

**LIFE APPS**  
**Pt. 4 - The Rest App**  
Pastor Vernie Fletcher  
July 22nd, 2012

**THE NEED FOR REST**

**ELIJAH RAN:**

**1 Kings 18:37-38 (NIV)**

<sup>[37]</sup> “Answer me, O LORD, answer me, so these people will know that you, O LORD, are God, and that you are turning their hearts back again.”

<sup>[38]</sup> Then the fire of the LORD fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench.

**THE SABBATH FOR REST**

**Mark 2:27 (NIV)**

<sup>[27]</sup> Then he said to them, “The Sabbath was made for man, not man for the Sabbath.”

**JESUS NEEDED REST**

**Mark 4:37-38 (TLB)**

<sup>[37]</sup> But soon a terrible storm arose. High waves began to break into the boat until it was nearly full of water and about to sink.

<sup>[38]</sup> Jesus was asleep at the back of the boat with his head on a cushion. Frantically they wakened him, shouting, “Teacher, don't you even care that we are all about to drown?”

**THE APOSTLES NEED REST**

**Mark 6:30-31 (NIV)**

<sup>[30]</sup> The apostles gathered around Jesus and reported to him all they had done and taught.

<sup>[31]</sup> Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”