

Stress

“Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God.”

Philippians 4:6

Reflection

Most people feel some stress at school. Whether it's due to an assignment, a test or peer relationships.

Psychologists tell us that the goal to manage stress is to find ways of managing anxiety to diminishes angst. Some suggestions to minimise stress include relaxation techniques and having a healthy and positive perspective.

It's important to remember that although these stressful situations they do not completely define who we are, nor do they control us.

The Bible reminds us that our relationship with God does define who we are and it is when we talk to him about our issues that we can experience peace. Paul says in Philippians 4, “...because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel” (v7).

Prayer

*Heavenly Father, please help us during and after our exam period. We ask that you help us to have a healthy perspective during these times and always.
In Jesus' name. Amen.*