



The Rest App
1 Kings 19:1-9; Matthew 14:22-24
Message from Pastor Martin Hawley
August 20, 2017

Idea: Your life moves to a better place when you move at a sustainable pace.

Introduction:

Series Overview of *Life Apps*. Don't be hearers of the word but doers. Application is everything.

If you have a body, today's life app is for you, but you get to choose. You can reap the benefits of applying it, or you can suffer the consequences of not applying it. There is no neutral.

Today's life app is often overlooked and underappreciated, but this app is the secret to improving your relationships, help you perform better at work, and even increase your faith.

This life app may be one of the most spiritual things you can do.

Story of Elijah – 1 Kings 19.

“I have had enough LORD.” Have you ever had enough? This comes from running through life at a furious pace, and it happens when you become exhausted.

This leads to a very bad place – a place of discouragement, disillusionment, and even depression. Notice where it led Elijah:

“Take my life; I am no better than my ancestors (1 Kings 19:4 TNIV).”

Does Elijah need a pep talk from God?

Notice the pattern in Scripture here:

Sleep – Eat – Sleep – Eat – Exercise – Sleep – God Speaks

First came the rest and replenishment.

Lack of rest robs you of the joys of life: emotionally, relationally, physically, mentally, and spiritually.

The Rest App

Jesus has a pattern. He would go through an intense stretch of ministry, followed by rest, reflection, prayer, and then he would reengage. Notice the feeding of the 5,000 (Matthew 14:22-23).

Your life moves to a better place when you move at a sustainable pace.

Today's question is this: *How's your pace?*

Do you think your pace is sustainable?

Rest-Connected Trust

Who are you trusting more? You or God?

Choosing rest is an indication of where your trust is.

Practical Tips for a Sustainable Pace:

1. A Sabbath
2. Sound Sleep
3. Quarterly Recharging
4. Vacation

Conclusion:

One of the most spiritual things you can do is go home and take a nap. Seriously.

Your life moves to a better place when you move at a sustainable pace.

Our relationships, health, decisions, and emotions all move to a better place when we move at a sustainable pace.

Here's your homework (in addition to the nap). Ask the people closest to you, "It my pace sustainable?" Then, simply listen to what they have to say.

Next Week Life Apps – Part 4: The Trust App

Love bends ... Believe the best.

When someone lets you down, can you choose to believe the best or are you forced to assume the worst? Next week, I'll remind you that you have the power to choose your reaction. The response you choose may make all the difference in your relationships. Giving others the benefit of the doubt just may be the new Golden Rule.

NEXT STEPS:

- Memorize: Matthew 14:23.**
- Ask the Closest Person: "Is my pace sustainable?"**
- Take a Sabbath this Week.**
- Get Sound Sleep.**
- Schedule a Quarterly Recharging.**
- Set Your Next Vacation.**
- Join Us Next Week for Life Apps-Part 5: The Trust App.**