

Prayer Activities: Student Exams

As exam season approaches, students often face intense pressure—juggling expectations, managing stress, and fearing mistakes that could impact their future. Mental health concerns among young people continue to rise, with reports of increasing anxiety, depression, and even suicide. According to the South African Depression and Anxiety Group (SADAG), incidents of teen suicides are on the rise, and up to 20% of high school learners in South Africa have attempted to take their own lives.

This prayer room resource is designed to support Matrics, university students, and even younger learners during this challenging time. It offers a sacred space to pause, reflect, and reconnect with God. In the Bible, we see the importance of acknowledging our emotions and bringing them before God—He understands the pressure we face and invites us to cast our cares upon Him.

Inside this guide, you'll find a variety of creative and meaningful prayer stations that help lift students' eyes to God and remind them of who He is and who He says they are. Whether you're setting up a prayer room for the first time or looking to refresh your approach, this guide provides simple and impactful activities tailored to your community.

Pray that this space be a reminder to those using it that their identity and worth are found in Christ—not in their performance. May students leave feeling encouraged, strengthened, and anchored in the truth of God's love and presence.

Some of these activities were adapted from

prayerspacesinschools.org/prayer-activities/

For more prayer activities, explore this site and our websites:

24-7prayerafrica.com/prayer-guides-ideas

24-7prayer.com/resource_cat/ideas/

Go to **page 7** for printable versions of prayer station instructions to use in your prayer room

Joy

For the organiser

You will need:

- Blocks of sticky notes. This activity looks extra special if you use one style of sticky note, like heart shapes, to make it stand out from other activities that use other shapes.
- Pens

How to set up:

Set up the instructions and the blocks of sticky notes and pens
It always helps to have a few sticky notes set up to prompt input.



For the prayer room

"Rejoice in the Lord always. I will say it again: Rejoice!"

Philippians 4:4 NIV

Instructions for using the prayer activity

1. What makes your life good? What are you thankful for right now?
2. What moments in 2025 made you laugh until you cried?
3. When did you see undeniable evidence of God's hand in 2025?
4. Write on a sticky note one thing that makes you feel thankful.
5. Spend some time worshipping Him for his goodness to you.

Gratitude Reflection



For the organiser

You will need:

- Box of dominoes or blocks

How to set up:

Put the dominoes or blocks in an area of the room with a flat surface; if you're using the giant Jenga blocks, it's probably best to use the floor, but with the small blocks a table-top should be fine.

For the prayer room

Unto the place of the altar, which he had made there at the first: and there Abram called on the name of the LORD.

Genesis 13:4

Instructions for using the prayer activity

1. Each domino block represents something you are grateful for from this year.

As you build your blocks up into a tower, take time to pause and reflect:

- What moments, people, or breakthroughs from 2025 am I thankful for?
- Where did I see God's faithfulness show up, even in small ways?

2. As your structure grows, may it be more than just a design.

- Let it be a testimony of how far you've come,
- A visual prayer of gratitude,
- And a quiet celebration of the God who walked with you through it all.

Unburdened

For the organiser

You will need:

- Pieces of paper or stones
- Pens or markers for stones
- Wooden cross or picture of the cross
- Optional - Dustbin

How to set up:

A space or table with the equipment and instructions on. If using the stones then a dustbin is not necessary. Leave a space for the burdens to be left at the cross.

For the prayer room

"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."

Isaiah 41:10 NIV

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles,

2 Corinthians 1:3-4



Instructions for using the prayer activity

1. Take a moment of stillness.
2. Breathe deeply. Close your eyes if it helps.
3. Think about the burdens you're carrying - worries, fears, unanswered questions, or anything that feels too heavy right now.
4. Jesus is there - arms open, heart ready to receive what you've been holding onto.
5. You can say it aloud, whisper it, or write it down and place it before Him.
6. In prayer, say: "For this... I leave everything at the cross."

Mirror Prayer

For the organiser

You will need:

- Mirror

How to set up:

Put all the materials on a table

For the prayer room

I chose you before I formed you in the womb

Jeremiah 1:5



Instructions for using the prayer activity

Hold the mirror in your hand, hold your gaze and reflect on this prayer:

Lord,
 So often I forget.
 I listen to the wrong voices—voices of comparison, fear, shame, and self-doubt.
 I let the world define me: by my appearance, performance, or past.
 But today, I come back to You.
 The One who formed me, knows me, and calls me by name.
 You say I am Your child—fully loved and adopted.
 You say I am forgiven, not shamed; claimed, not lost, because of Jesus.
 You say I am not bound by my past or my failures.
 You say I am Your masterpiece, created for good works.
 You say I am enough, because Christ is in me.
 Help me to see myself the way You see me.
 Replace every lie I've believed with truth from Your Word.
 Silence the voice of the enemy and make Your voice the loudest in my life.
 Anchor me in identity that cannot be shaken—not by success, failure, others' opinions, or my own insecurities.
 God, when I doubt my worth, remind me of the cross.
 When I question my purpose, remind me I was created in Your image.
 When I feel lost, remind me I am found in You.
 Let my identity not be a title, a role, or a mask I wear;
 But a reflection of Christ in me: loved, chosen, redeemed, secure.
 Thank You for calling me Your own.
 Help me live from that truth today.

AMEN

Love Letter

For the organiser

You will need:

- Envelopes and Pens
- The Fathers love letter

How to set up:

Print the Fathers Love Letter provided. Fold these and place into the envelopes for people to leave with. Place on a table with pens and the instructions next to it. You may need to replace these as needed.

For the prayer station

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:18 - 19

Instructions for using the prayer activity

1. Take an envelope and write your name on the front in the To: position.
2. Open the letter and read it slowly. Hear your Father's voice and heart for you.
3. Take this letter with you and place it in your bible to look at regularly or somewhere you will see it often.

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 **Printable instructions**

The following pages have been optimised to print out, so that the instructions can be printed and placed in your prayer room by each prayer station.

When printing this PDF, select just pages 8 – 13 and print in black & white at 100%, single sided.

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But today, I come back to You.
The One who formed me, knows me, and calls me by name.
You say I am Your child—fully loved and adopted.
You say I am forgiven, not shamed; claimed, not lost, because of Jesus.
You say I am not bound by my past or my failures.
You say I am Your masterpiece, created for good works.
You say I am enough, because Christ is in me.
Help me to see myself the way You see me.
Replace every lie I've believed with truth from Your Word.
Silence the voice of the enemy and make Your voice the loudest in my life.
Anchor me in identity that cannot be shaken—not by success, failure, others' opinions, or my own insecurities.
God, when I doubt my worth, remind me of the cross.
When I question my purpose, remind me I was created in Your image.
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My child,

You may not know me, but I know everything about you. Psalm 139:1 I know when you sit down and when you rise up. Psalm 139:2 I am familiar with all your ways. Psalm 139:3 Even the very hairs on your head are numbered. Matthew 10:29-31 For you were made in my image. Genesis 1:27 In me you live and move and have your being. For you are my offspring. Acts 17:28 I knew you even before you were conceived. Jeremiah 1:4-5 I chose you when I planned creation. Ephesians 1:11-12 You were not a mistake, for all your days are written in my book. Psalm 139:15-16 determined the exact time of your birth and where you would live. Acts 17:26 You are fearfully and wonderfully made. Psalm 139:14 I knit you together in your mother's womb. Psalm 139:13 And brought you forth on the day you were born. Psalm 71:6 I have been misrepresented by those who don't know me. John 8:41-44 I am not distant and angry but am the complete expression of love. 1 John 4:16 And it is my desire to lavish my love on you. Simply because you are my child, and I am your Father. 1 John 3:1 I offer you more than your earthly father ever could. Matthew 7:11 For I am the perfect Father. Matthew 5:48 Every good gift you receive comes from my hand. James 1:17 For I am your provider and I meet all your needs. Matthew 6:31-33 My plan for your future has always been filled with hope. Jeremiah 29:11 Because I love you with an everlasting love. Jeremiah 31:3 My thoughts toward you are countless as the sand on the seashore. Psalm 139:17-18 And I rejoice over you with singing. Zephaniah 3:17 I will never stop doing good to you. Jeremiah 32:40 For you are my treasured possession. Exodus 19:5 I desire to establish you with all my heart and all my soul. Jeremiah 32:41 And I want to show you great and marvellous things. Jeremiah 33:3 If you seek me with all your heart, you will find me. Deuteronomy 4:29 Delight in me and I will give you the desires of your heart. Psalm 37:4 For it is I who gave you those desires. Philippians 2:13 I am able to do more for you than you could possibly imagine. Ephesians 3:20 For I am your greatest encourager. 2 Thessalonians 2:16-17 I am also the Father who comforts you in all your troubles. 2 Corinthians 1:3-4 When you are broken-hearted, I am close to you. Psalm 34:18 As a shepherd carries a lamb, I have carried you close to my heart. Isaiah 40:11 One day, I will wipe away every tear from your eyes. And I'll take away all the pain you have suffered on this earth. Revelation 21:3-4 I am your Father, and I love you even as I love my son, Jesus. John 17:23 For in Jesus, my love for you is revealed. John 17:26 He is the exact representation of my being. Hebrews 1:3 He came to demonstrate that I am for you, not against you. Romans 8:31 And to tell you that I am not counting your sins. Jesus died so that you and I could be reconciled. 2 Corinthians 5:18-19 His death was the ultimate expression of my love for you. 1 John 4:10 I gave up everything I loved that I might gain your love. Romans 8:31-32 If you receive the gift of my son Jesus, you receive me. 1 John 2:23 And nothing will ever separate you from my love again. Romans 8:38-39 Come home, and I'll throw the biggest party heaven has ever seen. Luke 15:7 I have always been Father and will always be Father. Ephesians 3:14-15 My question is... Will you be my child? John 1:12-13 I am waiting for you. Luke 15:11-32

– Love, your Dad, Almighty God.