



Consider this monthly **READING CHALLENGE** (ideal for months with 31 days):

Read the entire book of Psalms in ~6 hours total

- Read **10 – 15 minutes** per day (~5 Psalms per day)

Read the book of Proverbs in ~2.5 hours total

- Read **5 – 10 minutes per day** (Proverb of the day – 1 chapter)

Day	Psalms	Proverb of the day
1	Psalms 1, 2, 3, 4, 5	1
2	Psalms 6, 7, 8, 9, 10	2
3	Psalms 11, 12, 13, 14, 15	3
4	Psalms 16, 17, 18, 19, 20	4
5	Psalms 21, 22, 23, 24, 25	5
6	Psalms 26, 27, 28, 29, 30	6
7	Psalms 31, 32, 33, 34, 35	7
8	Psalms 36, 37, 38, 39, 40	8
9	Psalms 41, 42, 43, 44, 45	9
10	Psalms 46, 47, 48, 49, 50	10
11	Psalms 51, 52, 53, 54, 55	11
12	Psalms 56, 57, 58, 59, 60	12
13	Psalms 61, 62, 63, 64, 65	13
14	Psalms 66, 67, 68, 69, 70	14
15	Psalms 71, 72, 73, 74, 75	15
16	Psalms 76, 77, 78, 79, 80	16
17	Psalms 81, 82, 83, 84, 85	17
18	Psalms 86, 87, 88, 89, 90	18
19	Psalms 91, 92, 93, 94, 95	19
20	Psalms 96, 97, 98, 99, 100	20
21	Psalms 101, 102, 103, 104, 105	21
22	Psalms 106, 107, 108, 109, 110	22
23	Psalms 111, 112, 113, 114, 115	23
24	Psalms 116, 117, 118, 119:1-67	24
25	Psalms 119:68 – 176, 120	25
26	Psalms 121, 122, 123, 124, 125	26
27	Psalms 126, 127, 128, 129, 130	27
28	Psalms 131, 132, 133, 134, 135	28
29	Psalms 136, 137, 138, 139, 140	29
30	Psalms 141, 142, 143, 144, 145	30
31	Psalms 146, 147, 148, 149, 150	31