

## Prayers for children and young people facing exams.

### Bible verse.

#### 1 Peter 5:7

**Cast all your anxiety on him because he cares for you.**

**Pray with thanksgiving, remembering God's goodness and faithfulness in answering in the past.**

### Please bring the following needs to God in prayer

Exams are a normal part of school life. Children in primary school sit SATS exams in year 6 and students sit GCSE exams at 16 yrs. old and A Levels at 18 yrs. In addition to this there are class tests, mock exams, etc. This can create a lot of stress for students. Some stress is good but too much can lead to mental health issues and may lead some to miss school and in some cases to feel suicidal.

### Prayer pointers

- Pray for peace for students as they face exams.
- Pray for any students who are really struggling with stress during exams and give them peace and help them to reach out for support when they are struggling.
- Pray for teachers to recognise those who are struggling with stress, dealing with exams, and help them provide the right support.
- Pray for head teachers to create school environments that value students beyond their exam results and to place emphasis on the whole person.
- Pray for parents as they support their children during exam seasons.

### A Prayer

Heavenly Father help those who are facing exams to do their best and give them peace. Please help anyone who is experiencing stress and struggling with exams to know your peace. Please help staff to identify those who need extra support and provide help and advice including counselling. Please help head teachers to create school environments that value students beyond their exam results and to place emphasis on the whole person.

**Amen**

### Young person's prayer

**Dear God,**

I don't know why we have to have so many exams. Please help me and my friends with the exams we have to take next year. Thinking about doing them makes me really anxious but I do want to try and get good grades. It is hard to sit still and to focus for all that time, but I know that if I ask you then you will help me. There just is so much pressure on us and that can be very overwhelming sometimes. The future does seem scary, but I know you're with me.

**Amen**