

REGINA APOSTOLIC CHURCH

21 DAYS of
PRAYER & FASTING

JANUARY 12 – FEBRUARY 1, 2026



I LOVE THE LORD BECAUSE HE HEARS MY VOICE AND
MY PRAYER FOR MERCY. BECAUSE HE BENDS DOWN TO LISTEN,
I WILL PRAY AS LONG AS I HAVE BREATH!

PSALM 116:1-

RAC VISION

**A LOCAL CHURCH
CHANGING
OUR NATION FOR
GOD'S GLORY.**

RAC MISSION

**TO INVITE ALL
GENERATIONS TO
EXPLORE FAITH,
ENCOUNTER GOD'S
PRESENCE,
AND BE RELEASED TO
ADVANCE HIS KINGDOM.**

January 2026 marks our 5th year of hosting 3 weeks of prayer and fasting. We will have no idea on this side of heaven the difference this focus has made in the lives of the people of our church and all those whom we've prayed for.

Make no mistake about it: prayer is always our best work. Without prayer, 'we are left to our own devices' when it comes to walking with Him both individually and corporately. Each year, there are so many answers to prayer that stem back to this 3-week focus. I'm excited to see what God will do in the upcoming season!

Along with prayer, we always include fasting as a part of this focus. If you're new to fasting, I encourage you to pick up one of Jentzen Franklin's books listed in this booklet. They will give you a real grounding in the subject and will challenge you to take part. Prayer and fasting together is a powerful 1-2 punch in the area of spiritual warfare.

Our focus is to pray for revival to come to our lives, our families, our church, our city and our nation. I encourage you to join with the church during these 3 weeks, participate as much as you can, and believe for God to answer our requests for His glory!

God bless!

PASTOR LARRY MOORE

Lead Pastor

RAC PRAYER & FASTING 2026

Let's make 2026 a year of anticipation and celebration!

We live in both exciting and uncertain times in which the Lord desires to fulfill His Word and His work in our lives. He is calling us to marvelous things through which we will have the privilege of being His ambassadors.

The year ahead of us is filled with opportunity and possibility. That's why we are so excited once again for our 21 Days of Prayer & Fasting – a time when we will encounter God's presence and experience divine outcomes in our lives.

Our goal over these 21 Days of Prayer & Fasting is to call our church to pray corporately and sacrificially for God's will to be done in our lives, in our families, in our church, and in our city. We are praying for spiritual awakening, healing, and revival to come in a powerful, tangible way!

Participate with us by setting aside time each day to engage in reading, praying, fasting, and believing so that together we can see the perfect will of God accomplished in our church, our city, and our nation of Canada.

IN-PERSON PRAYER SCHEDULE

Throughout our 21 Days of Prayer & Fasting, we encourage you to fill as many days as you can with as much prayer as you can, whether it's the whole day, sections of your day, or brief moments of your day. The Bible instructs us to pray continually, to pray continuously (see 1 Thessalonians 5:17). Utilize the scheduled times for corporate prayer at the church, but also fill in the gaps in your day with prayer—wherever you happen to be, doing whatever it is you're doing.

Join us in this year's prayer initiative. As we pray together, we believe God will hear us. And we expect to see a tremendous, miraculous outpouring of the Holy Spirit in our personal lives, in our church, and in our city with many people coming to faith, being healed, being renewed, and being set free!

Please consider participating in the following scheduled prayer times at the church during these three weeks:

MONDAY TO SUNDAY PRAYER CENTRE

6:00am – 6:00pm

You can access the Prayer Center during office hours by coming through the front doors of the church. Prior to and after office hours, the northeast door marked 'Prayer Center' will be open from 6:00am to 6:00pm every day of these 3 weeks

OTHER PRAYER GATHERING TIMES AT THE CHURCH:

WEDNESDAY CORPORATE PRAYER

6:30pm – 8:00pm

Sanctuary

SUNDAY PRE-SERVICE PRAYER

8:00am – 9:15am

10:00am – 11:00pm

Prayer Centre

LUNCH HOUR – MONDAY-FRIDAY

12:00pm – 1:00 pm

Prayer Centre

WEDNESDAY NIGHT PRAY

Father, pour your Spirit out on us again!

Throughout our 21 Days of Prayer & Fasting, we encourage you to add Wednesday Night Prayer from 6:30pm-8:00pm to your weekly calendar of events that you don't want to miss.

Each Wednesday of these three weeks we will provide some teaching on prayer and will walk through our corporate prayer times.

*O God, listen to my cry!
Hear my prayer!
From the ends of the earth,
I cry to you for help
when my heart is overwhelmed.
Lead me to the towering rock of safety,
for you are my safe refuge,
a fortress where my enemies cannot reach me.
Let me live forever in your sanctuary,
Safe beneath the shelter of your wings!
(Pause in his presence)*

PSALM 61:1-4

PRAYER THEMES

Listed below is an overview of prayer themes for each day of our 21 Days of Prayer & Fasting. These themes are grouped around different aspects of our mission and vision. We encourage you to follow these themes in your times of personal prayer.

SUNDAYS - A LOCAL CHURCH

- RAC would be a worshiping church
- RAC would be a praying church
- RAC would be outreach focused
- RAC would be an inviting church
- RAC would love people through hospitality and connection

MONDAYS - ALL GENERATIONS

TO EXPLORE FAITH

- Parents - to have godly insight and wisdom raising their children
- Children - to honor and respect their parents and make wise God-honoring life decisions
- Youth
- Young Adults

TUESDAYS

- Education System
- Elementary and High Schools - spiritual and physical protection
- University of Regina, SaskPolyTech, Eston College, First Nations University of Canada
- Teachers
- Students
- Next Gen Ministries

WEDNESDAYS - TO

PRAYER THEMES

Listed below is an overview of prayer themes for each day of our 21 Days of Prayer & Fasting. We ask that you follow and include these themes in your times of personal and corporate prayer. (More prayer specifics are provided in the *Daily Prayer Focus* section)

WEDNESDAYS - TO ENCOUNTER GOD'S PRESENCE

- Manifestation of God's Power & Presence
- Christian Initiatives & Influences in Media
- RAC Livestreaming to reach more people
- Song Writing
- Creative Arts

THURSDAYS - BE RELEASED TO ADVANCE HIS KINGDOM

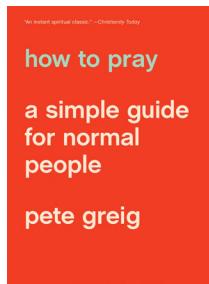
- Recognizing & Raising Up
- Releasing of Personal Gifting, Calling, Anointing, RAC to be a House of Healing and a Place of Hope
- Personal and Corporate Revival
- Global Missions

FRIDAYS - CHANGING OUR NATION FOR GOD'S GLORY

- Entrepreneurs & Business Economic Provision & Protection
- Divine Favour
- Financial Blessing
- Generous Giving

SATURDAYS - CHANGING THE NATION FOR GOD'S GLORY

- Pastors & Staff
- Local & National Ministry Leaders
- Political Leaders
- Wisdom
- Discernment

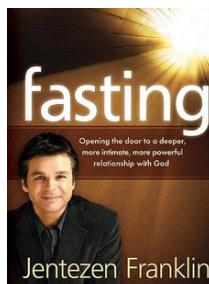


HOW TO PRAY

PETE GREG

How to Pray is a raw, real, and remarkable how-to-guide on prayer for everyone—from the committed follower of Jesus to the skeptic and the scared. Full of biblically sound wisdom, honest

encouragement and real-life methods to refresh your spirit, revitalize your faith, and help you practice life-giving and lifechanging prayer.



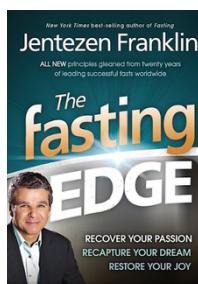
Jentezen Franklin

FASTING

JENTEZEN FRANKLIN

This book gives the biblical basis for fasting and provides great insight into how to fast safely and effectively.

Jentezen Franklin, Lead Pastor of Free Chapel will walk you through the biblical basis for a Christian to fast. There will be some of these books available for sale and to lend out in the Resource Centre.



THE FASTING EDGE

JENTEZEN FRANKLIN

As a 'next step' in the study of fasting, this is the second volume on the subject from Jentezen Franklin. It provides a deeper discussion and a more in-depth study of both the practical and biblical basis for this Christian discipline. There will be some of these books available to borrow in the Resource Centre.

WHO'S YOUR 1?

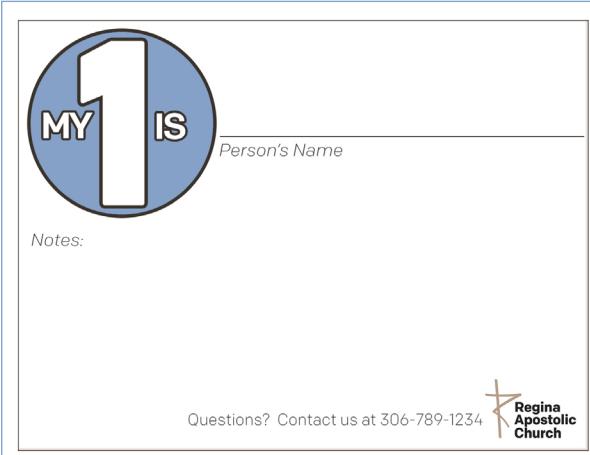
As well, we want to encourage you to take a "Who's Your 1" card as a way for you to not only focus prayer on a loved one, but also to share and celebrate what God does through prayer.



This year, we will be praying for the Lord to bring people who don't know Him to a place of salvation. Our heart is to see many people get saved and the first step in that is to pray consistently for them. The scriptures tell us in 2 Peter 3:9 "The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance."

To that end, prayer is always our best work! Our goal is to encourage you to join with others as we pray regularly over the next year for our one person in particular to become a Christian. (Of course, you are encouraged to pray for as many as you like.)

Please ask the Holy Spirit who He would have you pray for, then write their name on this card and keep it with you where it will remind you to pray regularly. Watch for encouragement, advice, scriptures and stories in our weekly newsletter that will help you in your prayer journey for that one you are praying for. When someone comes to know Jesus, simply add another name to a new card and start over. Only when we get to heaven are we going to know how great a difference our prayers have made!



Questions? Contact us at 306-789-1234



I'M PRAYING FOR:

**Write down your prayer requests
and the date you started praying:**

I'VE SEEN GOD ANSWER

Keep a record of the answers to your prayers and give thanks for all that God has done.

NOTES

NOTES

To wrap up our 21 Days of Prayer & Fasting, we encourage you to review your prayer and fasting journey from the past 3 weeks and ask the Holy Spirit to give you 1-2 initiatives to apply in your life as a disciple.

