

**Shelter Rock Church**

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# 21 DAYS

**OF PRAYER AND FASTING**

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# Letter from Pastor Steve

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On January 26th, Shelter Rock Church members will have the opportunity to vote for a new Senior Pastor.

Twenty-five years ago, when the church I was at in Illinois was discussing whether or not the church should bring on a thirty-five year old pastor, just finishing seminary, somebody said, “Let’s pray about it,” and that is what we did. When voted in to my first pastoral position, I was so grateful that my new role was built upon a foundation of prayer. Fast-forward and the Lord placed on my heart the importance of making room for younger leadership and the same conviction that we need to pray.

We need to pray that Pastor Henry will be “strong and courageous!” This is the very prayer of Moses for Joshua. When Moses said these words his ministry was not done, but the Lord prepared him to make room for the new leader. He gave these words: “The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged” (Deut. 31:8).

So like Moses, we need to pray these words of encouragement over Pastor Henry. We need to pray for me, as I transition to a new season of ministry, that the Lord will give me maximum effectiveness to advance His kingdom, and we also need to pray for Shelter Rock Church. This church belongs to Jesus our Lord and it is our desire that we will always be soft clay in the Master’s hands. So together we pray.

-Pastor Steve

# Letter from Pastor Henry

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One year ago, I joined the pastoral staff at Shelter Rock Church with the hope and intention of becoming your next Senior Pastor. It has been a wonderful year serving alongside our team and getting to know you, and I am excited to be moving forward in this process. Our family has experienced the beauty of belonging to the Shelter Rock family and I feel very honored to be considered for the Senior Pastor role. Yet as we move closer to the deciding vote on Jan. 26th, I'm reminded of something Moses once said to God. His words, in many ways, give expression to how I feel.

The Scripture says, **"Then Moses said to him, "If your Presence does not go with us, do not send us up from here."** (Exodus 33:15). Like Moses, I have no interest in going anywhere unless God goes with us, unless His presence paves the way.

As a leadership team, we have bathed this pastoral transition process in prayer for the last several years and feel confident that God has brought us thus far. But before you cast your votes on Jan. 26, we want to invite you to do the same.

We hope you'll join us for the next 21 days as we seek God together and ask God to give us the comfort of His presence on our journey ahead.

-Pastor Henry

# Campus Prayer Locations

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## **Details:**

Every Campus will be open for prayer Monday - Friday from 6-7am and from 7-8pm. We will also have prayer together every Saturday from 9-10am.

We invite you to join us as we seek God together in prayer!

## **Locations:**

*Manhasset Campus  
626 Plandome Road  
Manhasset, NY 11030*

*Syosset Campus  
678 Cold Spring Road  
Syosset, NY 11791*

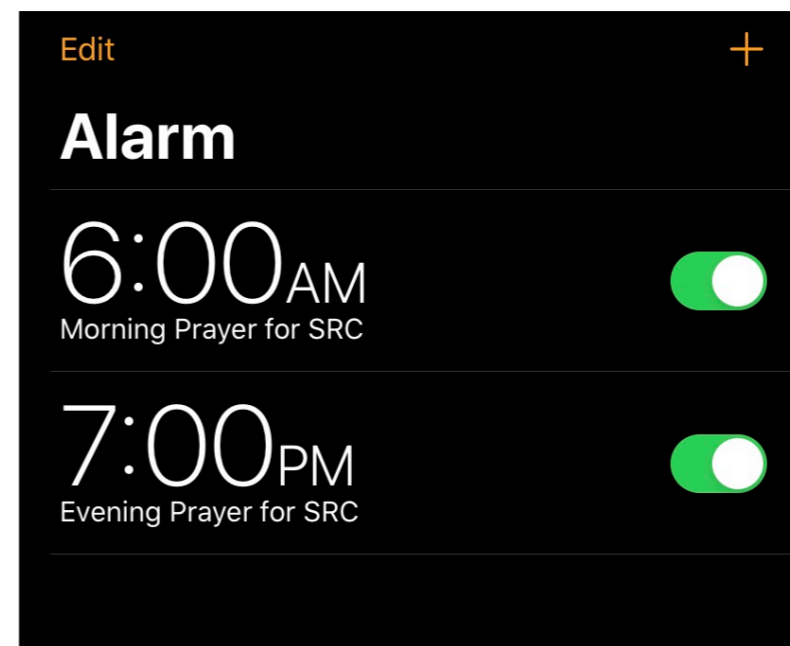
*Westbury Campus  
11 Powells Lane  
Old Westbury, NY 11568*

# Can't Make It?

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We are inviting you to pray with us at one of our campuses every weekday at 6am or at 7pm and every Saturday at 9am. While we recognize the value of meeting together to pray, we also understand many of your schedules and other obligations will preclude you from joining us in person. If this is you, do not worry - you can still participate!

Can't make it? It's ok. Set an alarm to join us remotely at the designated times.



# What is Prayer?

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“Prayer does not fit us for the greater work; prayer is the greater work.”  
Oswald Chambers

*“While Peter was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. A voice came from the cloud, saying, “This is my Son, whom I have chosen; **listen to him.**” When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.”*

-Luke 9:34-36

It has been said that nothing of eternal significance happens without prayer. It is with this in mind that we embark on these 21 days of prayer together. But what is prayer? And what are we hoping to accomplish by spending so much time in prayer?

Prayer, if I could define it so simply, is conversation with God. And as is true of any conversation, prayer requires that we not only speak to God, but that we hear from Him and listen to Him.

Over the course of these 21 days, let us devote ourselves to hearing from God. We will sit with Him and be with Him. We will make our desires known to God, but more importantly, we will ask for God’s desires to be made known to us. We will aim to listen to God’s voice and discern God’s will both for our church and for our lives. We will commune with Him in prayer, trusting Him “to do immeasurably more than we could ever ask or imagine” (Eph. 3:20).

-Pastor Henry

# What is Fasting?

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**“Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food.”**

**Dallas Willard**

*“When you fast, do not look somber as the hypocrites do...But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”*

-Matthew 6:16-18

Notice Jesus doesn't say *“if you fast.”* He says, *“when you fast.”* There is an expectation that fasting is a spiritual discipline to be practiced with regularity.

But let's not confuse regularity with religiosity or legalism. We are not fasting to earn God's grace or love. But because God has saved us, He has given us spiritual disciplines to practice that are powerful, beneficial tools. Even Jesus availed Himself of the tool of fasting. But why is it so important? How does it work? What might be the value of fasting?

Consider the following:

- Fasting helps to put our carnal nature under subjection. It helps to get us out of the way. It diminishes selfishness.
- Fasting humbles us. It positions us to receive God's grace. God gives grace to the humble, and grace flows downhill.
- Fasting intensifies our prayer life by helping us to focus on God and depend on Him more acutely.
- Fasting strengthens our faith by fine-tuning our spiritual ears to hear God's voice and words.

-Pastor Nathan



# Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 5	JAN 6	JAN 7	JAN 8	JAN 9	JAN 10	JAN 11
Sunday morning services at all campuses	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM BREAKFAST</b>	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM LUNCH</b>	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM TECH</b>
JAN 12	JAN 13	JAN 14	JAN 15	JAN 16	JAN 17	JAN 18
Sunday morning services at all campuses  <b>Pastor Henry Q&amp;A at 1pm in Syosset</b>	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM BREAKFAST &amp; LUNCH</b>	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM TECH</b>	Morning Prayer: 9am
JAN 19	JAN 20	JAN 21	JAN 22	JAN 23	JAN 24	JAN 25
Sunday morning services at all campuses  <b>Pastor Henry Q&amp;A at 1pm in Westbury</b>	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM FOOD</b>	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM FOOD</b>	Morning Prayer: 6am Evening Prayer: 7pm  <b>FAST FROM TECH</b>	Morning Prayer: 6am Evening Prayer: 7pm	Morning Prayer: 9am
JAN 26						
Sunday morning services at all campuses;  <b>Pastor Henry Q&amp;A at 1:30pm in Manhasset All-Church Meeting at 6pm in Syosset</b>						

**PLEASE NOTE**

Each campus will be open for morning & evening prayer for 1 hour. Those who can't make it are encouraged to set an alarm and join us remotely.

# DAY 1

**Jan. 5, 2020**

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*“I was glad when they said unto me, Let us go into the house of the Lord.”*

*Psalm 122:1*

## **Daily Prayer Emphasis**

Join us for church. Pray for all churches on Long Island and that the Kingdom of God would advance in our time and place.

# DAY 2

**Jan. 6, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will fast from breakfast together. Our hunger for food will help remind us of our hunger for God.

## **Daily Prayer Emphasis**

Pray that we would be a church who listens to and obeys God's Spirit.

# DAY 3

**Jan. 7, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for our Church leadership—that our pastors, elders, and ministry team leaders would lead with grace, courage, and humility.

# DAY 4

**Jan. 8, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for God's continued blessing on our church and that we would continue to be obedient to Christ, forming people into His image, actively engaging in His mission in the world.

# DAY 5

**Jan. 9, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will fast from lunch in order to cultivate a deeper hunger for God during the day.

## **Daily Prayer Emphasis**

Pray that God would use our church to reach those in our lives who have not experienced Jesus' love.

# DAY 6

**Jan. 10, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for the poor and needy among us, that God would use our church to demonstrate His love and compassion for a hurting world.

# DAY 7

**Jan. 11, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 9-10 am. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will fast from technology, breaking connection with the outside world in order to build a stronger connection with God.

## **Daily Prayer Emphasis**

Pray for revival in our church—sin confessed, obedience to God, healing in relationships.



# DAY 8

**Jan. 12, 2020**

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*“I was glad when they said unto me,  
Let us go into the house of the Lord.”*

Psalm 122:1

## **Daily Prayer Emphasis**

Join us for church on Sunday. Pray for all churches on Long Island and that the Kingdom of God would advance in our time and place.

## **Questions for Pastor Henry?**

Join us from 1-2pm in Syosset for Q&A with Pastor Henry.

# DAY 9

**Jan. 13, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for unity in our church—that we would love and serve one another; honest and healthy communication; forgiveness granted; grace extended.

# DAY 10

**Jan. 14, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will fast from breakfast and lunch, experiencing hunger from food in order to cultivate a deeper hunger for God.

## **Daily Prayer Emphasis**

Pray for courage in our church— seek God and be strengthened by the Holy Spirit (strong and courageous!) to obey God in order to advance God's kingdom.

# DAY 11

**Jan. 15, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for decision-making, that we'd be "wise as serpents and innocent as doves" (Matt. 10:16). Pray we will make wise choices and be cautious and alert to the traps of the enemy in our daily decisions and in our life as a church family.

# DAY 12

**Jan. 16, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for the families of those who lead our church. Pray for their protection, provision, nurture, spiritual growth, and care.

# DAY 13

**Jan. 17, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will unplug from technology in order to plug into the Source of all power, strength, grace and love.

## **Daily Prayer Emphasis**

Pray for addictions to be broken and hearts to be healed; veils of secrecy to be removed; for our church to be a safe place for hurting people to seek help and find healing.

# DAY 14

**Jan. 18, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 9-10 am. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Jesus said that the “harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest” (Matt. 9:37). Pray for leaders to be raised up in our community and sent out to serve.

# DAY 15

**Jan. 19, 2020**

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*“I was glad when they said unto me,  
Let us go into the house of the Lord.”*

Psalm 122:1

## **Daily Prayer Emphasis**

Join us for church on Sunday. Pray for all churches on Long Island and that the Kingdom of God would advance in our time and place.

## **Questions for Pastor Henry?**

Join us from 1-2pm in Westbury for Q&A with Pastor Henry.



# DAY 16

**Jan. 20, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for our children. We have several hundred kids who attend our church each week. Pray that God will use our church to teach these kids about God's great love for them and that He would hold them close for all of their days.

# DAY 17

**Jan. 21, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will fast from food all day in order to hunger after God.

## **Daily Prayer Emphasis**

Pray for our small groups that meet in homes and at church, that people will experience true community in our church through honest and healthy relationships.

# DAY 18

**Jan. 22, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will fast from food all day in order to hunger after God.

## **Daily Prayer Emphasis**

Pray for our Worship Team members and Children's Ministry volunteers, that they would seek God throughout the week so they can serve with joy on Sunday.

# DAY 19

**Jan. 23, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Fasting**

Today we will unplug from technology in order to plug into our relationship with God.

## **Daily Prayer Emphasis**

Pray for Pastor Steve Tomlinson. Thank God for his faithful service over the last 17 years and ask for God's continued provision moving forward.

# DAY 20

**Jan. 24, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 6-7am and from 7-8pm today. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for Pastor Henry, that God would give him wisdom and sound judgment. Pray for his spiritual life, that he would continue to grow in his relationship with Christ as he (potentially) moves into this new role.

# DAY 21

**Jan. 25, 2020**

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## **Morning & Evening Prayer**

Join us for prayer at any campus for any or all of the time. We will gather from 9-10 am. If you are unable to join us in person, please pray with us remotely.

## **Daily Prayer Emphasis**

Pray for love and grace in our church, for the fruit of the Spirit to be expressed in abundance through each person and as a church family (Gal. 5:22-23).

# Jan. 26

**All-Church  
Congregational  
Meeting in  
Syosset, 6pm**

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*“I was glad when they said unto me,  
Let us go into the house of the Lord.”*

Psalm 122:1

### **Daily Prayer Emphasis**

Join us for church on Sunday. Pray for all churches on Long Island and that the Kingdom of God would advance in our time and place.

### **Questions for Pastor Henry?**

Join us from 1:30-2:30pm in Manhasset for Q&A with Pastor Henry.

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