



Morning Prayers - Summer Week 4



Theme: Prayers for Exams

Dates of Interest - 4th May to 8th May

1st to 31st May – National Walking Month ([info](#))

1st to 31st May – Local & Community History Month ([info](#))

3rd May – 5th Sunday of Easter ([info](#))

3rd May – World Asthma Day ([info](#))

3rd May – World Press Freedom Day ([info](#))

4th May – The English Martyrs ([info](#))

4th to 10th May – Deaf Awareness Week ([info](#))

5th May – Day of Prayer for Survivors of Sexual Abuse ([info](#))

5th May – African World Heritage Day ([info](#))

8th May – World Red Cross Day ([info](#))

10th May – World Migratory Bird Day ([info](#))

10th May – 6th Sunday of Easter ([info](#))

11th to 17th May – Mental Health Awareness week ([info](#))



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TUESDAY

Question for the Day

As I wake each morning, what can I do to remain calm and at peace?



Bible Quote

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:7**

Prayer

Lord, we need your help.

We need a calm mind; grant us your peace.

We need a clear head, grant us your wisdom.

We need a careful spirit, grant us your patience.

We need inspiration; grant us your enthusiasm.

Keep us from all panic

As we put our trust in your power
to help us keep us this day. Amen.

(Kathleen a. Goodacre)



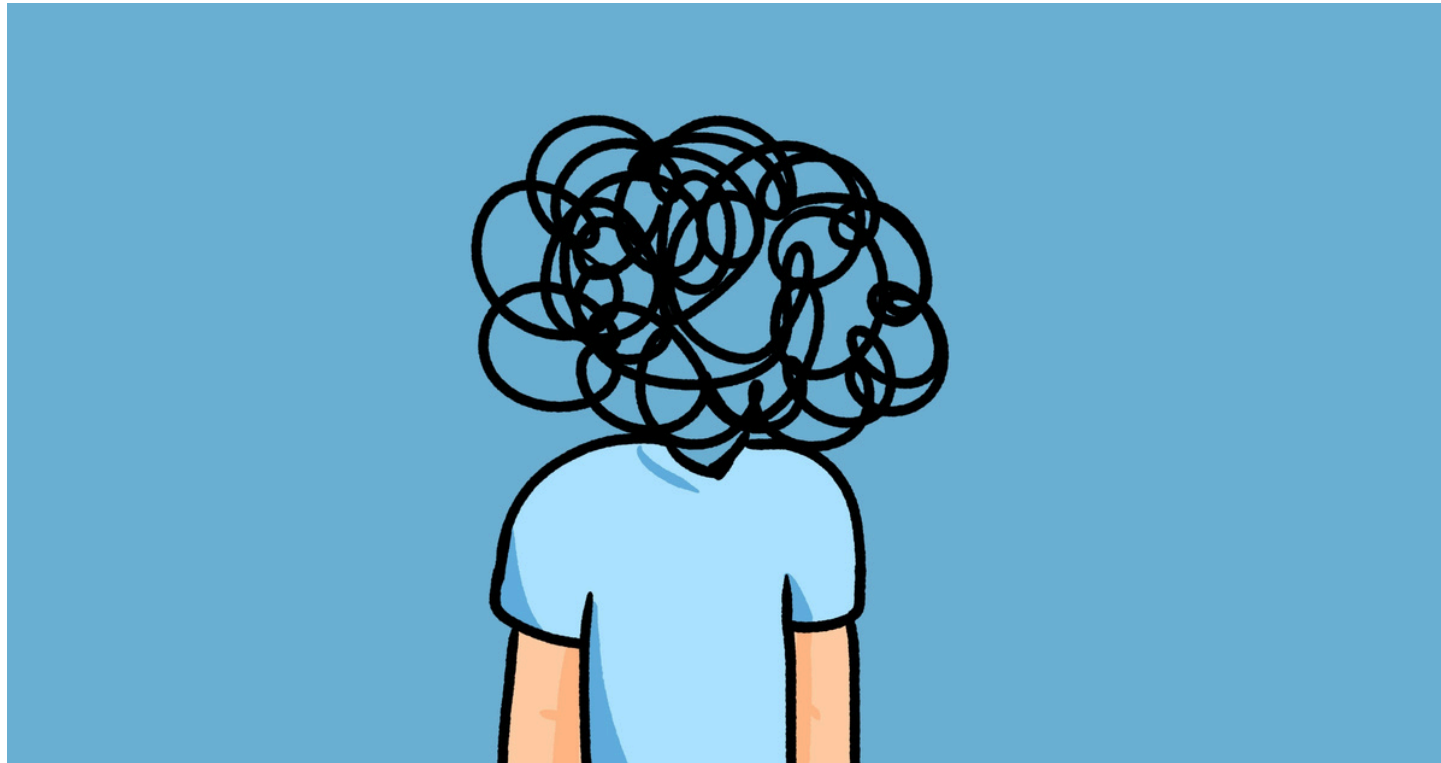
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WEDNESDAY

Question for the Day

What words can I say to Jesus to help me with my anxiety?



Prayer

Lord, guide and help me through these exams, so that I may do justice to all that I have learned. Help me, and all of us doing exams to keep their importance in perspective. Amen.

(Nick Aiken)

Bible Quote

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” **Philippians 4:6**



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THURSDAY

Question for the Day

What can the Holy Spirit do for me while I am revising?



Bible Quote

“Casting all your anxieties on him, because he cares for you.”
1 Peter 5:7

Prayer

Help me Lord to concentrate on what I have learned and not worry about anything else. You who know all things, prompt my memory with the light of understanding that I may make good use of what I have been taught, and not let my knowledge go to waste.
Amen

(A Downside Pupil)



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FRIDAY

Question to Think and Pray:

Continuous Line Drawings creating a steady mind amidst academic pressures.

What can I practice to activate calm thoughts when I get stressed?

How do I know that Jesus is with me at every moment?



Continuous Line Drawings:

Simple, single-line illustrations are frequently used to create calming, focused imagery, representing a steady mind amidst academic pressures.