**Personal Action Plan**

1. My goal is to read The E100 passages over the next:
   - [ ] 100 Days
   - [ ] 20 Weeks
   - [ ] 1 year
   - [ ] 2 years
   - Other:

2. My plan is to take (minutes) to read the Bible and pray...
   - [ ] In the Morning
   - [ ] During my Lunch Break
   - [ ] In the Evening/Before Bed
   - [ ] At the Weekend
   - Other:

3. To help me keep going, I will read The E100 with my:
   - [ ] Small Group
   - [ ] Sunday School
   - [ ] Friend(s):
   - [ ] Family:
   - [ ] Other:

---

**Steps on the journey**

**PRAY:** before you read, asking God to help you understand.

**READ:** the Bible passage for the day, perhaps more than once.

**REFLECT:** on the passage. Write your thoughts in a journal.

**APPLY:** what God teaches you from His Word to your life.

**PRAY:** again, asking God to help you live out His Word.

---

**About the challenge**

The E100 Bible Reading Challenge is a new exciting way to read through the Bible. The Challenge is based on carefully selected short Bible passages — 50 from the Old Testament and 50 from the New Testament — that helps you get the big picture of the Bible without getting bogged down.

To take The E100 Bible Reading Challenge, follow these simple steps:

1. Find a Bible translation that is easy for you to understand.
2. Set aside a special time and place to read the Bible each day.
3. Use this Track Your Progress Card.
4. Take the E100 Bible Reading Challenge!

---

**Help with the journey**

Essential 100 is your companion for The E100 Bible Reading Challenge. It takes you through the 100 Old and New Testament passages — so you’ll see how all the major Bible themes fit together. Written in a warm & engaging style, it provides life-related explanation for all 100 passages; plus application questions, prayer help and more.