

Contact: Audra Jennings  
Litfuse Publicity Group  
Phone: 903.874.8363  
audra@litfusegroup.com  
@litfuse

14820 Greenwood Ave N  
Shoreline, WA 98133  
www.litfusegroup.com

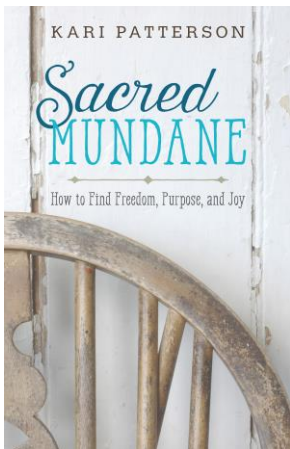


**FOR IMMEDIATE RELEASE**  
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# PRESS RELEASE

## God is at work in the mundane

*Kari Patterson helps readers find freedom, purpose and joy in daily life*



**Seattle:** Many women feel trapped in everyday drudgery and disappointment, in dull domestic duties and jobs that don't offer fulfillment. The mundane day-in, day-out life seems like a far cry from the abundant, purposeful life they envisioned as Christians. In **Sacred Mundane: How to Find Freedom, Purpose, and Joy** (Kregel Publications/July 25, 2017/ISBN: 9780825444470/\$15.99), author and blogger **Kari Patterson** helps readers find freedom, purpose and joy in the life they are living right now.

When life seems ordinary and unexciting, it is easy to slip into the mindset of being stuck and in need of a change. Patterson shows the reader the key to change is already in her hand once she realizes what is holding her back. "In 2 Kings, we read, 'Naaman was a mighty man of valor, but he was a leper.' He had so much going for him, but his leprosy threatened to steal it all," explains Patterson. "I ask readers to consider their own lives and prayerfully simmer down their own life into a sentence. So often we're vaguely aware of the areas we want to change, but we don't take the time to narrow down and identify the one thing hindering us most. We feel overwhelmed or discouraged. Identifying the one thing helps us see more clearly how God wants to use our mundane to make us more like Him."

Patterson points readers to the truth: In each unremarkable life lies an opportunity to see, know, love and be transformed by God, who meets everyone right where they are. Instead of stepping away from real life to find God, Patterson equips women with a six-step practice to move forward and meet Him in the humdrum moments of everyday existence. When inner change is achieved by the sacred, everything on the outside changes too. Once a decision is made to let Him in, it is time to:

1. Look: see the world through the word
2. Listen: discern His voice in daily life
3. Engage: enter in
4. Embrace: love the One
5. Trust: live the blank
6. Thank: find fulfillment

"The secret to true transformation, to a life of freedom, purpose and joy, is found in the ordinary life we already live," Patterson explains. "Our mundane, the daily frustrations and the tedious tasks are working for us, producing supernatural strength in us, if we will let them. As we learn to go through each of the steps, we will find our ordinary transformed to extraordinary and our lives forever changed for the better."

Through entertaining narrative, candid real-life stories, Bible study and practical instruction, *Sacred Mundane* leads readers to discover the beautiful sacredness in the lives they already lead. Women can learn to grow in God and make a real difference — big or small — in the world. The book also includes an outline for a nine-week study for individuals or groups.

At the author's request, all royalties from the sales of the book will be donated to World Vision's work with women and children in need.

Learn more about *Sacred Mundane* at [www.karipatterson.com](http://www.karipatterson.com).

## Advance Praise

"Our daily routine, with its mundane tasks and mindless repetition, is ultimately an offering of worship to God. What a great truth from a great God!"

~ Ann Byle, author of *The Making of a Christian Bestseller* and coauthor of *Devotions for the Soul Surfer*



### About the Author

Kari Patterson (Kari rhymes with sorry, not scary) is a beloved daughter of God, and her life's aim is to please her Father. She holds a master's degree in pastoral studies from Multnomah Seminary and reaches thousands of women worldwide through speaking events and her popular blog, Sacred Mundane.

Patterson is a pastor's wife, homeschool mom, Bible teacher, mentor and passionate seeker of truth. She and her husband, Jeff, have two children and lead a Christ-centered community called Renew Church in Beaver Creek, OR.

Read Patterson's Sacred Mundane blog at [www.karipatterson.com](http://www.karipatterson.com). She is also active on [Facebook](https://www.facebook.com/sacredmundane) ([sacredmundane](https://www.facebook.com/sacredmundane)) and [Twitter](https://twitter.com/sacredmundane) ([@sacredmundane](https://twitter.com/sacredmundane)).

### Suggested interview questions

- The word "mundane" usually has a negative connotation. How do you define mundane?
- Explain the life-sentence exercise you ask your readers to do in the introduction of *Sacred Mundane*.
- You write we all have something that limits our freedom, confuses our purpose and steals our joy that we try to hide from others yet continues to grow. How do we identify what that thing is and remove it from our lives?
- How does desperation lead to transformation?
- Why is it sometimes unsettling to let God into our lives when He is right outside, knocking on the door?
- When you were in college, you were on fire for God, yet miserable at the same time. Why were you so unhappy during this period of time?
- What is the first of six steps to move forward and meet God in the humdrum moments of everyday existence?
- Can you share your simple approach to scripture and reading the Bible?
- On your blog (also named Sacred Mundane), you wrote, "Several years ago God wrecked us for 'normal,' and we started doing weird stuff." What exactly did you and your husband start doing?
- How do we listen to and discern God's voice in our daily life?
- Step three in the process is engaging. How exactly do you engage with God in the monotony of life?
- Why is the mundane so sacred, and how can we learn to embrace it?
- Who did God put into your life to teach you about loving people? What did you learn from opening the door and letting her in?
- Why is it hard for us to trust God and His plans for us?
- What is the final step of discovering God in the mundane?
- Tell us more about the nine-session small-group Bible study included in the book.

**To request a review copy of *Sacred Mundane*, to schedule an interview with Kari Patterson or for more information, please contact Audra Jennings, [audra@liffusegroup.com](mailto:audra@liffusegroup.com).**