

ACS(J) PSLE Study Break Day 1 - Thought for the Day

STILL CRAMMING?

How do you prepare for an exam, especially one that is as major as the one you are sitting in a few days' time, which you have been preparing for, for the past six years? Are you still cramming all that you have learned into every nook and cranny of your brain, in the hope that it will be useful when completing your written paper?

Perhaps I can suggest a different way of CRAMming that you can do during these three days.

C - Carve out your day. Three whole days can be used wisely, or it can be time easily wasted away. Make each day count by scheduling an assortment of activities, not just with worksheets and revision. Plan ahead and allocate appropriate leisure and rest time. Be fair to yourself, but also steward well the time that God has given you.

R - Relationships still matter at crunch time. 1 Thessalonians 5:11 reminds us to encourage one another and build each other up. Do something fun with family. Have conversations with your favourite persons. Go for an evening jog with a mate. Time spent with them can soothe your senses and perhaps help you remember how they have supported you throughout time.

A - Anchor yourself with a truth, whether it's a phrase like "God is with me.", "I've prepared the best that I can.", or a bible verse - my favourite is "Be still and know that I Am God." (Psalm 46:10). Meditate on this truth with a simple prayer - so maybe you can inhale and say "God is with me." and exhale "I will not despair." Then keep praying this even when you are in the exam hall this week.

M - Be **M**indful. Be honest with yourself and with God. God alone determines every outcome in our lives. Yet we know that the efforts we put into our work will determine the results. So, talk to Him about your thoughts, dreams and deepest desires. He promises that He will establish all your plans when you commit them to Him. (Proverbs 16:3)

Have a blessed break ahead! Let me pray for you.

Thank You God for these three days of rest for our P6 boys. Grant them wisdom in using their time well, bring them comfort through their loved ones, and remind them of Your presence every day and every minute. We acknowledge Your goodness over them, and give thanks for the perfect plans You already have for them. We pray in Jesus's name. Amen.