



FEATURED  
STORY

BY AMY MUNDO

# 7 STRATEGIES FOR AVOIDING LONELINESS

You can be in a room teeming with people and still feel like you're the only one there. You believe you are involved in people's lives because you witness everything they have been doing via social media, but in reality, you're lonelier than ever.

Because this subject is often not talked about, especially at church where it seems as though everyone knows someone, we wanted to take a moment to dispel the lies of the enemy and let you know that you are loved, and God sees you.

If you are feeling withdrawn, here are seven tips to combat loneliness:

1. Get plugged in  
At large churches, it can be easy to walk in, attend service, and slip out of the lobby without even saying hi to somebody.

At Rock Church, one way to get plugged in is to join an rGroup. Nicole, a longtime member of the church, states, "When I first started attending the Rock, it was almost intimidating to☒

READ THE FULL STORY AT [SDROCK.COM/STORIES](https://sdrock.com/stories)  
HAVE A STORY TO SHARE? VISIT [SDROCK.COM/MYSTORY](https://sdrock.com/mystory)

Do you want to combat loneliness and get plugged in? Join an rGroup today by **TEXTING "RGROUP" TO 52525**. Or get connected by serving on a ministry team by **TEXTING "MORE" TO 52525** to get involved.



## Why We Give?

God is the ultimate giver who gave the most precious gift imaginable, His Son, Jesus, to die on the cross for our sins. Our lives are transformed by the gospel of Christ, and the act of giving changes us, making us more like our generous Creator.

### WAYS TO GIVE

VISIT [SDROCK.COM/GIVE](https://sdrock.com/give)  
TEXT "GIVE" TO 52525

Keep your information up to date:  
TEXT "UPDATE" TO 52525



### SENIOR PASTOR, ROCK CHURCH

## Miles McPherson

A former defensive back with the San Diego Chargers, Miles is the Senior Pastor of Rock Church and founder of DoSomethingChurch.org, a vibrant affiliation dedicated to establishing pervasive hope in communities through proactive community service.

Follow Miles on social media

@ @MILESMCPHERSON

f /PASTOR.MILES.MCPHERSON



**MISSION**  
Save, Equip, Send

**VISION**  
Establish global pervasive hope

### LOCATIONS

Point Loma  
San Ysidro  
San Marcos  
City Heights  
East County  
Online  
Microsites

### STAY CONNECTED

f /therocksandiego  
t @therocksandiego  
@therocksandiego  
/therocksandiego



WE'RE GLAD YOU'RE HERE



# MORE

CURRENT SERIES [sdrock.com/more](https://sdrock.com/more)



VARIOUS TIMES

## Calling All Creatives!

Don't miss out on the incredible opportunity to be a part of the live nativity and Bethlehem marketplace this Christmas! We are looking for builders, painters, actors, singers, dancers, hair and make up artists, and costume designers. If this is you, sign up today!

TEXT "CHRISTMAS" TO 52525 GET INVOLVED



THIS THURSDAY!

THURSDAY, SEPT 19 | 7PM | ALL CAMPUSES  
\*SAN YSIDRO WILL ATTEND POINT LOMA

## dGroup Vision Night

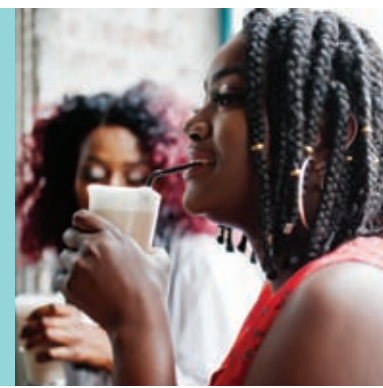
Join Pastor Miles for an inspiring evening and get equipped to be a disciple maker. Learn the next steps to pour into the lives of others so that they may know Jesus and become more like Him. Bring your dGroup or potential dGroup!

FOR MORE INFO, TEXT "DISCIPLE" TO 52525

OCT 12 | EAST COUNTY | 10AM-12PM | [SDROCK.COM/CAFECITO](https://sdrock.com/cafecito)

## CAFECITO DE MUJERES

Ladies, invite your Spanish speaking friends for coffee! Nos gustaría invitarlas a nuestra reunión global para que todos nuestros ministerios en españoles se reúnan en un mismo lugar y disfrutar de un tiempo de compañerismo, adoración y crecer juntas a través de la Palabra de Dios.



SATURDAY, SEPT 28 | VARIOUS TIMES | ALL CAMPUSES\*

\*POINT LOMA CAMPUS WILL BE ON OCTOBER 5

## 1 Day LIFE Class

Attend this accelerated LIFE class to get plugged into your Rock Church family and discover your God-given design.

SAVE YOUR SEAT TODAY,  
TEXT "LIFECCLASS" TO 52525

HAPPENING WEEKLY

## Become a Do Something Disciple

A Discipleship Group (dGroup) is a closed group of 3-5 believers who meet together weekly for the purpose of accelerated spiritual transformation through discipleship and accountability. Download the study guide, reading questions, and journal.

TO START A DGROUP, TEXT "DISCIPLE" TO 52525



VARIOUS LOCATIONS

## rGroups

Have you been feeling the need for community? Don't just come to church on Sundays, get plugged in! Join an rGroup today and connect with others by building meaningful relationships through a small group setting.

TO JOIN A GROUP, TEXT "RGROUPS" TO 52525



THIS SATURDAY!

SEPTEMBER 21 | 8-11:30AM | ALLEN AIRWAY FLYING MUSEUM

## Big Man's Breakfast

Join hundreds of men—grandfathers, dads, sons, and friends, and experience an unforgettable morning with a hearty breakfast (with bacon!). Be inspired by life lessons from a panel of Navy SEALs. Space is almost full; save your seat today!

TO SIGN UP, TEXT "BREAKFAST" TO 52525

DISCOUNT! ALL MILITARY PERSONELL RECEIVE  
50% OFF GENERAL ADMISSION



OCTOBER 11-13 | PINE VALLEY BIBLE CONFERENCE CENTER

## Men's Fall Retreat

Enjoy God's presence while hearing from gifted speakers and spending time in worship, prayer, and fellowship with other men of God. Love competition? Don't forget about the exciting games and annual "chariot races!" Spots are filling quickly; sign up today!

TO REGISTER, TEXT "MENSRETREAT" TO 52525

## GLOBAL EVENTS CALENDAR

For more events and info, visit [sdrock.com/events](https://sdrock.com/events)

**September 9**  
**Israel 2020 Info Meeting**  
7pm | Point Loma | Room 232  
Text "Israel" to 52525

IF YOU ACCEPTED JESUS TODAY, TEXT "SAVED" TO 52525  
SHARE THE GOSPEL MESSAGE WITH A FRIEND BY TEXTING "SHARE" TO 52525

**September 19**  
**dGroup Vision Night**  
All Campuses  
[sdrock.com/visionnight](https://sdrock.com/visionnight)

**September 21**  
**Big Man's Breakfast**  
8-11:30am | Allen Airways Museum  
[sdrock.com/bigmansbreakfast](https://sdrock.com/bigmansbreakfast)

**September 23**  
**Everything About Money Class**  
7-8:30pm | Point Loma  
[sdrock.com/rflclass](https://sdrock.com/rflclass)

**September 26**  
**Young Adults United**  
7pm | City Heights  
[sdrock.com/united](https://sdrock.com/united)