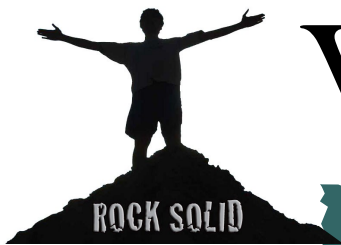


February-March 2012





Where to Start?

*This is simply an opportunity to see what may happen in your journey when you commit to meeting with God regularly. This challenge is about experiencing the Living God and the impact He will have on your life and those around you. **This is simply a guide.** Use it however you see best; the guide we give you is simply that, a guide. If you find something that works better for you, wonderful. This isn't about getting something done as much as it is experiencing God.*

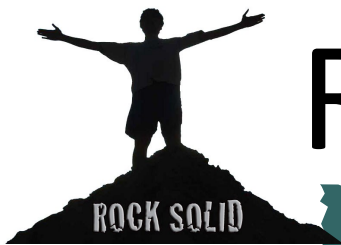
There will be other people joining you in this challenge. You are more than welcome to ask each other questions of the text as well as how they are processing their experience. You can do that through e-mail, through the phone, maybe even a blog, or on a Sunday morning. When we experience God together, you will be amazed at what He can do, through you and through the church.

Here is the guide

(Some options to experience God):

Some time throughout the week:

- **Start by asking God to open your heart, soul, mind and body to what He may say to you that day through a short prayer.**
- **Read the passage**
 - Remember, it isn't about checking something off of the list. This is about experiencing God and what he may have for you that day - which means, if you read one verse or the entire text, it doesn't matter.
- **What to do with the passage**
 - You can highlight what jumped out at you.
 - You can re-write the passage on the page.
 - You can try to memorize a specific passage that impacted you.
 - You can ask questions of the passage - which may lead to digging deeper or finding answers outside your current context.
- **Journal**
 - Simply write out your thoughts in regards to the passage. You could write out your answers to the questions above. You could ask more questions. You could form it into a prayer to God.
- **Pray**
 - Asking God to be active in your relationship with him or others
 - Seeking out action steps to what you read and heard from God
 - Looking for opportunities to live it out.



Rock Solid week 1

Sermon Notes

Daily Experience

Read Matthew 7:24-29

- When the storms of life come, how do I react? Do I have stability? Or unsettled?
- What area of my life is the most vulnerable? Has the most unsettled foundation?
- What commitment do I need to make to firm up my foundation?