Hello, everyone. Today, I am glad to show you our Challenge-based Learning Project. Our project is about “Does having a religious belief affect college students?” In order to find out the answer, we deigned a questionnaire and intended to invite all of the students in our department to fill in the questionnaire. However, during the progress of the activity, we met some challenge. We found it difficult to investigate the collage students’ religious beliefs effectively and comprehensively. After group discussion, we found the following solution. We decided to apply our own interpersonal network to distribute the questionnaires and communicate with others with social media, such as Wechat, QQ, etc. Fortunately, this method turned out to be effective. We finally collected 33 questionnaires. The analysis of the data shows that most students do not have religion believes. On the contrary, most of them believe in science. A question came to our mind. Is religions really out of time? During our follow-up investigation, we found that religions affect our life in various of ways. Religions are so important to us that we can’t live well without it. They help us getting over difficulties and reduce our anxiety. They teach us to behave appropriately. They give us motivation to work hard every day. To sum up, religion is the antidote to all bad moods, and that is what we are missing in modern times.