

5 FOR 21

Here's a way to challenge your teenagers to develop consistent Bible-reading habits.

The "5 For 21 Challenge" asked young people to commit to reading the Bible for five minutes a day for 21 days—with the goal of creating a habit they carry forward. In our group, 37 teenagers committed to the challenge, and after 21 days 32 were still reading. And three weeks after the challenge, 31 of the 32 were still reading their Bible every day.