



24-7 PRAYER  
SCOTLAND



SU Scotland



# **EXAM DEVOTIONALS**





# IDENTITY

## PRAYER STATION

Over the next three devotionals we're thinking about identity.

Take a moment to pause and look in the mirror. What do you see? What do you like? Are there things about yourself that you don't like?

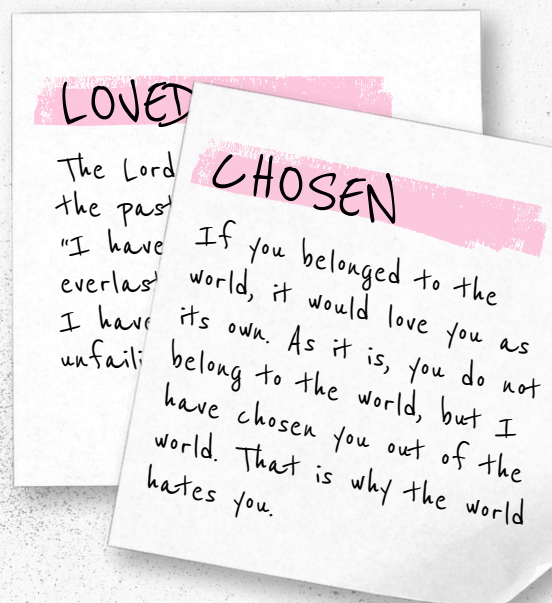
Christians believe that God made everyone, and more importantly, that God loves everyone. No one is perfect, but each person is unique and special.

Here are some of the things God says about you in the Bible. He says you are:

<b>ENOUGH</b>	Colossians 2:10 (NASB)	<b>FREE</b>	Galatians 5:1 (NIV)
<b>FORGIVEN</b>	Acts 13:38-39 (NLT)	<b>GIFTED</b>	1 Peter 4:10 (NLT)
<b>WONDERFULLY MADE</b>	Psalms 139:14 (NIV)	<b>CHOSEN</b>	John 15:19 (NIV)
<b>PRECIOUS</b>	Isaiah 43:4 (NIV)	<b>A MASTERPIECE</b>	Ephesians 2:10 (NLT)
<b>LOVED</b>	Jeremiah 31:3 (NIV)	<b>A CHILD OF GOD</b>	1 John 3:1 (NIV)

Take a moment to look at the words that God says about you. Take some time to pause and be still and let them sink in. Which words stand out to you?

You could write those words on your mirror, or on post-it notes and stick them where you will see them this week, to remind yourself of the truth of who you are!



## DEVOTION 1 - LOVED

### Romans 8:38-39 (MSG)

*Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, .....*

*None of this fazes us because Jesus loves us. I'm absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.*

### REFLECTION

God's love for us is completely reliable and absolutely trustworthy. There is nothing we can do to make God love us any more, and nothing we can do to make him love us any less. God loves you!

### APPLICATION

You are gifted, wonderfully made, a masterpiece! These are just some of the things that God says about you in the Bible. He created you in his image, and everything he created is good! Can you take a moment to think about some of the things God loves about you? Maybe you could write them down and add them to a post-it note to remind you.

### PRAYER

Thank you, Lord, that you love me unconditionally. If I doubt myself today, or start to compare myself to others, help me to remember that I am unique, that you created me, you love me and you delight in me! Thank you! Amen.

## DEVOTION 2 - SEEN

### 1 Samuel 16:7 (NLT)

*But the Lord said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart."*

### REFLECTION

This verse comes from the account in which God chooses the next king for his people. (Read 1 Samuel 16:1-13) Samuel knows which family the king will come from, but not which son. He looks at the eldest son and immediately assumes he is the one! God has other ideas, and it's David, the youngest son, who is chosen. It is easy for us to get caught up in the culture around us that places so much emphasis on what we look like, what we wear, the image we present. God is much more interested in who we are on the inside, on what is going on in our heart.

## APPLICATION

What a relief it is that, when we talk to God, we can be completely honest and tell him what is really going on in our heart. Maybe there are things going on that you don't want to tell others about. You can tell him. Maybe you need help with changing some things. You can ask him for his help. Why not take a few moments to do that now?

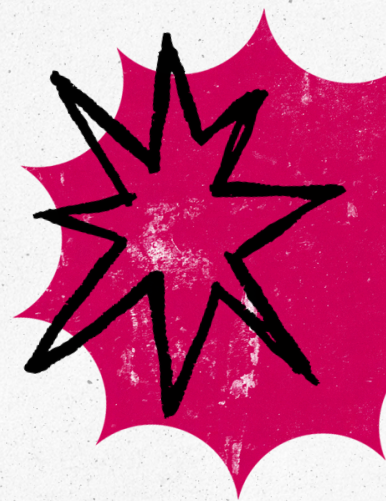
## PRAYER

Father, thank you that you see beyond appearances. Thank you that you see what's really going on, and you love when I come to you honestly and talk to you about everything that is happening in my life. Help me to take the time to do that each day. Amen

## DEVOTION 3 - KNOWN

### Psalm 139:1-5 (NLT)

*O Lord, you have examined my heart  
and know everything about me.  
You know when I sit down or stand up.  
You know my thoughts even when I'm far away.  
You see me when I travel  
and when I rest at home.  
You know everything I do.  
You know what I am going to say  
even before I say it, Lord.  
You go before me and follow me.  
You place your hand of blessing on my head*



## REFLECTION

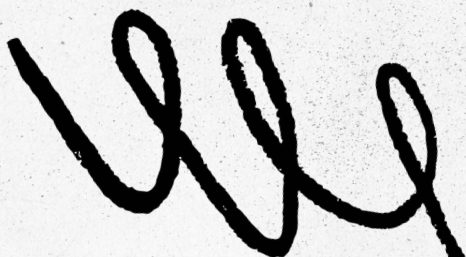
How amazing is it that God knows everything about me? Wherever I go and whatever I am doing, however I am feeling, he knows me. I might sometimes feel I need to pretend with other people. With God, I can just be myself.

## APPLICATION

Take a few minutes and listen to Who you say I Am by Hillsong Worship. Which lyrics really speak to you today? You could add them to the notes you made in Devotion 1 and stick them on your mirror if it helps.

## PRAYER

Thank you, Jesus, that you see me, you know me and you love me. Thank you that my identity is found in you and in who you say I am. Help me today to remember the truth of who I am in you.



# WORRIES & ANXIETIES

## PRAYER STATION

### Breath Prayers

Over the next three devotionals we are going to learn about using breath prayers to help us pray. These are prayers you can use at home, in school, during exams, in the streets or wherever you want to to help you pause and focus on Jesus.

Stop and take some deep breaths in and out.

Once you have slowed your breathing we can use some phrases from scripture to help us pray.

You pray the first line as you breathe in and the second line as you breathe out.

**In: Be Still**

**Out: And know that I am God** (Psalm 41:10)

**In: Come**

**Out: Lord Jesus** (Revelation 22:20)

**In: I give you my worries**

**Out: For you care for me** (Based on 1 Peter 5:7)

**In: I give you my burdens**

**Out: You give me your rest** (Based on Matthew 11:28)

**In: Do not be afraid**

**Out: I will help you** (Based on Isaiah 41:10)



## DEVOTION 1 - PEACE

**John 14:27**

*Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your heart be troubled, and do not let them be afraid.*

### REFLECTION

We can take hope in knowing that God knows us deeply. He knew we would need his peace, so he gave us his Holy Spirit to be with us and bring us peace. During exams, when things feel difficult, we can trust in and rely on that peace.

### APPLICATION

Take a moment out of your day to try using a breath prayer. These are prayers you can use anywhere, at anytime, to help you pause and focus on Jesus. Stop and take some deep breaths in and out.

Once you have slowed your breathing, you can use some phrases from Scripture to help you pray. Pray the first line as you breathe in and the second line as you breathe out.

### PRAYER

Lord Jesus, I thank you that when you left earth, you left us your peace. I thank you that you know my thoughts and my feelings, so today I give you my worries and my fears. I receive your peace. Help me to notice your peace today. In your precious name, Amen.

## DEVOTION 2 - CARED FOR

**Luke 12:27-28**

*Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, he will certainly care for you.*

### REFLECTION

God loves you and cares for you. Nothing is too small or too big for him to handle. You don't have to carry all your worries on your own. Instead, you can bring all your thoughts and feelings to God.

### APPLICATION

Find a piece of paper and draw or write down your worries. Once you are ready, pray to God and tell him about the things on your heart. After this, tear up the piece of paper to show that you have given your worries to God.



## PRAYER

Father God, I thank you that you care about me. I thank you that you sustain me and that nothing is too big or too small for me to bring to you. Just like you care for the lilies and how they grow, help me to notice the ways that you care for me today. Amen.

## DEVOTION 3 - COURAGE

### *Joshua 1:9*

*I hereby command you; Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go*

## REFLECTION

Joshua, his family and his community had spent 40 years in the wilderness. During that time they had to trust God to provide food, shelter and protection. In these verses, God is preparing them to enter a new land, and Joshua is about to become their leader. God encourages Joshua by reminding him that he will never leave or forsake him, and that he will keep the promises he has made to his people. This is the same God who loves you. He will not leave you or forsake you. The journey ahead may be full of surprises, but God will go with you.

## APPLICATION

Being courageous means being motivated by our hope and faith in Jesus rather than by our fears. What is something you are hoping for? Is there a step you can take today to help make that hope a reality? Before you take that step, pause and use one of the breath prayers to pray and focus your eyes on God.

## PRAYER

Dear Jesus, help me to be strong and courageous. When my knees feel shaky, strengthen them. When fear causes me to stumble, pick me up. Help me to do your will in my life. Lord Jesus, help me to follow you like Joshua did. Amen.





# RELATIONSHIPS

## PRAYER STATION

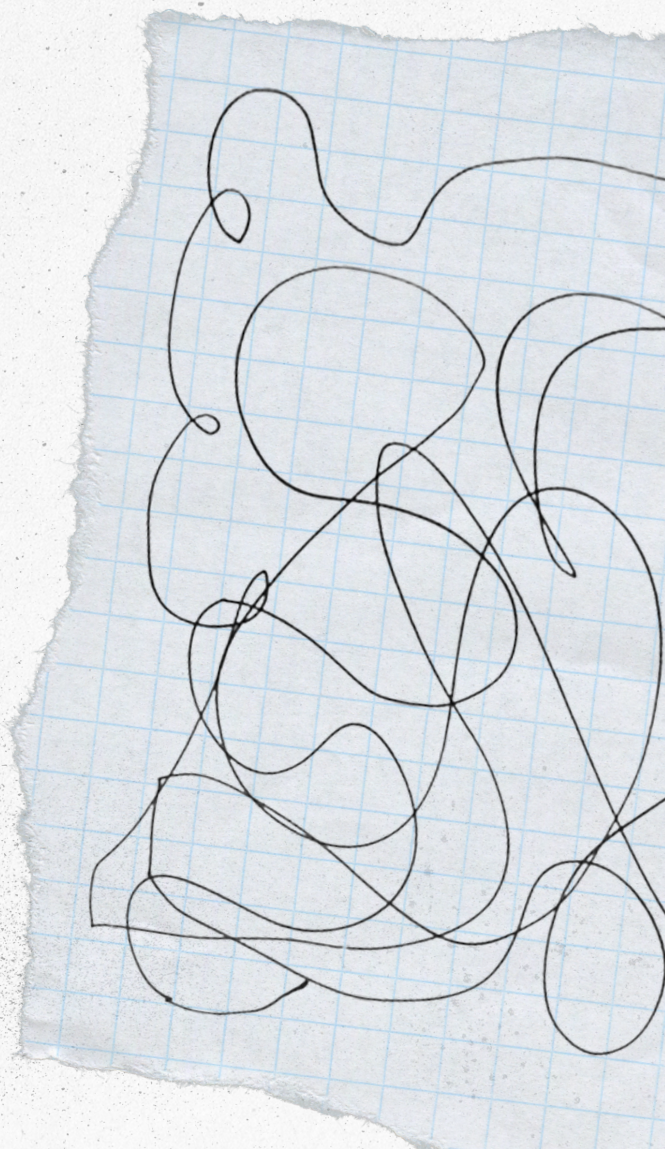
Go and find a bit of paper, a pen and something to use to colour in with.

Instruction: Take a pen and a piece of paper. Begin to draw a randomly moving continuous line, without taking the pencil off the paper until it is covered with lines, swirls and shapes.

As you are doing this, read through the bible passage slowly.

“The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part, the parts we mention and the parts we don’t, the parts we see and the parts we don’t. If one part hurts, every other part is involved in the hurt, and in the healing. If one part flourishes, every other part enters into the exuberance.” 1 Corinthians 12:25-26

God has created you, and you have a part in his plan. You are not insignificant and you have a unique part to play in community. As you think about this, pick a few colours that represent you – your personality, your character, your skills, your gifts and colour in some of the shapes. As you do this, take time to speak to God about how he has made you. Make sure to leave some spaces for later in the week.



## DEVOTION 1 - LAMENT

**Genesis 2:18 (NLT)**

*Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him."*

### REFLECTION

From the very beginning, God designed us to do life with other people. Yet sometimes it can feel like we are on our own. This can be especially hard if we feel like we are the only Christian in our family or at school. Even though we know God is with us, it is such a gift to have other people around us who can support us and walk alongside us.

### APPLICATION

Maybe today, you're feeling that you're on your own. Maybe there are friendships that are broken and you don't know what to do. Take a few moments to tell God how you are feeling. He loves when we come to him honestly, and we can be sure that if we come near to God, he will come near to us (James 4:8). And if you don't have the words, sitting with him quietly is OK too.

### PRAYER

Father God, thank you that you created us to be in good relationships with you and with one another. When I feel alone, please bring the right people around me. When I need help please give me your boldness and courage to ask others for help. God, please fill me with your love so that I can share it with others when they are feeling lonely. Thank you that you are always with me. Help me to know your presence with me today. Amen.

## DEVOTION 2 - GOD IS WITH YOU...

**Hebrews 4:14-16**

*So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

### REFLECTION

When we face challenges in life, this passage encourages us to come boldly to God. He understands our weaknesses and our struggles, and when we ask him for help, he shows us kindness and compassion.



## APPLICATION

Are there challenges in your life this week that you would like to ask God to help you with? Nothing is too big or too small – whether it's exams, friendships, or anything else, you can talk to God about it. Take a moment to pause. If there is something you want to boldly ask of God, write it down and then speak it out loud as you use the guided prayer below.

## PRAYER

Dear gracious God, thank you that you are not distant from me. Your Word says in Hebrews that you understand my weakness and my challenges. Today I bring to you the things that are on my mind (say them here), and I ask for your help with them. Help me to rest in your kindness and compassion today. In your mighty name, Amen.

## DEVOTION 3 - THANKFULNESS

### *Philippians 1:3-4*

*Every time I think of you, I give thanks to my God. 4 Whenever I pray, I make my requests for all of you with joy.*

## REFLECTION

Paul was so thankful for his friends in the church at Philippi. They had helped him and supported him, been there for him in the good times and the bad. He treasured the time he spent with them and wanted to see them again.

## APPLICATION

Take a moment to think about the people you are thankful for. Consider what they add to your life and the role they play in supporting and encouraging you. You might like to take some time to pray for them too. Perhaps they are celebrating something this week, or maybe they are still sitting exams. Ask God to be with them and to give them peace.

## PRAYER

Thank you, Lord, for friends and family. Thank you for the times they have been there for me and helped me. Help me not to take them for granted, and show me how I can be a good friend to them, too. Amen.





# JOY

## PRAYER STATION

“Always be full of joy in the Lord. I say it again—rejoice!” Phillipians 4:4, NLT

This verse can feel really challenging, and that’s because it is a challenge. Happiness is something we feel, but joy is something we practice. It’s about lifting our eyes from the things in front of us and reminding ourselves that God is good, and that we can always rejoice in Him.

So this week we are going to practice joy. Grab your camera (or phone), step away from your studies for a moment and go outside. Take a photo of something that reminds you of God’s goodness, and rejoice in Him.



## DEVOTION 1 - JOY IN GOD'S GOODNESS

*Psalm 19:1-2 (NLT)*

*The heavens proclaim the glory of God.*

*The skies display his craftsmanship.*

*Day after day they continue to speak;*

*night after night they make him known*

### REFLECTION

God shows us his goodness through the skies above us. Throughout history when Christians have looked at the sky, they have been amazed at how great and wonderful the God who made it is. We can be joyful, because the God who made all of these wonderful things also made us.

### APPLICATION

Go outside with your camera, and look up. Take a picture which captures the beauty of the sky; maybe clouds, a sunrise or the stars at night. Rejoice in the wonder of the world that God has made.

### PRAYER

God, I rejoice in the beauty of creation. You are great and mighty, and your fingerprints are all around me. Help me to find joy in the wonders you have made.

## DEVOTION 2 - JOY IN GOD'S PROVISION

*Matthew 6:26 (NLT)*

*Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?*

### REFLECTION

We are reminded in nature that God sustains our lives and the life of the world around us. We should be joyful, because God loves us and promises to provide for us. Through Him all things were made, and in Him all things hold together.

### APPLICATION

Take a moment to look around you today. Can you spot a bird flying overhead or resting nearby? Jesus reminds us that God feeds the birds of the air, and yet we are even more valuable to him than they are (Matthew 6:26). As you notice the birds around you, let them remind you that God sees you and cares for you too. Thank him for the ways he provides for you each day.

## PRAYER

God, I rejoice in your provision today. Thank you that you made the world, and even now you hold it together. Help me to be joyful, because I know that you will always sustain me. Amen.

## DEVOTION 3 - GOD TAKES JOY IN YOU

### *Zephaniah 3:17 (NLT)*

*For the Lord your God is living among you.*

*He is a mighty saviour.*

*He will take delight in you with gladness.*

*With his love, he will calm all your fears.*

*He will rejoice over you with joyful songs.*

## REFLECTION

Zephaniah reminds us that the Lord is with us and that he is a mighty Saviour. He does not simply tolerate us or watch us from a distance – he delights in us. God's love brings peace to our restless hearts, and his presence brings wholeness and hope. In this verse we are told something remarkable: God rejoices over his people. He quiets us with his love and even sings over us with joy. We can be joyful, because the God who made us also delights in us.

## APPLICATION

Take your camera and turn it towards yourself. As you take a selfie, remember that you are someone God loves deeply. You are his creation, known and valued by him. When you look at the picture, remind yourself of this truth: the Lord delights in you and rejoices over you.

## PRAYER

Dear Lord God, thank you that you are a mighty Saviour and that you are always with me. Thank you that you made me, love me, and rejoice over me. When my heart is restless or afraid, quiet me with your love. Help me to remember that I am known and valued by you, and fill me with your joy today. Amen.





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