REST stands for “Representational State Transfer”, which contains rules/guidelines for REST API use. Those rules teach us the importance of the URLs used. When a specific URL connects to the program, it gives back data. This process follows a pattern of requests and responses. We **request** from the URL and it sends a **response** of data. In the article from [Understanding And Using REST APIs — Smashing Magazine](https://www.smashingmagazine.com/2018/01/understanding-using-rest-api/?utm_source=chatgpt.com) it points out 4 principles of a request: the endpoint, the method, header, and data/body.

There is a lot that goes into creating the endpoint. There’s the root of it, which is the basic web url like <https://lds.org>, then there is the path that tells the response where to get the data you’re searching for: <https://lds.org/library/book-of-mormon>. Going over the api document will give more information on how to find the exact set of data you are searching for. For example, on github ito would tell you to follow this path: /users/:username/repos. Anything with a colon ( : ) means you need to replace it with current data. To get more specific with the location of the data reached for you need to add query parameters that always begin with a question mark and separated with an ampersand ( & ): ?query1=value1&query2=value2. The method is used In the .rest file. Take that url you created and add it with GET in front of it: GET <https://lds.org/library/book-of-mormon?1nephi=verse1>. There are other methods you can use: GET, POST, PUT, PATCH, and DELETE. GET retrieves the data, POST adds to the database the data is being retrieved from, PUT and PATCH are used to edit the data, and DELETE deletes the data and gives a response as to whether it was successful in the deletion.

The headers are used to preface and tell the application what type of data you are retrieving: “Content-Type: application/json”.

The data, only used with POST, PUT, PATCH, and, DELETE requests is a way to tell it what data to change