as a teen, first grasped that Christianity wasn’t about what he could do for God, but about what God did for him in Christ. That good news transformed him on the spot and ever since, his life has involved a constant process of repenting of self-righteousness and growing to rely instead on the grace of God.

Jeremy played basketball in college and then poured himself into pastoral ministry and theological education, earning four different theology degrees. During that time, Jeremy got married to Tiffany, the daughter of his onetime basketball coach. After finishing his schooling, Jeremy spent much time in prayer with his wife over where to go next. In 2012, they moved from Chicago to Los Angeles to serve Jesus at Reality LA.

While his PhD in Theology has earned him the title “Dr. J,” perhaps the most compelling reason to refer to him as a doctor is the fact that he once helped his wife deliver their second daughter in the front seat of their Honda Civic when they couldn’t make it to the hospital on time.

Jeremy currently serves as the pastor for preaching and vision at Reality LA. He is also professor of theology at Biola University and the author of *The Crucified King*, *Seek First*, and *The Atonement*. He, his wife, and their four daughters currently reside in East Hollywood.



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