



KAIROS
CHURCH

21 DAYS OF PRAYER & FASTING JANUARY 2026

As a church family, we will begin 2026 with our annual rhythm of intentional prayer and fasting. We have found this to be a much-needed practice as many of us are desperate for breakthrough. This is something that the practice of fasting often brings forth. We are asking, "What is God waiting to pour out on our church, our city, or our lives if we would seek Him through prayer & fasting?"

January 5 — 25, 2026

kairoschurchnj.com/21days

21 DAYS OF PRAYER & FASTING

JANUARY 2026

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A SPECIAL MESSAGE

Friends,

As we begin this year's *21 Days of Prayer and Fasting*, we do so in a new season for Kairos Church. We've moved into a new building, entered a new community, and stepped into new opportunities for ministry. There is much to be excited about and much we are trusting God to do in and through us.

Our theme comes from Matthew 3, where John the Baptist calls God's people to "**bear fruit in keeping with repentance**." His message reminds us that while new spaces and new opportunities matter, lasting fruit always begins in the heart. Before growth comes repentance. Before fruit appears, the soil must be turned.

If we want to see real fruit in our lives and in the life of our church, it must start with changed hearts. That means slowing down, humbling ourselves, and honestly seeking God. Repentance is not about shame or regret; it is about returning to God and aligning ourselves with His ways so that He can do His work in us.

Throughout these 21 days, our daily devotionals will guide us through Scripture, drawing especially from the voices of the prophets and their call to repentance and renewal. These words prepare us not just for activity, but for faithfulness.

Along with prayer, I invite you to fast in a way that helps you seek God more fully. We do not pray and fast to force outcomes, but to place ourselves before God, open and expectant. As we give Him the first part of this season, we trust Him to bring the fruit that only He can produce.

I'm grateful to walk through these 21 days with you.



Jesse Tosten

Lead Pastor

PRAYER FOCUSES

“Bear fruit in keeping with repentance.” — Matthew 3:8

1. Personal: A Changed Heart That Bears Fruit

John the Baptist’s call reminds us that lasting fruit begins with repentance. Over these 21 days, ask God to search you and reveal where your life needs to be realigned with Him. This may involve confessing sin, turning from patterns that have formed over time, or surrendering areas where you have been holding control.

You may be praying through a strained relationship that needs forgiveness or reconciliation. You may be asking God for healing, clarity, or freedom from a particular struggle. Like the prophets repeatedly called God’s people to do, we come honestly before the Lord—trusting that when we turn back to Him, He is faithful to restore and renew.

Pray daily that God would produce fruit in your life that reflects repentance: humility, obedience, faithfulness, and love.

2. Our Church: A Repentant People Prepared for God’s Work

Throughout Scripture, God’s people experienced renewal not by moving faster or trying harder, but by turning back to Him together. As a church in a new space and a new season, we ask God to shape us into a people ready to bear fruit.

Pray that Kairos Church would be marked by humility, dependence on God, and faithfulness to the Gospel. Pray that our presence in this community would be rooted not in visibility or growth alone, but in transformed lives and genuine love for our neighbors. Ask God to deepen our discipleship, strengthen our leaders, and form us into a church that reflects the fruit of repentance—justice, mercy, generosity, and faith.

Pray that God would provide everything we need for this next season and that we would steward what He has entrusted to us with wisdom and obedience. Above all, pray that our church would be a place where people encounter Jesus and experience true transformation.

Each day, you will receive an email devotional to guide your prayer and reflection.

CORPORATE PRAYER

Throughout the week, we will have multiple opportunities to join together for prayer:

Virtual Zoom Calls

Tuesday, 7:00-7:30 pm

Thursday, 7:00-7:30 pm

For a link, visit kairoschurchnj.com/21days.

In Person

Saturdays, 7:00-8:00 am (at Kairos Church, 2730 Princeton Pike, Lawrenceville)

SUBMIT A PRAYER REQUEST

Throughout the 21 days of prayer, please submit your personal prayer requests at kairoschurchnj.com (near the bottom). Each prayer request will be prayed over daily.

FASTING

Fasting prepares you for the works God has ordained for you to do.

Wesley Duewel, a twentieth-century writer, said, “*You and I have no more right to omit fasting because we feel no special emotional prompting than we have a right to omit prayer, Bible reading, or assembling with God’s children for lack of some special emotional prompting. Fasting is just as biblical and normal a part of a spiritual walk of obedience with God as are these others.*”

Some of the most encouraging words that we can read as we prepare to enter into this season are found in Acts 13:2, which reads, “*While they were worshiping the Lord and fasting, the Holy Spirit said...*” We are encouraged and invigorated to know that our time of dedicating ourselves to the Lord in this way will result in us actually hearing from Him!

WHY SHOULD I FAST?

People fast for several reasons. Following are seven circumstances in the Bible in which believers sought God through this discipline.

1. To prepare for ministry

Jesus spent forty days and nights in the wilderness fasting and praying before He began God's work on this earth. He needed time alone to prepare for what His Father had called Him to do (Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14).

2. To seek God's wisdom

Paul and Barnabas prayed and fasted for the elders of the churches before committing them to the Lord for His service (Acts 14:23).

3. To show grief

Nehemiah mourned, fasted, and prayed when he learned Jerusalem's walls had been broken down, leaving the Israelites vulnerable and disgraced (Nehemiah 1:1-4).

4. To seek deliverance or protection

Ezra declared a corporate fast and prayed for a safe journey for the Israelites as they made the nine-hundred-mile trek to Jerusalem from Babylon (Ezra 8:21-23).

5. To repent

After Jonah pronounced judgment against the city of Nineveh, the king covered himself with sackcloth and sat in the dust. He then ordered the people to fast and pray. Jonah 3:10 says, "When God saw what they did and how they turned from their evil ways, He relented and did not bring on them the destruction He had threatened."

6. To gain victory

After losing forty thousand men in battle in two days, the Israelites cried out to God for help. Judges 20:26 says all the people went up to Bethel and "sat weeping before the Lord." They also "fasted that day until evening." The next day the Lord gave them victory over the Benjamites.

7. To worship God

Luke 2 tells the story of an eighty-four-year-old prophetess named Anna. Verse 37 says, "She never left the temple but worshiped night and day, fasting and praying." Anna was devoted to God, and fasting was one expression of her love for Him.

RECOMMENDED FAST

We understand that there are different factors that lead to your decision to say yes to participation in this church-wide commitment. We want to do the best that we can to help provide several different ways to engage with this fast. We do not presume to be authoritative or comprehensive in the correct ways to fast, but we have chosen these pathways after thoughtful consideration about ways to include everyone in the journey we feel called to in this season. As a church, we have purposed that our fast will be directly connected to food, as we see multiple examples of this throughout the Scripture.

Option 1 (All Meals)

This will be a commitment toward fasting from all food except for water, juice and other broths for the duration of the 21 days of the fast.

Option 2 (Varied Weeks)

Week One: A commitment toward fasting from all food except water, juice, and other broths for the first 7 days.

Week Two: A commitment toward fasting from all meals, except the incorporation of one meal into the schedule during days 8-14. (ex: fasting all day until 6:00 PM).

Week Three: A commitment towards fasting for one meal out of the day, with an intentional time of focused prayer during the time period normally spent eating during days 15-21.

Option 3 (Some Meals/Altered Diet)

This will be a commitment toward fasting for a significant portion of your day, incorporating only 1-2 meals into your schedule. (ex: fasting all day until 6:00 PM) Or, due to medical and other considerations, it may be necessary to participate by altering your diet for the duration of the fast. (This may be with vegetables only, or something known as the Daniel Fast)

**While we do believe biblical fasting is focused primarily on food, we acknowledge with great care that because of past struggles, a fast from food may not be beneficial for some of you. A fast of this type could be detrimental if you've experienced a difficult season of disordered eating in the past and we understand the hesitancy around participating in any fast that requires abstaining from food. In that case, we encourage you to consider abstaining from something else not connected to food during these 21 days. A helpful and beneficial fast will be to abstain from anything you tend to depend on for comfort or coping with difficult emotions. Examples would be television/media, alcohol, retail spending, or other entertainment and creature comforts. Rather than participating in that thing, a fast encourages spending the time you'd normally allot to that thing going to God in prayer instead. Use that new time to be seeking Him for comfort and for help navigating difficult emotions or asking for wisdom regarding next steps in your life. We believe there's abundant provision and blessing from God to be found when we're intentional with these days and we hope you'll join us.*

For more resources about fasting (what to expect, how to prepare, how to pray), visit kairoschurchnj.com/21days.



KAIROS CHURCH

2730 PRINCETON PIKE,
LAWRENCE TOWNSHIP

KAIROSCHURCHNJ.COM