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.

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 30 8 51 13 71						
16437105815175381059151853910601519540106116205411162162164211631622643116416236441165172464512661725746126717267471268172774812691829850137118308511372183185213731933954147519	Age	Minutes	Age	Minutes	Age	Minutes
17538105915185391060151954010611620541116216216421163162264311641623644116517246451266172574612681726747126817277481269182874913701830851137218318521373193395414751934955147619	15	4	36	9	57	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 46 12 67 17 26 7 46 12 69 18 27 7 48 12 69 18 28 7 49 13 70 18 30 8 51 13 71 18 31 8 52 13 73 19 32 8 53 14 76	16	4	37	10	58	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 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 30 8 50 13 71 18 31 8 52 13 73 19 32 8 53 14 74 19 33 9 54 14 76	17	5	38	10	59	15
20 5 41 11 62 16 21 6 42 11 63 16 22 6 43 11 64 16 23 6 43 11 64 16 24 6 43 11 65 17 24 6 45 12 66 17 25 7 46 12 67 17 26 7 46 12 68 17 26 7 46 12 69 18 27 7 48 12 69 18 28 7 49 13 70 18 30 8 51 13 72 18 31 8 52 13 73 19 32 8 53 14 74 19 33 9 55 14 76	18	5	39	10	60	15
21 6 42 11 63 16 22 6 43 11 64 16 23 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 26 7 47 12 68 17 27 7 48 12 69 18 28 7 49 13 70 18 30 8 50 13 71 18 31 8 52 13 73 19 32 8 53 14 74 19 33 9 54 14 76 19	19	5	40	10	61	16
226431164162364411651724645126617257461267172674712681727748126918287491370182985013711830851137218318521373193285314751934955147619	20	5	41	11	62	16
23 6 44 11 65 17 24 6 45 12 66 17 25 7 46 12 67 17 26 7 46 12 67 17 26 7 46 12 67 17 26 7 46 12 68 17 26 7 46 12 67 17 27 7 48 12 69 18 28 7 49 13 70 18 30 8 50 13 71 18 31 8 52 13 73 19 32 8 53 14 74 19 33 9 54 14 76 19	21	6	42	11	63	16
24645126617257461267172674712681727748126918287491370182985013711830851137218318521373193285314741934955147619	22	6	43	11	64	16
257461267172674712681727748126918287491370182985013711830851137218318521373193285314741934955147619	23	6	44	11	65	17
2674712681727748126918287491370182985013711830851137218318521373193285314741934955147619	24	6	45	12	66	17
27748126918287491370182985013711830851137218318521373193285314741933954147619	25	7	46	12	67	17
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	26	7	47	12	68	17
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	27	7	48	12	69	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	28	7	49	13	70	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	29	8	50	13	71	18
32 8 53 14 74 19 33 9 54 14 75 19 34 9 55 14 76 19	30	8	51	13	72	18
33 9 54 14 75 19 34 9 55 14 76 19	31	8	52	13	73	19
34 9 55 14 76 19	32	8	53	14	74	19
	33	9	54	14	75	19
35 9 56 14 77 20	34	9	55	14	76	19
	35	9	56	14	77	20

Partial minutes will be rounded up to the next minute.