



Registered Charity Number: 1104698

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:28-31

For many pupils the last term of the Academic Year is a crucial time. After a two year hiatus SATs, GCSE and A Level exams will again be taken by pupils in Years 6, 11 and 13 respectively. This will, for many, be a stressful time. Anxiety before sitting them. Anxiety after as they await results. For those in Year 13there's the added concern of making the grade for the particular University they hope to attend.

As I know from experience anxiety can cause real issues with your mental health. It can lead to a downward spiral which can then impact on your mental and physical well-being. Negative thoughts coming to the forefront of

Prayer Pointers





your thinking like, "I'll never get the grades." "I can't remember anything." "I won't be able to do this."

Martin Luther said,

You cannot keep birds from flying over your head but you can keep them from building a nest in your hair.

When we let negative thoughts in it can often be hard to remove them, or even to let them go. With that in mind we need rest, refreshment and renewal as the verses from Isaiah 40 remind us. Hoping and trusting in Father God will enable us to be strengthened. To be equipped for all that is ahead. To, as the verses say,

...soar on wings like eagles.

By placing ourselves into the hands of the One who never grows tired or weary, the One who understands all that we go through, we will be able to rise above the anxiety and the difficulties we face.

The One who has promised never to leave us or forsake us will give us the peace of mind that we need to face all situations and circumstances.

Something that those facing SATs and exams need to know at this time.

Below are some items to thank God for and to pray for.

Please thank God for...

- the positive response from children and staff who attended the Easter Journey at St. Paul's
- the positive response from schools to the assemblies taken so far this term whether online, recorded or in person
- the good relationships CIS has with many schools, both secondary and junior, in the area
- Christopher's role as Chaplain at Etonbury Academy, his Pastoral role amongst staff at St. Francis College and for the opportunities for involvement that come as a result
- the trustees who oversee and lead CIS; Chris Jenkins (Chair), Crista Haak, Roger Aldridge, Kevin How (Secretary), Martin Money (Treasurer), Penny Bainbridge and Ashley and Chris Croft

Please pray for...

- all Year 6 pupils as they take their SATs the week of 9th May
- All Year 11 pupils as they take their GCSEs and Year 13 pupils as they take their A Levels in the coming months
- Future Assemblies:

Norton St. Nicholas C of E Primary School 16th May; St. Mary's C of E Academy, Stotfold 16th May and 20th June; Etonbury Academy week of 27th June; St. Francis College Prep. 23rd May and 13th June; Grange Academy 18th May and 22nd June

- Speaking Engagements
 Grange Baptist Church 16th June
- the trustees as they meet on the 17th May, that they would know God's leading, guidance and wisdom.
- Christopher as he spends time in preparation and also for good health and stamina

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There is a group that meets to pray for the schools in the area on the 2nd Thursday of each month at 10:30am. If you would like to join with others to pray then please contact Penny Bainbridge on 07974944175 for more details.