REVISION AND THE Rest

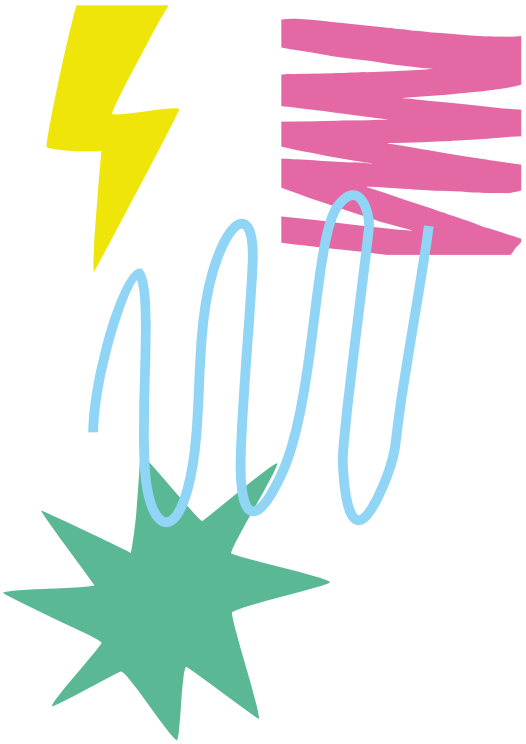
GUIDE FOR LEADERS

If you have given Revision and the Rest to some of your young people for this exam season, here are some ideas and sessions to help you support and encourage them on the journey.

In this PDF you'll find:

- Extra Gift Ideas
- Supporting Young People During the Exam Season
- Revision Sessions
- Prayer Ideas
- Pre-Exams Session
- Post-Exams Session





EXTRA GIFT IDEAS

The tin has extra space for you to add extras if you so wish. Here is a list of some ideas:

- Pens/Pencils/Stationary
- Flashcards
- Chocolate/Sweets/Snacks
- Hot Chocolate sachets
- Fidget toy
- Letters of Encouragement*
- Bookmark
- Post-It Notes
- Face mask
- Keyring/Trinket/Badge

*This could be a good opportunity to involve different members of the church who might not normally get involved with youth ministry

SUPPORTING YOUNG PEOPLE DURING THE EXAM SEASON

However you might feel towards exams, we can't ignore their existence and the shadow it forms over young people each year.

We want young people to know that, although God does not view them through the lens of their exam results, God does care about their exams because He loves them and knows the emotional toll it might take on them.

Here are some top tips to support young people taking exams:

Don't always ask them about exams

It's an easy trap to fall into but some young people would rather not be reminded about them at every turn.

Do check in on how they are doing

Again, not just around their exams, but how they are emotionally doing and offer any support should they need it.

Keep youth sessions lighter

Exam season is probably not a good time to do a ten-week study on Job. Prayer and worship or Fruits of the Spirit are gentler examples of sessions that will not only benefit their faith but also their mental well-being during a time of stress.



REVISION SESSIONS

It might be that you can offer a space for young people to revise, where you can keep them accountable and help keep them focused. This may be especially helpful for those young people from large households, where finding a quiet space might be difficult.

We'd recommend providing healthy snacks and hot drinks for those revising.

You may not feel equipped to help with every subject but think about who in your church might be able to help. There could be teachers in your church – current and retired – who may very well be able to offer their services, perhaps not every week but even if it is as a one off it could be so beneficial for the young people.

If there isn't anyone, you can always attempt to learn alongside your young people. Sometimes chatting things through or journeying alongside them in their learning is the encouragement that is needed.

You can always try and gamify the revision time by doing pop quizzes or creating a board game that gives them opportunities to come up with and answer questions based on their revision.

As well as encouraging revision, you may want to offer a break space where young people can sit and relax – perhaps with some craft or prayer activities.

[Make sure to stick to safeguarding policies and have more than one DBS checked leader in the room]





PRAYER IDEAS

PRAYER TIMETABLE

Gather the young people's exam timetables and make sure those in your church are aware of this. You might like to designate those willing to pray a specific young person each.

PRAYER BOARD

Have a board that's visible either in your youth group or in the church that young people taking exams can write down and display their prayer points.

INTERCESSIONS

Here's a prayer you could pray during a service:

Dear Lord,

We lift up the young people in our church and communities that are busy preparing for and taking exams at this time.

Give them the motivation to revise and prompt them to rest when they are tired.

May they know that you are close to them and that you care for them. Help them to cast their anxieties onto you and remember that you love them no matter what.

Amen.

PRE-EXAMS SESSION

We've planned this to fill a 60-minute session but feel free to remove or add elements to make it fit your usual timings.

Introduction – 5 minutes

Introduce the session by outlining what to expect and why it's important to gather before exams.

Opinion Scale – 10 minutes

Get the young people to stand in the middle of the room. Explain that one side of the room represents strongly agree and the opposite side represents strongly disagree. Then read out the statements below one at a time. Each time a statement is read out the young people stand in the position that most represents how they feel. Ask different young people why they've given that answer.

- I love exams
- I get my head down and revise really well
- I'm good at building in self-care during stressful times
- I feel confident I'm going to do well in my exams
- I'm good at planning out my time and don't leave everything until the last minute

Bible Study – 15 minutes

Read Matthew 6:25-34 together

Questions:

- Which verses or phrases stand out to you?
- Is worry ever a good thing? Why or why not?
- Sometimes we can obsess over things we cannot control. During this exam period, what might you be tempted to obsess over?
- Read Psalm 104:24-30 – how does this relate to what Jesus is saying?
- How can we still the voice of worry in our lives?



Prayer Stations – 20 minutes

Set up the prayer stations before the session in the corner of the room. Explain what each prayer station is and that this time is for them and God. At the end of the time, gather back round and ask which prayer station they found the most useful and why.

Hopes and Dreams

What you'll need:

- Paper cloud shapes
- Pens

Instructions:

Write down what your hopes and dreams are for the exam period and beyond.

Lay Down Your Burdens

What you'll need:

- Rocks

Instructions:

Pick up a rock. Feel the weight of it in your hand.

What is weighing you down – with exams? With life?

Jesus says:

"Come to me, all you who are weary and burdened, and I will give you rest."
Matthew 11:28

When you're ready, put the rock down as a sign of casting your burdens onto Jesus.

Doves of Peace

What you'll need:

- Origami paper
- Pens
- Dove origami instructions

Instructions:

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
John 14:27

Reflect on the Bible verse above.

Write on your paper: Peace I leave with you; my peace I give you.

Now fold your piece of paper into a dove using the instructions.

Reflect

What you'll need:

- Sticky notes
- Pens
- Bible Verses

Instructions:

Look at yourself in the mirror. Who do you see?

Now read some of the Bible verses to remind yourself of how God sees you.

Write on a sticky note how God views you and place it on the edge of the mirror.

Prayer Box

What you'll need:

- Paper
- Pens
- A shoebox

Instructions:

Write down anything that you would like prayer for and place it in the box.

Revision and the Rest – 8 Minutes

Give each young person their Revision and the Rest resource. Open up the tin together and go through each element, explaining how to use the resource.

Prayer – 2 minutes

Finish with a time of prayer or send them out with the prayer below:

Dear God,

Thank you that you are with us as we enter this period of revision. In amongst the learning and the practice papers, may we remember that You are with us and care about us. Help us to rest in this busy season and to cast our burdens onto You.

In your name,

Amen.



POST-EXAMS SESSION

Introduction - 10 Minutes

Start the session by congratulating the young people on getting through the exam season. Welcome back those you haven't seen for a while, check-in on how everyone is doing and explain what to expect in this session.

Prayer Stations - 20 Minutes

Set up the prayer stations before the session in the corner of the room. Explain what each prayer station is and that this time is for them and God. At the end of the time, gather back round and ask which prayer station they found the most useful and why.

Smashed It!

What you'll need:

- Star shaped sticky notes
- Pens
- Big piece of paper with 'Smashed It!' written on it

Instructions:

What are you proud of from this exam season? Write it down on a sticky note and add it to the poster.

Do Not Be Anxious

What you'll need:

- Small wooden crosses

Instructions:

Whatever comes next, God is still with you. Hold onto one of the crosses. As you wait for your exam results remember that God works all things for good. Place the cross in your pocket or carry it with you as a reminder of how God keeps His promises.

Thanksgiving

What you'll need:

- Lollipop sticks
- Pens
- Cup

Instructions:

What are you grateful to God for from this exam season? Write it down on a lollipop stick and place it in the cup. Then pull another stick out at random and pray for whatever is written on it – sharing in the praise of one another!

Prayer Box

What you'll need:

- Paper
- Pens
- A shoebox

Instructions:

Write down anything that you would like prayer for and place it in the box.

Put It Down

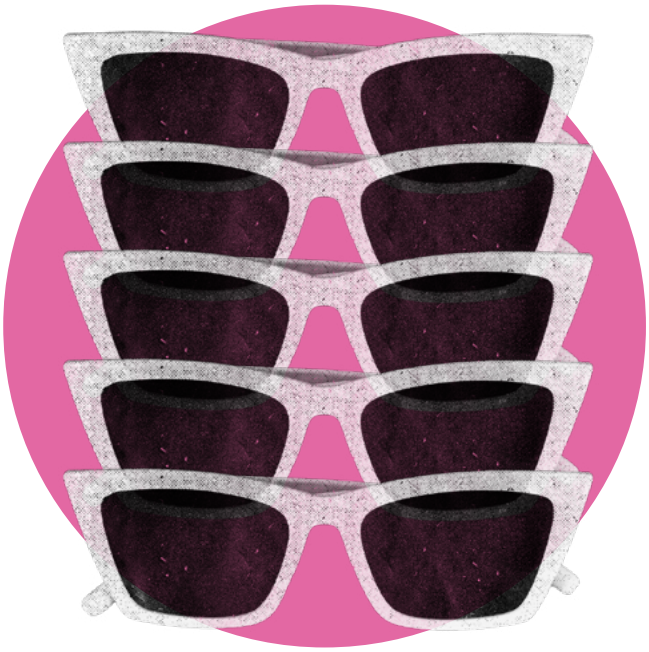
What you'll need:

- Text books
- Shelf

Instructions:

Hold a text book that's on the floor in your hand. Remember all the hard work and revision that you've done over the past few months.

As you leave this exam season, place the book on the shelf to symbolise leaving behind this time. As you walk away, know that there is nothing more you can do and it's now in God's hands.



End of Exams Party - 1 Hour*
***Or as long as needed**

There are lots of options you could do for this and you know your young people best.

Some possible ideas are:

- A Pizza Party
- Silent Disco
- Party Games
- Inflatables
- Bonfire
- Beach Themed Party

