

# Stay CONNECTED

Name ..... DOB .....

Address .....

City ..... State ..... Zip .....

Home Phone ..... Cell .....

Email .....

@ .....

Home  Pt. Loma  N. County  E. County  
Campus:  San Ysidro

Male  Female  Married  
 Single  Widow(er)  Divorced  
 Military  Police  Firefighter

Name(s) and birthday(s) of household member(s):  
.....  
.....

## HOW DID YOU HEAR ABOUT US?

Friend or Family  On the News  Radio  
 Social Media  Drive By  Web

Other .....

## HOW OFTEN DO YOU ATTEND?

Per month, I attend the following number of Sundays:

1  2  3  4+  1st Time  Visiting

TO SUBSCRIBE TO ENEWS, GO TO [SDROCK.COM](http://SDROCK.COM)!

The Mission of Rock Church is to Save, Equip, and Send.



**Miles McPherson**, a former defensive back with the San Diego Chargers, is the Senior Pastor of Rock Church and founder of DoSomethingChurch.org - a vibrant affiliation dedicated to establishing Pervasive Hope in their communities through proactive community service. Rock Church is one of the largest churches in the US and home to over 140 outreach ministries. Rock Church hosts 18 services every weekend, with a weekly attendance of over 15,000 people at their four locations in San Diego County. In 2012, Rock Church members donated 233,712 hours of community service to the county of San Diego - a \$4 million value. Last year, Rock Church expanded to include a campus in south San Diego county and continues on with God's work to reach every street and every person for Jesus.

FOLLOW MILES ON TWITTER: @MILESMCPHERSON

## SERVICE TIMES

**Sunday** • 8AM\* • 10AM\* • 12PM\* • 5PM\* • 7PM  
*Interpreting for the deaf is available at the 10AM service.*

*\*Rock Kids services are for Infants through 5th grade.  
Special Needs available at 10AM and 12PM.*



*Closed captioning at the 10AM  
live stream service*

*Traducción al Español disponible en el servicio  
de las 12 del mediodía. Acuda al mostrador de  
información para obtener más detalles.*

**Junior High // High School** • 10AM (**Sundays**) • 6PM (**Wednesdays**)  
For other Rock Church campuses, visit [sdrock.com](http://sdrock.com).

**RockTV:** [sdrock.com/rocktv](http://sdrock.com/rocktv) // **Rock Radio:** **KPRZ 1210** • M-F 4:30PM // **619.226.ROCK**

## OTHER RESOURCES

**Rockpile Bookstore & Dlush Lounge**  
[rockpilebookstore.com](http://rockpilebookstore.com) • 619.764.5282

**Preschool**  
[therockacademy.org](http://therockacademy.org) • 619.764.5205  
Fully licensed, infant-to-5-year preschool.

**Impact195**  
Rock Church's School of Discipleship  
[i195.org](http://i195.org) • 619.764.5249

**Rock Thrift Store**  
[rockthriftstore.com](http://rockthriftstore.com) • 619.876.4187

**Rock Church: Job Openings**  
Take a look at our current job openings at [sdrock.com/jobs](http://sdrock.com/jobs).

**Rock Academy**  
[therockacademy.org](http://therockacademy.org) • 619.764.5200  
WASC-accredited, college preparatory  
K-12 school.

**Need prayer?**  
Contact [prayerrequest@sdrock.com](mailto:prayerrequest@sdrock.com)

**Rock Guest WiFi**

## WAYS TO GIVE

**GIVE  
NOW**

Drop off your gift envelope  
in one of the giving boxes in  
the lobby or sanctuary.

**GIVE  
ONLINE**

Visit one of the free-  
standing kiosks in the  
lobby or [sdrock.com/give](http://sdrock.com/give).

**TEXT  
2 GIVE**

Text **SDROCK** <space>  
DONATION AMOUNT to  
59769. Example: **SDROCK 50**

**CAN'T MAKE IT TO THE ROCK NEXT WEEK? WATCH US ONLINE OR ON THE GO!**

[SDROCK.COM/LIVE](http://SDROCK.COM/LIVE)

P R E S E N C E  
of  
G O D

A ROCK CHURCH ORIGINAL SERIES

**ROCK THRIFT STORE**  
ROSECRANS

**ROCK THRIFT STORE  
IS EXPANDING!**

Our new store is just minutes away from our current location in the Midway district of San Diego. We need your help! You can be a part of this new adventure by donating items to any Launchpad location on Sundays, or by signing up to volunteer at our new location!

FIND OUT MORE AT  
[SDROCK.COM/THRIFT](http://SDROCK.COM/THRIFT)





# OUTREACH

## COUPLES COMEDY NIGHT

Couples old and new! Celebrate Valentine's Day early on Friday, February 13 with a night of clean comedy and laughter with your loved one at Rock Church East County. Cost: \$12 per person (\$18 at the door). Email [comedy@sdrock.com](mailto:comedy@sdrock.com) for more details or visit us in the lobby today.

## JUST MARRIED MINISTRY

Hey newlyweds! Just Married Ministry supports couples married three years or less. Join us for events, classes, community, and fellowship. Visit us in the lobby and Rock Park TODAY or email us at [justmarried@sdrock.com](mailto:justmarried@sdrock.com) for more info.

## MINISTRY LEADER WANTED!

The Human Trafficking Ministry, Hidden Treasures Outreach, needs a new leader! We exist to rescue and restore victims of human trafficking and sex slavery in San Diego. Stop by our lobby table today or email [Angela@htfdn.com](mailto:Angela@htfdn.com) to join us or find out more.

## SKATEBOARDING MINISTRY

Join us for skate sessions at local skateparks around San Diego. We'll dive into the Bible as we seek to impact the local skate community with the love of Jesus. For more info on upcoming skate sessions, send an email to [skateboard@sdrock.com](mailto:skateboard@sdrock.com).

## YOUTH MENTORS NEEDED!

Be a blessing to one. The Foster Youth Mentor Ministry needs committed adults to offer a few hours of Christ-centered friendship and guidance to over 125 foster kids weekly. For more info, email [fosteryouth@sdrock.com](mailto:fosteryouth@sdrock.com) or stop by and see us in the lobby today!

>>FOR MORE INFO & A LIST OF OTHER OUTREACH MINISTRIES, VISIT [SDROCK.COM/OUTREACH](http://SDROCK.COM/OUTREACH)



## UPCOMING EVENTS

WOMEN'S STUDY // 2.11  
RM 232 • 6:30PM

WOMEN'S STUDY // 2.12  
RM 232 • 9:30AM



FOR MORE EVENTS, VISIT  
[sdrock.com/events](http://sdrock.com/events)

## ROCKPILE BOOKSTORE

- The Five Love Languages book - on sale, 50% off!
- Fasting in February - ALL fasting books are 10% off!
- New Veggie Tales DVD, Noah's Ark, releases Febuary 28!

There are different ways to focus on God and prepare to come into His holy presence; fasting is one. It's a spiritual discipline that might seem complicated and even impossible. But, there is a point at which a person goes from someone who would not consider fasting, to someone who finally does.

For Ben, that point came when he heard a person ask Pastor Miles, "So what is so spiritual about fasting?"

"Try it and you'll find out," was his reply.

Hmm, Ben thought. Was there a blessing waiting on the other side of refraining from eating? It was a blessing he wanted like a child wants to open a gift on Christmas morning.

"After all," recalls Ben, "not only is fasting throughout the scriptures, Jesus said in Matthew 6, 'When you fast,' not 'if.'"

So he dove in. He decided to fast for one day. He knew that to grumble through the hunger pangs was going to be unproductive and make the experience not worth doing. So he set his mind on "things above." As Ben recalled, "I was talking to a friend at work about God when suddenly, I started to have this feeling, like, 'God, you're so amazing,' in a way I hadn't before."

READ THE ENTIRE INTERVIEW AT [SDROCK.COM/STORIES](http://SDROCK.COM/STORIES)



## HAPPENINGS



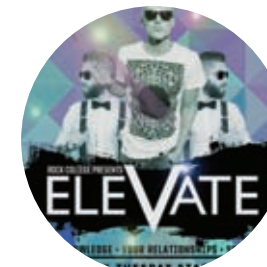
### PREVIEW DAY | TODAY!

The Rock Academy is committed to Excellence by Design in our unwavering passion for Jesus. We feature superior academics, distinctively Christian curriculum, brilliant fine and performing arts, championship-caliber athletics, and classic moral training. Preview Day is TODAY at 2PM in the Rock Academy Library.



### CARE COUNSELING TRAINING

This six-week certification trains Care Counselors to provide encouragement, insight, and biblical guidance to individuals during times of crisis and life's difficulties. Training begins February 22 at the Point Loma Campus. For more info and to register, go to [sdrock.com/rocku](http://sdrock.com/rocku).



### ROCK COLLEGE MINISTRY

Elevate your knowledge. Elevate your relationships. Elevate your life. If you're age 18-23, join our Rock College Ministry on Tuesday evenings at 6:30PM starting February 10 at the Point Loma campus. Grow in your relationship with Christ and build relationships! Email [nick.yates@sdrock.com](mailto:nick.yates@sdrock.com) for more info.



- 1 Pray about what to surrender to God during this time of prayer and fasting.
- 2 Prepare your heart and mind to be challenged by God's Word.
- 3 Sign up to get daily devotionals starting February 8.

FOR MORE INFO, GO TO  
[SDROCK.COM/FAST](http://SDROCK.COM/FAST)