
WITH GOD ALL THINGS ARE POSSIBLE

DIOCESE OF CAPE TOWN GRADE 12 EXAM DEVOTIONS



WELCOME

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world" - Archbishop Desmond Tutu

Dear Grade 12's this book is a resource written to encourage you to find joy and peace as you prepare and study for your final exam. Think of it as your pocket guide to faith. Trusting in God to see you through. Exam time is stressful with lists and notes, results and grades, demanding your time and focus. It is our hope that you will do well, making yourself proud. God is our source from which we draw wisdom, encouragement, strength and faith. May God be with you in the coming weeks.

*We are praying for you.
Ons bid vir julle.
Siyanithandazela*

STEPS TO USING A DEVOTIONAL BOOK

Establish a Consistent Time and Place

- ❖ **Choose:** A regular time and a quiet, peaceful place to minimize distractions and foster a connection with God.
- ❖ **Read the Scripture:** Some devotionals provide specific Read the scripture slowly and thoroughly, not just skimming it.
- ❖ **Reflect on the Devotion:** Read the commentary, story, or prompts provided by the devotional writer.
- ❖ **Journal Your Thoughts:** After reading, write down your personal insights, questions, or feelings about the scripture and devotional.

MESSAGE FROM BISHOP JOSHUA LOUW

My dear matriculants,

As you stand on the threshold of your final examinations, I want you to know that you are not alone. This season marks the culmination of many years of hard work, dedication, and perseverance. Each lesson studied, each late night of preparation, and each challenge overcome has prepared you for this moment.

Examinations are not simply tests of knowledge; they are opportunities to show resilience, discipline, and the fruits of your effort. Remember that success is not measured only by the marks on paper, but also by the character you carry forward into life.

I urge you to approach each exam with calmness of spirit and confidence in your ability. Do your part with diligence, and trust God to bless the work of your hands. As the Scripture reminds us, "Commit your work to the Lord, and your plans will be established" (Proverbs 16:3).

Do not be anxious. Pray before you begin, breathe deeply, and focus. Believe in yourself, for you have been wonderfully created and equipped with unique gifts.

May the Lord grant you wisdom, clarity of thought, and peace in your hearts. May these exams open doors to new opportunities and be a stepping stone to the bright future God has prepared for you.

Go forward with courage. You are in my prayers.

With blessing,

+ JOSHUA TABLE BAY

ANGLICAN BOARD OF EDUCATION

Exams! That time of the year when the warmer weather entices you to be outside, enjoying the sun and having fun with friends. But the reality is so different. The prospect of exams looms like a steep mountain which you need to climb. If you look at the top you will be discouraged. Instead, you look ahead and take one step at a time. And so, it is with exams.

You may feel discouraged. If only you had worked harder during the year. If only you had concentrated more in class. This is unfortunately no time for "if only's". You will need to spend time on the hard graft and trust you will be rewarded. As Christians our hope is in God.

Obviously, God will not be writing the exams for you! But his presence through his Holy Spirit means you will not be alone. If you hold onto that then you can take strength and be encouraged.

Mr. Robert Ferrandi

ACT OF COMMITMENT

We ask that you commit yourself with the following Act of commitment to hold yourself dedicated to doing your best.

(For the learners)

I.....commit myself to be consistent and work hard during this exam.

I will do the following:

❖

❖

(For the parents)

I..... (mother/father/guardian) of

..... I commit myself to encourage and support (him/her) during the exams.

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HOPE

By: The Very Reverend Terrence Lester
Dean of St George the Martyr Cathedral

Scripture: May the God of hope fill you with all joy and peace... (Romans 15:13)

Reflection: Growing up we learnt the words of songs! Often, every word of a song! One song whose words are etched is the song 'My Way' by Frank Sinatra. "And now the end is near and so I face the final curtain!" It is about doing life with a gritty, steely determination and doing it 'my way' which is commendable, but it can also convey a fatalism which is dangerous. Some things may feel like it is 'the final curtain' only to wake tomorrow and find that life goes on.

This can be true too of the hype around matric exams! In Afrikaans there is a simple but profound saying: 'More is nogge dag'! Truth is that, following your last paper, the day after, the sun will rise again, the low cloud that obscured everything for so long will clear and the mountain will again appear, solid, dependable and resolute as it always has for centuries. And the day after results? Same, the world will not end, you will get to choose again!

So, give it your best shot, yes, but also remember that the sun will rise and bring in a new day and you get to choose again and do what will best serve you.

Prayer: God, you are the same yesterday, today and forever. You made night and day, yet both are the same to You! Give us that same hope and fill us with such joy for all you have helped us achieve in our schooling, may we know that you are with us to the end of time. Amen.

Action: What hopes do you have after Grade 12?

SUCCESS

By: Revd. Canon Shaun Cozett

St. Paul's Anglican Church, Bree Street

Scripture: I answered them by saying, “The God of heaven will give us success. We his servants will start rebuilding, but as for you, you have no share in Jerusalem or any claim or historic right to it.” (Nehemiah 2:20)

Reflection: Nehemiah was a prophet of God during the time that the Israelite's were in exile in Babylon. He was inspired by God to lead the Israelite's out of captivity and back into the Promised Land. Before leading the people on this God-given mission, the prophet explores the land, to which they are hoping to return and for which they had been longing for 70 years. He finds that Jerusalem lies in ruins. Nehemiah was deeply moved by this sight but also felt God calling him to restore the once great city. Nehemiah came up with a plan for the reconstruction of the city that the Israelite's were to buy into. Some of them were skeptical because it seemed too great a task for them to achieve. Yet Nehemiah was confident, “The God of heaven will give us success”.

As you set out to write your final exams, what does success look like for you? Do you have grades that you would like to achieve? Is there an institution you are hoping to get into with your results? Is there a particular job you would like to apply for? Are you confident that God is with you and will grant you success?

Prayer: Dear Lord, thank you for giving me a vision of success for my life. When times get tough in the weeks ahead, remind me that success comes from you. As I commit myself to this final exam, please be with me and guide me throughout this journey. Amen.

Action: Make a poster with the words, “The God of heaven will give me success”, and place it near the place where you study, so that when doubts creep in you or you become despondent, you will have a reminder of what God is able to do for you.

PERSEVERANCE

By: Revd. Zukile Dondolo
Church of the Resurrection, Bonteheuwel

Scripture: Blessed is the one who perseveres under trial because, having stood the test that person will receive the crown of life that the Lord has promised to those who love him. (James 1:12)

Reflection: As you prepare for your final national exams. I would like to remind you of this biblical truth; you have already conquered! You have already overcome. The past 12 years of schooling is a testimony of that. I say you have overcome, not only because you are have/written exams for all of your schooling life and you have succeeded in them. I say so based on conviction that. The one in you is greater than the one who is in the world. Who sows doubt and fear in us all. For Jesus who lives in each believer is more powerful than the enemy in the world.

Today you are where you are in life because you have done one thing correct. You have persevered, you have strived despite all odds, continue to do so even though you now feel overwhelmed. Life is about tests/challenges and trials. Never allow fear and doubt to rule your life. What you have gone through in life has adequately, prepared you for this moment. Your teachers for the past 12 years have prepared you for this challenge and for life in general and beyond matric. Your faith community, which is your local church have laid a firm foundation in you, which is your faith in Christ, Jesus. Beyond exams, there is a crown awaiting you. Being the path which you have chosen to follow matric. Let not fear and anxiety rob you of your future that you have crafted for yourself- Victory is certain!

Prayer: Faithful God and Father carry our children as they study and prepare for this exam period under siege from the forces of darkness. Especially those who live in the Cape Flats. Where crime, violence and gun shooting is the order of the day. Protect and guard them under your wings as they walk to the exam venues at their respective schools. This we ask from our God, who never sleeps nor slumber, who watch over you now and forever. Amen.

Action:

- ❖ Set aside time to prepare.
- ❖ Before you answer, read and reread the questions on the exam paper.
- ❖ Work from the known to the unknown
- ❖ Answer all the exam questions, starting with the questions which you feel strongly about and tackle later the ones you are not so strong about.
- ❖ Learn in chunks - break down information in sizable bits, it is always easy that way.
- ❖ If the exam is set for 3 hours, make use of the 3 hours given.
- ❖ If you happen to finish early, sit and reread or relax, you stand a good chance to recall what you have learned while you are still in the exam room.

GROWTH

By: Revd. Glynis Rhodes
St Aidan's Anglican Church, Lansdowne

Scripture: God provides direction through scripture never to fear rather to gain knowledge and become confident in Him (our Creator God) who began a good work in you will carry it on to completion until the day of Christ Jesus (Philippians 1:6).

Reflection: Growing is a natural portion of one's journey on earth. We grow in various ways through the grace and mercy of our Creator, God. We are all scholars on this road of discovery therefore we are afforded the opportunity to learn about life through others, books, primary and High School. Jesus Christ is part of the great fellowship of Father, Son and Holy Spirit. He has been part of your growth journey since your sacramental baptism. You are not alone; rather, you are invited to embrace that partnership and draw strength from our Triune natured Creator. Our Almighty Creator empowers and ignites us through His Holy Spirit to reflect and recall all that we learn and gain knowledge of throughout our school and college period. Believe and trust that God who had begun his good work in you will bring it to fruition.

Use your time diligently to study, reflect and revise what you learnt throughout the year and previous years. Breathe and be patient with yourself, do not panic, God reminds you I am with you always, do not be confused. Use your time to work fruitfully through relevant study material remember faith with works. Work persistently seek God prayerfully do not forget to breathe and ask for assistance it builds confidence. You are not in this alone we are right there beside you along with our prayers. Trust and believe and be encouraged because God is with you always.

Prayer: Holy Father guide me and my fellow classmates through this time of study allow us to focus on the work set before us, grant us the confidence and patience as we journey together fill us with strength and your peace as we prepare for exams may we continue to grow in your grace and love in Jesus' name. Amen.

Action: Remember to breathe and drink water during your study times. May God's love and peace surround you. Breathe in slowly (hold for 10 seconds) ...(exhale) breathe out (repeat 3 times). Now repeat the exercise breathing in you say, "God is with me".

COMMITMENT

By: Revd. Siyabulela Tshatshu
St. Cyprian's Anglican Church, Langa

Scripture: I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous judge will award to me on that day. (2 Timothy 4:7)

Reflection: St. Paul is sharing his testimony to his spiritual son Timothy, that he is expecting a reward from God as he was committed in fighting the good fight, keeping the faith and finishing the race. It pays to be committed.

Commitment is the foundation of great accomplishments. Without commitment you will not achieve what you wish to achieve. For instance, runners who participate in the comrades marathon will not be showing us their physical, mental and stamina at the highest level if they are not committed to their preparation phases. To achieve greatness in the areas that are important to us requires that we deeply invest ourselves and commit, the benefit of that it shapes a life for us. Friends, it requires a certain sense of commitment to get up on your bed (daily simple commitment), As a student wishes to pass matric - you were required to have a sense of commitment to your school life, hence you are at this stage of your life now.

Be committed in finishing up - switch off on other commitments and be committed to your books and school life. Remember it pays to be committed. Fight the good fight, finish your race, keep the faith and the benefit of that you will be awarded.

Prayer: Grant us a steadfast spirit of commitment, that we may dedicate ourselves to our studies and pursue our goals with unwavering dedication and resilience. When self-doubt or frustration arises, remind us of our identity in you, and give us the confidence to trust in your provision and power. Lord in your mercy - hear our prayer.

Action: What distractions are preventing you from studying? (block it, pause it, ignore it)

TIME MANAGEMENT

By: Revd. Dr Isaias Chachine
ANSOC Chaplain, Cape Town

Scripture: Whoever is faithful in very little is also faithful in much. (Luke 16:10)

Reflection: As you stand at the threshold of your final examinations, you find yourselves at a crucial crossroad where time, learning, moral panic, and prayer meet. It is a season filled with pressure, expectations, and sometimes fear of the unknown. Yet, it is also a season filled with promise, hope, and God's grace. The grace of time and commitment are key in our life journey, yet without surrendering ourselves to God in prayer panic and anxiety can easily derail our vision.

In Luke 16:1-13, Jesus tells the parable of the shrewd manager. At first glance, the story seems confusing. But at its heart, it reminds us that in moments of crisis and pressure, wisdom and faithfulness in the little things matter greatly. The manager used the resources and opportunities he had with urgency and foresight. Likewise, you are called to use this precious time wisely, disciplining yourselves, prioritizing your studies and committing your efforts to God.

As you prepare for your matriculation, may you know that your worth is not only in your results but in the One who holds your future. Walk into your exams with courage, wisdom, and peace. Go forward with the assurance that God is with you, guiding your thoughts, calming your heart, and lighting your path.

A Call to Faithfulness "Whoever is faithful in very little is also faithful in much" (Luke 16:10)

Prayer: Lord, bless our matric students. In their studying, give them focus; in their stress, grant them peace; in their doubts, assure them of Your presence. May their efforts bear fruit, and may their lives reflect Your wisdom and love. Amen.

Action: Be faithful with your:

- ❖ Time
- ❖ Learning
- ❖ Prayer

ACCOUNTABILITY

By: Revd. Chesnay Frantz
Sub Dean - St George the Martyr Cathedral

Scripture: Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.
(Colossians 3:23)

Reflection: Accountability is not about carrying a heavy burden. Accountability is about owning your journey with courage and faith. To be accountable means showing up with your best effort, making wise choices with your time and taking responsibility for your studies and your future.

You are not measured by your marks alone. Your worth is not defined by percentages on a paper, but by the values you carry, the resilience you show, and the character you build. God sees more than grades. God sees your heart, your effort, and your potential. The Bible reminds us in Colossians 3:23: “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” This means giving your best, not because of pressure, but because it honours God and opens doors to growth. Accountability is about faithfulness, and when you are faithful in the small things, God will entrust you with greater things.

So go forward with confidence. Stay disciplined, stay hopeful, and trust that God is shaping you for more than just exams—God is preparing you for life.

Prayer: Lord, thank You for these matriculants. Remind them that their value is not in marks, but in who You created them to be. Help them to be accountable, diligent, and courageous, trusting that their future is secure in You. Amen.

Action: What ways am I making myself accountable with my studies?

RESPONSIBILITY

By: Revd. Miseka Mapukata

St Peter The Fisherman and St Simon of Cyrene, Hout Bay

Scripture: That slave who knew what his master wanted but did not prepare himself or do what was wanted, will receive a severe beating. But the one who did not know and did what deserved a beating will receive a light beating. From everyone to whom much has been given; much will be required; and from the one to whom much has been entrusted, even more will be demanded. (Luke 12:47-48)

Reflection: Responsibility can sometimes be so demanding and challenging for it requires one to be an active participation, be able to take ownership of one's actions and the consequences: however, it is also beneficial in the sense that it allows one to be a better decision-maker. To be responsible increases one's confidence and brings about sense of calm. It empowers and fosters personal growth. As a Matriculant you have the responsibility to thoroughly dedicate your time in consistently developing your study skills to do well in these final examinations which will guarantee a secure future.

Peter a disciple of Jesus, asked him to explain a parable to which Jesus responded by telling him that it is those who are entrusted and blessed with God's gifts, who are to be responsible with that gift. Jesus encourages people to tap into their God-given skills with courage and diligence, as he promised that he will never leave nor forsake all those who keep to God's will but instead will reward them abundantly for their dedication and hard work.

Prayer: Lord God, we pray for all matriculants may you fill their hearts with perfect peace that comes only from You. Let this time be a time of sincere expressions of faith, support, connection to You and dedication to their studies. Almighty God protect them against the evil one and let no weapon formed against their future prevail in Jesus's name, Amen.

Action: Do not underestimate your worth and God' given gifts; know you are knowledgeable, and the knowledge goes hand in hand with responsibility, therefore act on it with power.

WRESTLING WITH DOUBT

By: Revd. Keegan Davids
St. Saviour's Anglican Church, Claremont

Scripture: A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God! (John 20: 26 - 28)

Reflection: Doubt is an interesting head space to navigate - on the one side it is a very healthy part of our human experience, producing questions that probe and poke and help us make sense of our humanity but on the other side it is often ridiculed as being the counter opposite to faith which can leave us with feelings of shame or unworthiness. and in some cases doubt can also lead to a loss of confidence in ourselves and those around us. But in our reading today, we are privy to a special encounter between Thomas and Jesus, one that I think reframes our relationship with doubt and invites us into a more authentic way to be with Jesus.

In this moment, Thomas risks the ridicule he may receive for his wondering and chooses to be his true self - to be honest about his uncertainty. Which of course takes a lot of bravery, but what we see here is that doubt opens up the possibility for our humanity to encounter the divine, for our weary hearts to come face to face with our authentic self's and to find Gods overwhelming grace and acceptance.

In a world as polarized as ours, it's a courageous act, to be one's true self. to be honest about where we really are, to wrestle with our questions and our doubts, recognizing that there is no question too big for God, no doubt too frightening, and nothing about our authentic selves that can deter Gods love. So may your questions, your wrestling's, and your doubts not be a source of shame, but a path toward a deeper, more connected relationship with Jesus. May you find the courage to show up as your true self, confident that you are seen, known, and loved completely by God

Prayer: Dear Jesus give me the courage to be honest about where i am and to rest in your presence and care for me today. Amen.

Action: Think about the one question you are wrestling with and find a friend or a mentor with whom you can share that wrestle with.

COURAGE

By: The Venerable Grant Damoes
St. Martin's Anglican Church, Bergvliet

Scripture: Do not be afraid, do not be terrified for the Lord your God will be with you wherever you go.
(Joshua 1:9)

Reflection: Imagine as a child get lost in a large shop such as a Checkers. You arrived with your parent or guardian, but you have no idea where they are. You are not looking to returning home, but for you, home is being with them. You are taken to the information desk and reunited with them. You are home, not as a location but with your parents or guardian.

In the same way, we can be so focused on the destination or just getting through these exams and hope that it will be over, forgetting WHO IS WITH US. Courage is described in the bible as 'effort, hard work and strength.' This resides in you and me when we allow God's Holy Spirit to direct our ways. Courage is grown by facing the responsibilities we are given or take on, even when they seem to overwhelm us asking God to guide us.

Prayer: Courageous God, who led Joshua, by giving him the responsibility of leading others, and guiding them. This demanded that Joshua trust you Lord. Help us to see and hear you in all our preparation. May your courage drive from us the fear of not being good enough, or the fear of failing or failure. Fill us with the courage to do and achieve unimaginably more than we can ever imagine. We ask this in Jesus name. Amen.

Action: When you do something, you really do not want to do, you strengthen the pathway of courage in you. The more you avoid it, the more you give in to the pathway of fear. Pray and ask God to help you choose the pathway he wants you to take and follow it.

GRATITUDE

By: Revd. Mzwabantu Magadla
St. Andrew's Anglican Church, Steenberg

Scripture: I will lift my eyes to the hills: but where shall I find help?
My help comes from the Lord: who has made heaven and earth. He will not suffer your foot to stumble and he who watches over you will not sleep. Be sure he who has charge over Israel will neither slumber nor sleep. (Psalm 121: 1-4)

Reflection: God is our helper in all we go through. With God by our side, the weight becomes easier and light. For all the goodness of the Lord, we are always grateful. Gratitude is an expression of our joy and always understanding God as the sole help(er) we need.

Psalm 121 is a very useful psalm to be always used, especially in stressful times like exams; In moments of doubts and challenges, we at times feel cold, doubtful and the Lord (God) feel distant. The Lord is always closer for us and is always with us even in times when it feels he is absent. The Lord cares for us 24/7 (every minute). God will never leave us nor forsake us or forget about us for that matter. All we need is to look up and lift our eyes to God. God is always there even in our lowest moments.

As you open your books, always start with a minute (even a half a minute), thank God and ask his help. God is a faithful God even in the dry season of our lives. Recite this psalm even if it makes no sense; God knows your heart, and he will always help you. All you need is to always trust, but you need to work timorously. Using this approach, you will be calm as you enter exam rooms, for you know, God who has charge over Israel will neither slumber does not sleep. Show gratitude to God who is always at reach that all God wants from you, gratitude.

Prayer: Lord, as I open my books, may I always be grateful; at times anxiety comes down my heard, be my helper. Calm down my nerves so I may grasp what I read. I know you are an ever-present help, and my hope is only in you. Thank you, Lord (that), you are always with me. Amen

Action: Take some time, reflect and think of all positive things God has ever done for you. Write them down. There's a beautiful hymn called, "Great is Thy faithfulness" (have a listen to it).

Thank the Lord for all God had done.

FEAR

By: The Venerable Melaney Klaasen
St. Mark's Anglican Church, District Six

Scripture: Jesus came and stood among them and said: "Peace be with you. (John 20: 19b)

Reflection: During examination periods, we are sometimes overcome with various emotions. One of these may be the feeling of fear. We may fear failure, that we may not be able to cover all the content while studying, that we may forget what we have studied when we are writing, disappointing ourselves and others. The words in our scripture reading were uttered by Jesus to the disciples while they were locked behind closed doors, fearing for their lives.

Fear is a normal human emotion, part of the human make-up. It is simply a reaction to danger. It alerts us to the fact that something may be dangerous or that there might be a problem. Fear can therefore lead us to apply caution and prevention of harm. We can put safety measures in place, e.g. studying well.

Fear becomes a burden when it keeps us in bondage, making us feel powerless, causing anxiety, and self-doubt. This type of fear keeps us trapped in our situation. This is the fear that the disciples experienced when they were behind locked doors, unable to go outside to face life. In this circumstance Jesus comes to stand among them, saying: "Peace be with you." After saying this, he sent them out from behind the locked doors.

There is a movement from being trapped by fear to moving into action. They regained their confidence, as they embraced the peace that Jesus offered. When you are overcome by fear during this examination period, name your fear to Jesus. Hear in your heart the words that Jesus offer to you: "Peace be with you." Remember that you are not alone, but in the presence of The Holy Spirit, who set you free to be confident in knowledge. that God will protect you, guide you and enable you to do your best. Just like Jesus sent the disciples out, he sends you out from fear to freedom in your studies.

Prayer: Loving and caring God, you know what is in my heart. Remove from me all fear that keeps me trapped and prevents me from being my best. Pour your peace into my heart, body and my mind. Strengthen my faith to know that you are always with me. Amen.

Action: As you pray for yourself, pray for a friend too, and offer words of encouragement to her or him. Share the peace that Jesus is giving to you.

INTEGRITY

By: Revd. Canon Dr Clair Nye Hunter
St Thomas's Anglican Church, Rondebosch

Scripture: Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. (Proverbs 10:9)

Reflection: Integrity is about living in such a way that who you are in private matches who you are in public. It means being truthful, dependable, and standing firm in your values, even when it is difficult. As you approach this final stretch of your school journey, integrity will guide you further than talent, intelligence, or opportunity alone ever could. People may forget your marks or the roles you held, but they will remember the kind of person you chose to be. Integrity brings peace, because you don't need to pretend or hide - you can walk with confidence knowing your life is honest and whole.

I - Inspire others through honesty
N - Never compromise your values
T - Truth as your foundation
E - Example in word and deed
G - Godly character in all things
R - Respect for yourself and others
I - Integrity in the small things too
T - Trustworthiness that lasts a lifetime
Y - Your life as a light to the world

Prayer: Heavenly Father, we thank You for these young people standing on the threshold of a new season. Give them courage to live with integrity, to make wise choices, and to stand firm in truth even when it is hard. May their lives shine as examples of honesty, faithfulness, and strength of character! Bless them with peace and guide their steps into the future You have prepared. Amen.

Action: Be honest with yourself and others: Strive to be truthful in your words and actions. Own up to mistakes: When you make a mistake, admit it and try to learn from it, rather than hiding it. Be reliable: Follow through on commitments and promise to build a reputation for trustworthiness.

GOAL SETTING

By: The Venerable Mkhusele Lujabe
St. Andrew's Anglican Church, Newlands

Scripture: "I press on towards the goal for the prize of the heavenly call of God in Christ"
(Philippians 3: 12b - 16)

Reflection: Today's topic tackles one of the most essential aspects of any study and learning journey - Goal Setting. It is a discipline and a rule of life by which we always seek to work towards becoming people of purpose. A goal is to be considered as a bright vision that draws attention to itself in such a way that its constancy, presence, and appeal cannot be avoided at any moment, so that it stimulates interest and drives energy to be reached. At times, pursuing goals may need extra energy, motivation, and passion, especially considering the many things that challenge daily our efforts as young people and learning processes.

Setting goals is a more demanding task, which requires making clear choices that will support the desire to reach the intended outcomes and vision ahead. It is also a task of making enormous sacrifices, as one is often required in the process to consider what is most essential even if it surpasses what you would have otherwise chosen for your own leisure. This is but some minor aspects that are involved in the demands of goal setting, but once you reach the destination it is a fulfilling joyous moment, and a realization of your purposes.

Prayer: I pray that you will be encouraged and always looking to Christ for the strength you need to reach your tasks, writing with clarity, and finding motivation daily to pursue the next exam with enthusiasm and patience, In the Name of Christ. Amen.

Action: Write down your goal for each of your exam papers?

LIVING A BALANCED LIFE

By: The Venerable Allen Goliath
St. Mark's the Evangelist. Athlone

Scripture: There is a time for everything, and a season for every activity under the heavens (Ecclesiastes 3:1)

Reflection: Matric finals exams is stressful, with many long days and late nights of work and studying. Making use of every opportunity to finish strong and ace the exams. But we must remember that we are humans and not machines that are being built to keep working and producing without stopping. Our mortal bodies and minds require rest. We are made for both work and rest.

Rest provides our minds and bodies to recover, to regenerate. This is how our Heavenly Father designed the created order, with a difference between day and night. Day being for work and night for rest. Even the rhythm of nature reflects the pattern of work and rest, with seasons of growth and seasons of rest and hibernation.

Striking the balance between work and rest is so vital during such a stressful and demanding period like matric finals exams. How wonderful to know that our Creator remembers in rest and encourages us to step away from our busy and noisy world and enjoy rest and find our peace again. To practice a balance of work and rest is also part of our responsibility of caring for yourself.

Prayer: Lord, as I write this exam, send Your Holy Spirit for guidance, enlightenment and inspiration. Grant me clarity of mind so that I may be able to recall well and apply correctly all of the things that they have learned and studied. And may I hold to a balanced life of work and rest during this time. Amen.

Action: What gives you joy? Do an activity that will recharge you and bring joy after an intense study session or difficult paper.

DO YOU HAVE THE DISCIPLINE?

By: Revd. Jennifer Swartz
St. John's the Evangelist, Crawford

Scripture: Whoever loves discipline loves knowledge. (Proverbs 12:1a)

Reflection: How can you order or re-order your life to be disciplined? Every person is uniquely created by God and therefore to be disciplined requires you to understand how and when your ability to focus is at its peak; what conditions allow this. Your social environment may be different; the surroundings in the leafier suburbs may be quieter compared to those living on the Cape Flats where daily occurrences of gang warfare impinge on your ability to remain focused and or surrounding noise levels may be distracting.

You may or may not have the necessary resources at your disposal, though the spirit that God has placed within each one of us, is one of adaptability because God is always with you. Faith, hope and love, an anchor even in adversity.

If discipline and knowledge are interwoven with love at its core, perhaps it could be viewed as a central theme for living well, that you are disciplined enough to gain knowledge, that you engender a love for learning and regard it is a gift and not too tedious; to affirm that what you are learning is of value not only momentarily, but the future. If you are struggling with discipline, be bold enough to ask for assistance as children of God, seek, knock and ask God to guide you to be disciplined. Discipline and knowledge with love being its object is to faithfully behold a commitment to fulfil the task that is set before you.

Prayer: Creator of the universe, help to embrace a disciplined lifestyle so that I may grasp its divine intention for my life. In Jesus Name I pray. Amen.

Action: To be disciplined requires appropriate planning so as not to become overwhelmed. There is an old saying 'make hay while the sun shines.' Discipline requires putting in the extra effort every day, fast from social media (a thief of time), exercise, take time to rest and recharge and never be afraid to ask for help.

PEACE

By: Revd. Philip Donald
All Saints Anglican Church, Lansdowne

Scripture: Peace, I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)

Reflection: While exams can be stressful, there are resources we can reach into that will sustain us through even the most stressful of moments. Jesus is our center and can provide you with the peace which surpasses all understanding. To that end find a verse, reflection, prayer and action step to guide you through some of your stressful moments as you prepare for your school exit exams.

It has been 33 years since I wrote matric and I can still remember the time spent in preparation for the different exams: the excitement, at times anxiety, the discussions before and afterwards, and the relief. Most of all, I remember the bonds formed with my fellow matriculants as we navigated our way through what was, until then, probably the most important rite of passage I had faced. When I reflect, it was undoubtedly the relationships that carried me through those times. Not least my relationship with Jesus.

Had I known then what I know now, this is the advice I would offer myself... Philip, hard work is important, and grappling with the various concepts that you have been exposed to in the classroom is essential for good results. But behind those lessons is one far more important lesson: “How to sustain peace in a world shattered in confusion”?

The peace the world offers will not sustain you, nor society, as you navigate the turbulent waters of your time. Pause and reflect. You are young, and your energy will carry you for now, but the peace that will allow you to stand-up time and again as life sends you hard knocks is only available from Jesus. Pause and reflect. The peace Jesus offers is for all takers. As Isaiah said, “In repentance and rest is your salvation, in quietness and trust is your strength.”

Prayer: Lord, give me peace in my heart, clarity in my mind, and strength in my body as I write these exams. Help me to trust You more than my own ability and remind me that my value is found in You alone.

Action: When you feel stressed or anxious, or just outside yourself. Pause. Identify the emotion you are feeling and breathe for sixty seconds and pray the prayer above. Then return to the task at hand. Remember that your emotions are real, but you are not your emotions. You are first and foremost a child of God.

FAITH

By: Revd. Canon Nobuntu Mageza
St Mary Magdalene Anglican Church, Gugulethu

Scripture: Commit your works to the Lord, and all your plans will be established. (Proverbs 16:3).

Reflection: You may be anxious of what lies ahead of you, knowing it determines your completion of your high school years and the new chapter at tertiary level that will open your future. Relax and know that you can do this. You have worked hard and dedicated your time and energy to your studies throughout this year. In so doing your faith was that your hard work will pay off. I assure you that God is with you. He will give you strength to pull through successfully. Even though you cannot see Him, your renewed strength is the living proof that He carries you.

Put your trust in God. Find time in between your studies to pray to God and ask Him to give you wisdom and understanding of the content you study. Remember, Paul in the Letter to the Philippians 4:13 says “I can do all things through Christ who strengthens me.” Like Paul, believe that you can endure all the anxiety through the power received from Christ. You may be enduring difficult and painful time as you study hard for your exams, but I assure you, you are planting a seed that will give you joy when you reap the good results. The Psalmist puts this better, “He who goes out weeping, bearing seed for sowing, shall come home with shouts of joy, bringing his sheaves with him: (Psalm 126:6).

Prayer: Gracious God, Source of all life, we bring before You your children that are about to write exams. Look kindly on them, and may Your Holy Spirit guide and direct them. May they always have faith in the plans You have for them. We pray this through Christ, our Lord. Amen.

Action: Faith is not passive but requires of us an action. What actions of faith will you take for this or your next exam paper?

BELIEVING IN YOURSELF

By: Revd. Ronald Muller
Church of the Reconciliation Mannenberg

Scripture: Fear not, for I am with you, do not be distressed, for I am your God; I will strengthen you and help you. (Isaiah 41:10)

Reflection: When one is hopeful to either achieve or make something meaningful out of your life. It will require that you have the correct mindset for this. Various thoughts will fill your mind, yet you are responsible for navigating your way through it all. In the hope of achieving something great you must believe in yourself first. At this stage as you work towards the final lap in your Matric year, you might find yourself wondering about many things. You could be overwhelmed because there is huge expectation on you.

However, take time to breathe in and out for a moment. Say to yourself that you got this. When you do this, it enables you to have a conversation within yourself. Now is the best time to convince yourself that you can achieve greatness as you come to the end of your Matric year.

This conversation with yourself is a much needed one. In this conversation you must believe in yourself that you will make it. Furthermore, you also must lean on the promise of God who reminds you through the text of Isaiah that God Almighty will strengthen you and help you. Why does God remind you of God's strength? It is merely so that you can understand you are special in God's sight and that you have a God-given ability inside of you to make the most beautiful thing out of your life. Stay focused, believe in yourself that you got this, study hard, trust in God, say a short prayer from time to time and know that many people got you covered. New journeys await after this! You got this because the best is yet to come.

Prayer: Gracious God be with all matriculants writing exams, give them a sense of peace to trust in you the God who created them. Instill in them the confidence to believe in themselves and to never lose faith, through Jesus Christ our Lord. Amen.

Action: When you place a seed in the ground it requires water, oxygen and the right temperature to grow. Just like a seed you will need the support of others to grow. Do not hesitate to ask for help or guidance.

ANXIETY

By: Revd. Avron Flowers
St. Cyprian's Anglican Church, Retreat

Scripture: Cast all your anxiety on him (Jesus) because he cares for you. (1 Peter 5:7)

Reflection: Anxiety is something we all face, especially when the pressure is high and the future feels uncertain. For you, Grade 12 exams may feel overwhelming — like the weight of your entire future rests on these moments. But take comfort: God sees you, He knows your fears, and He cares deeply for you.

Anxiety often whispers that we are not enough, that we might fail, or that we are alone. But the truth of

Scripture tells us something very different. God invites you to bring every worry, every sleepless night, every racing thought to Him. He is not distant; He is close to you.

When Jesus faced His most anxious moment in Gethsemane, He prayed honestly, pouring out His heart to the Father. You can do the same. Prayer is not about pretending everything is fine, but about entrusting your fears into God's hands. Remember: exams are important, but they do not define your worth. You are God's beloved child, and nothing can change that.

Prayer: Lord, I give You my anxiety. Calm my heart, clear my mind, and help me trust that You hold my future. Amen.

Action: Whenever you feel anxious, pause, take a deep breath, and pray these words: "Lord, I cast this anxiety on You." Now get moving, go for a walk and move your body (exercise, run, walk, dance).

Movement releases built up stress in the body and frees the mind and heart.

CONFIDENCE

By: Revd. Brenden Fox
Church of the Holy Spirit, Kirstenhof

Scripture: Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. (Psalm 27:3)

Reflection: How confident do you feel right now? Are you ready to take on the world or are you not so sure that you have what it takes. Growing up I was always envious of the confidence of some of my friends in class and wished I could be more like them. But I was encouraged by the stories of Moses and Gideon, whose confidence was not in themselves but in their God.

God gave them both different tasks and neither of them believed they could accomplish what God had laid before them. Moses complained that he stuttered and could not speak to the Pharaoh. Gideon reminds God that he is the least in his family, his clan the weakest and that he does not have the strength to drive out the Midianites who oppress his people. Yet God goes with both of them, He guides them and strengthens them. “Go in the strength you have” (Judges 6) God says to Gideon, and he defeats the Midianite army with only 300 men. Pharaoh eventually listens to Moses and sets God’s people free. Remember that God’s “power is made perfect in weakness” (2 Corinthians 12:9)

To be confident is to have firm trust, assurance, or belief in someone or something. Don’t place your confidence in things that will let you down. Rather place your trust, your assurance, and your belief in God today. Place your confidence in Him.

Prayer: My God, I pray for confidence and trust as I take this test. You know my heart, and I ask that You ease my fears and provide a quiet confidence rooted in Your presence. Guide my thoughts and decisions and let Your wisdom be my inspiration. I trust that You are with me in this challenge, and I commit my efforts into Your hands for a positive outcome. Amen.

Action: State 3 things you good at or got done this year that you are proud of.

MY EMOTIONS

By: Revd. Moeketsi Mototjane
St Matthew's Anglican Church, Claremont

Scripture: You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. (Psalm 139:1-3)

Reflection: As you sit for your final exams, the church stands with you in prayer and support. We recognize that uncertainty, fear, frustration, and confusion may be swirling within you. Yet, we are reminded that Jesus Christ himself engaged with the learned, asking and answering questions.

As future leaders, your matric year has been a thrilling yet challenging phase. Now, is the time to conclude this chapter and begin writing a new one that will shape your path forward. As you prepare for your exams, recall the great power and capabilities within you. Many doors and opportunities await you, so remain faithful and allow God to transform your doubts into springs of hope.

May God continue to guide and bless you as you prepare for your examinations. We wish you all the best. Remember, the God who created you in His image empowers you to recall what you learned. As Psalm 139:1 reminds us, The Lord has searched and known you before birth. Stand firm in your faith, and you will have nothing to fear.

Prayer: Loving Father and Creator, in your loving wisdom, you have created human beings, with all their abilities- brainpower, reason, memory, and understanding. Bless these our matriculants and be with them always, especially during their period of examinations, protect them from fear and frustration, and provide them with hope, courage, and confidence. Illuminate their minds that they may understand the questions properly and be able to answer them correctly. We asked this through Jesus Christ. Amen.

Action: Listen to inspiring music or a song this lifts you up.

PRESSURE

By: Revd. Jenny Govender

Red Cross Ware Memorial Children's Hospital and Groote Schuur Hospital.

Scripture: We are afflicted in every way but not crushed, perplexed but not driven to despair, persecuted but not forsaken, struck down but not destroyed (2 Corinthians 4:8-9)

Reflection: Pressure can be persuasion or intimidation to make someone do something. Similar words are force, coercion, compulsion, insistence, demand, just some of many. The pressures of life most times force us to live up to others' expectations of us.

At this stage of your life, it is important to remember that you are the only person who is holding the pen writing your story, what you want to be, who you want to be, how far you want to run your race and with what success you will achieve all of your goals and dreams. God's word is not just words but a weapon for your daily life from the littlest thing to the big things in your life. So, call on God and stand on his word to help you on this journey called life. As you prepare to write your exams, may you find your confidence, courage and strength in God.

In Philippians 4:6-7 Paul encourages believers to turn to God in prayer and thanksgiving. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Isaiah 41:10 reminds us that God is with us in times of pressure, offering His strength and support. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

In Philippians 4:13 Paul confidently declares that with Christ's strength, he can endure any pressure or hardship and so can you. "I can do all this through him who gives me strength"

Prayer: Lord, thank You for the wonderful opportunities You have given me to learn and grow. Right now, I'm feeling pressure of my upcoming exam. Would you help me focus on what I'm studying and remember what I've learned? Let these ideas take root in my mind and give me peace as I continue to prepare. In Jesus' name. Amen.

Action: Maintain a healthy lifestyle with good sleep, nutrition, and exercise, connect with others for support.

RESPECT

By: Revd. Sithembiso Mbuqe
St. Martin's Anglican Church, Bergvliet

Scripture: Be devoted to one another in brotherly love. Honour one another above yourselves." (Romans 12: 10)

Reflection: Respect is a fundamental value that serves as a basis for our everyday lives as well as for navigating relationships, academics, and personal development. Respect involves valuing other people's opinions, boundaries, and values. It serves as the cornerstone for fostering positive community development, solid interpersonal relationships, and personal growth. Ultimately, this commitment to respect not only enhances our interactions but also contributes to a more harmonious society.

Our fundamental understanding of respect informs us of our relationships and interactions. People from all walks of life, cultural backgrounds, and perspectives come into interactions with us as we journey through various situations. This verse and passage encourage us as Christians to love and honour one another and put our hopes in to action by showing love to other. This kind of selfless love and service can foster a sense of hope in so many ways. When we show love to one another, it creates a sense of community and belonging, which is the source of hope. We need to encourage and support each other by means of fostering a sense of hope and unity. Let us inspire hope by showing God's love and character in relationships to those around us.

Faith is more than simply holding onto beliefs; it is also about implementing those beliefs to our day-to-day activities. Let us consider methods by which we can demonstrate our faith in our relationships and in the world around us as we reflect on it. By deepening our relationships with God and profoundly carry out our values, let us reflect our faith in our daily interactions with others.

Prayer: Most gracious and merciful Lord, help me to respect others with kindness, empathy and humility. May my words and actions reflect your love and care for every individual. Amen.

Action: During this time reach out to your friends and listen to their struggles, create conversation that is positive and encourage one another.

CURIOSITY

By: Revd. Ryan Baatjies
St. Paul's Anglican Church, Bree Street

Scripture: After three days they found him (Jesus) in the temple courts, sitting among the teachers, listening to them and asking them questions. (Luke 2:46)

Reflection: This world is filled with mysteries which peak our curiosities. Being curious doesn't have to be something negative, instead it could lead you to living a richer and purpose-filled life.

When Jesus was a boy of 12 years old, he travelled with his family to Jerusalem for the Passover Festival. When his parents and others were heading back, Jesus stayed behind. His parents found him in the temple, sitting among the teachers, listening to them and asking them questions. Jesus was earnest in learning more about His faith and tradition from the elders. This yearning for knowledge got Him in a bit of trouble with His parents because of the way he went about it. However, His curiosity led Him to be a better person, a better leader, and a better interpreter of God's Word and work in the world.

Therefore, curiosity can lead you down amazing paths; however, it does take courage, perseverance and, very importantly, awareness.

Indira Gandhi, the former Prime Minister of India, said: "The power to question is the basis of all human progress." The world has evolved beyond what we could ever comprehend because people asked questions. The Wright brothers asked how birds were able to fly despite their weight, and they dared to ask the question: "What if human beings were able to fly?" There are numerous examples of how curiosity and seeking have transformed the world.

If you ever find yourself in a place of curiosity and struggle to find the courage to take on the challenge that lies ahead, remember what Jesus told His disciples in John 16:33b: "But take heart; I have overcome the world." He spoke these words knowing the challenges that were lying before them. So, take heart, knowing that the Lord your God is with you. The One who knows and sees all can carry you through the storm.

Prayer: God Almighty, thank you for the power of dreams, ambition and curiosity. Thank you for blessing us with ability to see and discover more of your will and way for our lives. Teach us to be bold and courageous to be better people and create a better tomorrow for all creation. In Jesus name we pray. Amen.

Action: Don't be afraid to question things, because it is important to find meaning in what exists and what could be.

MENTAL HEALTH

By: Revd. Joshua Abrahams
St. Peter's Anglican Church, Mowbray

Scripture: God is our refuge and strength, an ever-present help in trouble. (Psalm 46:1)

Reflection: Exams are already stressful, but for many young people in Cape Town, especially those living in areas where gang violence is a daily reality, the pressure feels multiplied. Fear, anxiety, uncertainty, and constant noise can easily steal your peace of mind. Yet God promises to be a refuge, a safe place we can run to, not only in moments of crisis but in every anxious thought. Refuge doesn't always mean the problems disappear immediately, but it does mean God holds you close, giving strength to keep going.

When your mind feels scattered or heavy, remember that God is greater than the chaos around you. God knows the dreams He has placed in your heart, and He has not forgotten you. In fact, your very perseverance through these challenges is a powerful testimony of faith and resilience. You are not defined by your environment, your fear, or your stress; you are defined by the God who created you, calls you His own, and equips you to rise above. Even in the hardest places, God's light shines through you.

Prayer: Lord, be my refuge when I feel overwhelmed. Strengthen me when fear and stress rise up and remind me that You are with me always. Amen.

Action: When feeling anxious, pause, take three deep breaths, and silently repeat Psalm 46:1. Write it on a small card to carry with you during exams as a reminder of God's presence.

LOW EMOTIONS

By: Revd. Jeremy Smith
Christ Church Constantia

Scripture: But those who wait for the Lord's help find renewed strength; they rise up as if they had eagles' wings, they run without growing weary, they walk without getting tired. (Isaiah 40:31)

Reflection: What do you do when you feel down?

Do you escape, run, hide or suppress your emotions. If you like me, you probably enjoy the happy emotions and want to stay in that space for as long as you can. This is not always possible because exam stress, study loads, and life have a way of draining one's energy. Burn out is real and emotional depletion can cause you to feel tired, unproductive, lethargic and just generally run down physically and emotionally.

Our emotions communicate to us by providing information about your internal state and needs, influencing your thoughts and actions, and by signaling your intentions and feelings toward people, and activities. What are your emotions communicating to you today?

So, what do you do when you feel down?

Cry if you need to cry. Vent when you need to get stuff off your mind and out your heart. Feel what you must. These are valid feelings. Don't bottle your feelings. Talk to a parent, responsible adult or friend. When our emotions are low, we need others. May God renew your strength as you wait on the Lord. God is a constant presence, God's strengthening and helping nature, and unwavering support and power will lead you through the low times.

Prayer: Lord God, I'm not feeling up for it today. Lord Jesus ease the pounding of my heart by the quieting of my mind. Holy Spirit, help me not to fear, not to be discouraged. I know you are with me. Amen.

Action: Name your low emotions - Speak to God honestly about the feeling and wait on the Lord.

STAYING FOCUSED

By: Revd. Monwabisi Peter
Bishops Diocesan College

Scripture: I am the Lord, the God of every person on the earth. Nothing is impossible for me. (Jeremiah 32:27)

Reflection: Anxiety and feelings of failure and unworthiness may creep in before, during and somewhere in the middle of the exam season. When negativity or feelings of failure creeps in; refocus and turn to God in prayer as you loudly say “nothing is impossible...”

Jeremiah calls us to embracing faith in God future restoration despite present- day chaos and despair. This is done by acting on His promises, even when it defies logic. Jeremiah’s unusual act of buying a field during Jerusalem siege, while God declared the city would fall, serves as a powerful metaphor for trusting God ultimate plan for redemption when circumstances plunge one to hopeless.

Jeremiah is locked in prayer which in turn reveals his understanding of God power, acknowledging that there is nothing too hard for God. Trusting God Promise of Restoration is important. Despite the imminent destruction and exile, God promises a future restoration of the land and people. The purchase of the field becomes a sign of this future hope.

Refocusing your attention, priorities and goals begins with you. Exams are one way of getting us through the next phase whilst marking an end of a schooling career. It is important to realize that a bright future is awaiting and thus, any challenge or setback during the exam season cannot derail or take away what God has prepared for you.

Prayer: Loving Lord, when failure and frustration come my way, remind me that you are in control and you have best plans for me. Help me to refocus like Jeremiah who bought land despite the ruins that were in front of me. Lord, I trust you, guide me! Amen.

Action: FOCUS

- ❖ Reorientate your perspective - This can be done by learning to accept what has happened and think about the bigger picture.
- ❖ Making choices that align your values.
- ❖ Cultivating unwavering faith in God - A bad paper or bleak outcome can cause one to panic.
- ❖ Do not live by sight, live by faith through trusting in God’s promise.

FINDING JOY

By: Revd. Andrew Weiss
St Cyprian's School

Scripture: Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. (1 Thessalonians 5:16-18)

Reflection: It's easy to allow stress and pressure to bring you down. Joy might seem like the last thing on your mind when you're staring at your notes and textbooks and trying to keep up with your schedule. But joy is not about pretending life is perfect, it's about choosing to see God's presence even in the middle of challenges.

Archbishop Desmond Tutu, together with the Dalai Lama, reminds us in *The Book of Joy* that "Discovering more joy does not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily, too. Perhaps we are just more alive."

Paul's words in this passage remind us that joy is linked with prayer and gratitude. When we pause to pray, even if with just a few words, we open ourselves to God's peace. When we look for things to be thankful for, be it health, friendships, nature, love, a good meal, a kind word, a quiet moment, and then we begin to see joy spark to life deep inside us.

Remember that your worth is not measured by your marks or what others think of you. Your worth comes from the truth that you are a beloved child of God. In the middle of exams, you can still choose to rejoice, to pray, and to give thanks, because God is with you, always.

Prayer: Lord of wisdom and love, fill my heart with your joy and gratitude. Remind me that you are always with me, and help me to trust in you, breathe, and rejoice. Amen.

Action: One of the most important things you need during exams is to think properly. Breathing deeply is a way of calming the mind and centering the heart, allowing your brain to think and recall well.

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Ithemba Liyaphilisa

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ANGLICAN DIOCESE OF CAPE TOWN