



Winter Schedule 2008

**Christian Essentials for New Believers**

This class is offered for anyone who has received Christ who desires to review the basics of their faith... the essentials of Christianity: The Bible, God, Jesus and Prayer. **Formerly the first 4 weeks of Boot Camp!** Class is 4 sessions - free

DAY	CLASS DATES	TIME	LOCATION
Sun	1/06 - 1/27	10 - 11:30 AM	Cafeteria
Sun	1/06 - 1/27	2 - 3:30 PM	NTC
Sun	1/06 - 1/27	5 - 6:30 PM	Cafeteria
Tues	2/05 - 2/26	6:30 - 8 PM	Rm 353

**What Does Forgiveness Look Like?**

Forgiveness is the heart of the Gospel. To harbor unforgiveness can keep a believer in a continual state of spiritual immaturity. Come find out what forgiveness really looks like!

Class is 5 sessions - \$15 fee

DAY	CLASS DATES	TIME	LOCATION
Thu	1/24 - 2/21	6:30 - 8 PM	Rock Church

**X.B.I. (Xtreme Biblical Interpretation)**

Imagine learning to interpret Scripture for yourself using the principles of Hermeneutics (the Art and Science of Biblical Interpretation) taught in seminaries. If you lead a small group, teach a class, or ever wanted to ignite your own personal study of God's Word, here is a class that will change the way you handle Scripture!

Class is 12 sessions - \$60 Fee

DAY	CLASS DATES	TIME	LOCATION
Tue	1/29 - 4/15	6:30 - 8 PM	Cafeteria
Sun	2/03 - 4/20	10 - 11:30 AM	NTC

**Spiritual Disciplines for Growing Christians**

Wanna get plugged in, make new friends, know what the Rock believes, know what Christians believe and why they believe it? Wanna get some serious discipleship, grow deeper in your faith, and be part of the ARMY serving Christ? Formerly the last 8 weeks of Boot Camp!

Class is 8 sessions - \$20

DAY	CLASS DATES	TIME	LOCATION
Sun	2/03 - 3/23	5 - 6:30 PM	NTC
Mon	2/04 - 3/24	6:30-8 PM	Cafeteria
Wed	2/06 - 3/26	6:30-8 PM	Cafeteria

**Identifying Your Talents and Career**

This "workshop" style course is devoted to career development from a Christian perspective.

Class is 6 sessions - \$15

DAY	CLASS DATES	TIME	LOCATION
Tue	2/5 - 2/26	6:30-8 PM	Rock Church

Courses are FREE (less cost of materials) but space is limited. Register at [www.therockuniversity.org](http://www.therockuniversity.org). For more info, contact Danielle Demko at [danielle.demko@therocksandiego.org](mailto:danielle.demko@therocksandiego.org) or 619.764.5123.

[www.therockuniversity.org](http://www.therockuniversity.org)



The Mission of the Rock Church... is to save, equip, and send out soul-winners for Jesus Christ.

Senior Pastor: Miles McPherson

Executive Pastors: Rick Linamen, Doug Childress

Ministry Leaders:

- August Hunter Associate Pastor ..... x5108
- Cara Wallace Children's Ministry Director ..... x5117
- Darren Carrington Senior High Pastor ..... x5125
- Dru Teves Junior High Pastor ..... x5129
- Jerry McCauley Creative Director ..... x5137
- Jerry Ray Stewardship Pastor, CFO ..... x5138
- Jon Gross Associate Pastor ..... x5140
- Mark Collins Small Group Pastor ..... x5146
- Ricky Page Student Ministries Director ..... x5159
- Steve Brown Pastor of Training and Mobilization ..... x5163
- Stefanie Kelly Worship Arts Director ..... x5171
- Tommy Moseley Associate Pastor ..... x5166
- Vic Alvarado Pastor of Marriage and Family ..... x5169
- Zack Jones Executive Director of Rock Sports ..... x5170

**WEEKEND SERVICES**

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

**Pebbles Pathway 8 AM • 10 AM • 12 PM • 5 PM**  
Pebbles Pathway children's service for infants through 5th grade available.

**Junior High 10 AM • 12 PM • 5 PM (grades 6-8)**

**Senior High 10 AM • 12 PM • 5 PM (grades 9-12)**

Rockpile Bookstore  
Monday - Saturday 2 PM - 7 PM • Sunday 7:30 AM - 9:30 PM  
2277 Rosecrans St. San Diego, CA 92106 • Phone: 619.764.5280

619.226.ROCK • [therocksandiego.org](http://therocksandiego.org) • [therockuniversity.org](http://therockuniversity.org) • [therockacademy.org](http://therockacademy.org) • [milesahead.com](http://milesahead.com)



January 6, 2008



# THROUGH PRAYER AND FASTING

## 21 DAY FAST

Join Pastor Miles McPherson and the Rock family as we start our church-wide fast. On January 7 we will start 21 days of fasting and praying as we seek clarity from God on how we will be effective stewards in 2008.

**OVERVIEW\***

**Week One: Preparing for the Fast**

Cut back your solid food intake so your digestive system can gradually adjust to your new low caloric intake. Begin consuming only fresh fruits and vegetables. Increase your water intake to at least 64 ounces a day. Increase your time spent in the word and in prayer.

**Week Two: The Fast**

Start your fast by only consuming fresh fruit juice, vegetable broth, and/or organic green tea. Continue drinking water. Get plenty of fiber and rest. Limit you activities to light exercises and walks.

**Week Three: Post Fast**

Slowly introduce the same food you ate in week one and drink at least 4 ounces of water not less than 30 minutes before each meal and 2 hours after your meal.

\*For complete instructions, recipe ideas, and Pastor Miles' study, visit [www.therocksandiego.org](http://www.therocksandiego.org).

Consult your doctor/physician before starting a fast.

# Weekly Reading

## GENESIS

**Monday** - Genesis 22-24

**Tuesday** - Genesis 25-27

**Wednesday** - Genesis 28-30

**Thursday** - Genesis 31-33

**Friday** - Genesis 34-36

**Saturday** - Genesis 37-39

**Sunday** - Genesis 40-42

Gift cards available at the Rockpile.



## Get the Message

Purchase today's message CD for \$5 in the Rockpile Store located next to the Cafeteria, or sign up for a weekly subscription at [www.rockpilestore.com](http://www.rockpilestore.com).

Weekly Podcast of each message is available online at [www.therocksandiego.org](http://www.therocksandiego.org), where you can also watch the current message video and download the lesson plan.

## This Week at the Rock

### Monday, January 7

7:30 PM Homeless Ministry: Bread of Life Off Campus

### Tuesday, January 8

7 PM Hip Hop Ministry: Rock Steady Classes Off Campus

7:30 PM Homeless Ministry: Bread of Life Off Campus

### Wednesday, January 9

6:30 PM Women's Ministry: SISTERS in Christ Rm 232

7 PM Single Parent Family Ministry: Bible Study Rm 236

### Thursday, January 10

6:30 PM Women's Ministry: FaithWorks Class Rm 225

7:30 PM Homeless Ministry: Bread of Life Off Campus

### Friday, January 11

7:30 PM Homeless Ministry: Bread of Life Off Campus

7:30 PM Rock Recovery Ministry: Bonfire Off Campus

### Saturday, January 12

8 AM Prayer Ministry: Saturday Morning Prayer Chapel

11 AM Homeless Ministry: Church Without Walls Off Campus

### Sunday, January 13

8:30 AM Prison Ministry: Sunday Service Donovan State Prison Off Campus

For more event information and locations, visit [www.therocksandiego.org/eventcalendar/all](http://www.therocksandiego.org/eventcalendar/all) or call 619.226.ROCK.

## Announcements

### Youth Ministry Volunteers

Come experience the rewards of being used as God's servant in guiding youth towards a personal relationship with Jesus Christ. We're looking for high energy, committed and cutting edge people to serve on our team. For more info, contact Erika Payne at [erika.payne@therocksandiego.org](mailto:erika.payne@therocksandiego.org).

### Rock Financial Life

This course takes an in-depth look at God's purpose, plan, and principles for handling money and possessions. You'll learn both the scriptural foundations and some practical steps toward becoming financially free. For more in depth information and to register, log onto [www.therockuniversity.org](http://www.therockuniversity.org).

### Through the Fire

God is with us "Through the Fire." Whether you are experiencing divorce, a death in the family, or are struggling with finances, health or employment, you do not have to go through it alone. This session will help you learn to handle these trials through a biblical perspective. Registration required. For more information, contact Carletta at 619.764.5119.

### Small Groups

Rock Small Groups exist to help you grow up to full maturity in your relationship with God and others. For more information, or to find a small group, visit us online at [www.therocksandiego.org/smallgroups](http://www.therocksandiego.org/smallgroups).



### Rock Children's Ministry

Every Sunday your child can experience God's love through creative, and fun Biblical teaching and loving relationships. The Rock Church is proud of our children's team and ask that families entrust their children (birth through 5th grade) into this age appropriate learning environment.

For more information, contact [childrensministry@therocksandiego.org](mailto:childrensministry@therocksandiego.org).





**Get Involved** and text 'SDROCK *your email*' to 95495 or log onto [www.therocksandiego.org](http://www.therocksandiego.org) and click New to the Rock.

Or fill out this form and visit us in the lobby.

Name .....

Address .....

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

Phone .....  Preferred

.....  Preferred

Birth .....

Updating my information.  Today is my first visit.

Demographics

Male  Female  Married

Single  Widow(er)  Divorced

Military  Police  Firefighter

Name(s) of family member(s) & birthday(s):

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I would like more information on:

Pebbles Pathway (Children)  Small Groups

The Break (Jr. High)  Marriage & Family

SHM (Sr. High)  Academy (Pre K-12th)

Remnant (Young Adult)  Rock University

Women's Ministry  NP3 (Building Project)

Men's Ministry  Miles Ahead

I recently:

Accepted Christ  Rededicated my life