

# THE ROCK HAWAII

## JANUARY 2026

| SUNDAY                                                                                                                                                                                                                                                                                                                        | MONDAY                                                                                                                                                               | TUESDAY                                                                                                                                                              | WEDNESDAY                                                                                                                                                            | THURSDAY                                                                                                                                                             | FRIDAY                                                                                                                                                               | SATURDAY                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <div> <h3>PRAYER POINTS:</h3> <ul style="list-style-type: none"> <li>That God would provide a building for us to purchase</li> <li>That God would use us to disciple others, helping to establish them in Christ</li> <li>That we would root and ground ourselves in Christ; in faithfulness and commitment</li> </ul> </div> |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                          |
| 4                                                                                                                                                                                                                                                                                                                             | 5                                                                                                                                                                    | 6                                                                                                                                                                    | 7<br>CHURCH PRAYER                                                                                                                                                   | 8                                                                                                                                                                    | 9                                                                                                                                                                    | 10                                                                                                                       |
| WEEK 1 - FAST 2 MEALS DAILY                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                          |
| <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 4<br>• Philipppians 4                                                                                                                                                                                                    | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 5<br>• Colossians 1 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 6<br>• Colossians 2 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 7<br>• Colossians 3 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 8<br>• Colossians 4 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 9<br>• 1Thess 1     | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 10<br>• 1Thess 2    |
| 11                                                                                                                                                                                                                                                                                                                            | 12                                                                                                                                                                   | 13                                                                                                                                                                   | 14<br>MENS PRAYER                                                                                                                                                    | 15                                                                                                                                                                   | 16                                                                                                                                                                   | 17                                                                                                                       |
| WEEK 2 - FAST MEAT                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                          |
| <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 11<br>• 1Thess 3                                                                                                                                                                                                         | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 12<br>• 1Thess 4    | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 13<br>• 1Thess 5    | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 14<br>• 2Thess 1    | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 15<br>• 2Thess 2    | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 16<br>• 2Thess 3    | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 17<br>• James 1     |
| 18                                                                                                                                                                                                                                                                                                                            | 19                                                                                                                                                                   | 20                                                                                                                                                                   | 21<br>LADIES PRAYER                                                                                                                                                  | 22                                                                                                                                                                   | 23                                                                                                                                                                   | 24                                                                                                                       |
| WEEK 3 - FAST MEDIA                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                          |
| <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 18<br>• James 2                                                                                                                                                                                                          | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 19<br>• James 3     | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 20<br>• James 4     | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 21<br>• James 5     | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 22<br>• Galatians 1 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 23<br>• Galatians 2 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 24<br>• Galatians 3 |
| 25                                                                                                                                                                                                                                                                                                                            | 26                                                                                                                                                                   | 27                                                                                                                                                                   | 28<br>YOUTH PRAYER                                                                                                                                                   | 29                                                                                                                                                                   | 30                                                                                                                                                                   | 31                                                                                                                       |
| WEEK 4 - SOMETHING YOU LOVE OR ENJOY<br>(caffeine, sweets, etc.)                                                                                                                                                                                                                                                              |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                          |
| <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 25<br>• Galatians 4                                                                                                                                                                                                      | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 26<br>• Galatians 5 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 27<br>• Galatians 6 | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 28<br>• John 14     | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 29<br>• John 15     | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Successful fast<br><input type="checkbox"/> Bible reading:<br>• Proverbs 30<br>• Acts 1      | <input type="checkbox"/> Prayer - 15-30 min<br><input type="checkbox"/> Bible reading:<br>• Proverbs 31<br>• Acts 2      |