

# GUIDANCE ON PREPARING FOR EXAMS

## 3 REASONS WHY IT'S GOOD TO INVEST IN A RELATIONSHIP WITH GOD DURING EXAM AND ASSIGNMENT SEASON:

### God is smart.

People hearing Jesus speak said of him, *'Now we know that you know all things and do not need anyone to question you; this is why we believe that you came from God'*. (John 16:30)

### God is powerful.

*All the peoples of the earth are regarded as nothing. He does as he pleases, with the powers of heaven and the peoples of the earth. No one can hold back his hand or say to him: "What have you done?"* (Daniel 4:35)

### God is loving towards us.

*God our Saviour showed us how good and kind he is. He saved us because of his mercy, and not because of any good things that we have done. God washed us by the power of the Holy Spirit. He gave us new birth and a fresh beginning. God sent Jesus Christ our Saviour to give us his Spirit.* (Titus 3:4-6)

Given that God is smart, powerful and loving, it makes sense that we should ask him for his help. The good news is, it's not the amount of faith we have that makes the difference, it's who we have the faith in. We don't need great amounts of faith; we need faith in a great God. One mustard seed of faith can make all the difference.

## PRACTICAL GUIDANCE ON PREPARING FOR EXAMS

1. **Pray in the morning** - before anything else, *'make every effort to present yourself to God'* (2 Timothy 2:15). Make sure you spend time with God before you start any work. Starting to study without first connecting with God is like going to the shops without first getting dressed – it's possible, but it's never a good idea. When you pray in the morning, it's good to start with, *'Good morning Almighty God'*. The way that we choose to address God is important, because it affirms our standing with him. Before a long and exhausting day begins, know that you are praying the *'The Almighty'* – the one who makes all the difference. Prayer (relating to God) can take many forms (e.g. worship, meditate on scripture, listen to the Bible on podcasts, prayer walk, prayer cycle, silence (more listening than speaking)).
2. **Work hard** *Whatever you do, do it from the heart for the Lord* (Col. 3:23) Pray that you would be able to work hard. Being a Christian, sadly, doesn't mean we can cram in some last-minute prayer before an exam, having done no revision, and assume God will enable us to miraculously pass.
3. **Plan** Consider what preparation work (and other things) you need to do and attribute time to each item. This way, you are less likely to worry about items that are not yet done, because you know that you have reserved time to do them later; with less worry, you are more able to concentrate on the task at hand.
4. **Figure out ways that help you to study** (e.g. groups, short chunks of time, have a line of maltase's for every ½ hour of solid work, etc.)
5. **Eat and sleep properly** Don't think that God will prevent you from collapsing if you live off coffee, vitamin pills and 4 hours of sleep per night. God wants you to be healthy; you work best when you are healthy; and he has designed ways for living that maintain our health – they involve good amounts of eating and sleeping.
6. **Reflect at the end of the day** Look back and give yourself a pat on the back. When life feels like a never-ending 'to do' list we can get demoralised; but when we reflect and acknowledge that progress has been made, we can feel more satisfied and propelled to continue.
7. **Rest and get recharged** Partaking in the Sabbath is a Command, even during exam season. You are required to rest and spend quality time with God to recharge your relationship with him.