

## Number of Minutes

You are to read scripture and pray daily. Below you will find a chart. Locate your age. Next to your age is the number of minutes you are to read scriptures and pray. You are to pray and read scripture in the morning and before you go to bed.

**Example, if you are 20 years old, you must read scripture for five minutes in the morning, pray for five minutes in the morning, read scripture for five minutes before bed and pray for five minutes before bed. The total time of scripture reading and prayer per day will be equal to or slightly greater than your age.**

Partial minutes will be rounded up to the next minute.

Age	Minutes	Age	Minutes	Age	Minutes
15	4	36	9	57	15
16	4	37	10	58	15
17	5	38	10	59	15
18	5	39	10	60	15
19	5	40	10	61	16
20	5	41	11	62	16
21	6	42	11	63	16
22	6	43	11	64	16
23	6	44	11	65	17
24	6	45	12	66	17
25	7	46	12	67	17
26	7	47	12	68	17
27	7	48	12	69	18
28	7	49	13	70	18
29	8	50	13	71	18
30	8	51	13	72	18
31	8	52	13	73	19
32	8	53	14	74	19
33	9	54	14	75	19
34	9	55	14	76	19
35	9	56	14	77	20