



The Methodist Church of Southern Africa Young Women's Manyano

23 October 2019

Dear Learners

We know that the end of the year (or semester) can be a challenging and stressful time for all ages of students. The pressure mounts, exams approach, fear takes over, and the to-do lists are never-ending. It can seem daunting and overwhelming, or even impossible to get through. Exam season causes anxiety and students at times find themselves emotionally and spiritually troubled. The truth is, though, God is always with us, always fighting for us, and is always faithful to us. In our success and our struggles at school, the Lord never fails us and never gives up on us. He is worthy of our trust and our praise! Remember though that studying and preparing for your exams is what gets you good marks. We pray for God to sustain as you start exams and hearts filled with positivity and calmness.

This is a Prayer we share with you as you head to exams rooms:

Lord ,this is a stressful season, and I'm overwhelmed by the mountain of work ahead of me, yet I trust in you. I know that when I put my [faith](#) in you, even when it's as small as a mustard seed ([Luke 17:6](#)), all things I hope for are possible.

I pray that as I study in these coming weeks, as I soak up knowledge and memorize facts, as I read and process and write, that you would be renewing my mind and strengthening my spirit.

As I enter my classrooms and exam rooms, I pray you would blanket me in your peace. Ease any anxieties, calm my restless mind, and give me focus on the task at hand.

I pray that I would know my worth is in you alone, not in any grade I do or do not make, not in any assignment or test or teacher's opinion. I pray that I would fear your presence during my exams, and that I would be comforted by your nearness.

Thank you for the gift of this education.

Affirming our calling, moulded for tomorrow.

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I pray that these final exams would be a celebration of all I have learned in this season, and that I would be grateful for all that I have experienced and for all the ways I have grown.
May you be glorified, Lord.

Amen.

He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. -[Isaiah 40:29-31](#)

Best regards

YWM CONNEXIONAL EXECUTIVE

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