

ACS(J) PSLE Study Break Day 3 - Thought of the Day

BE A P.R.O.

Tomorrow is your first written paper for PSLE. I hope you have spent the past two days meaningfully and are all ready for what's ahead. Before you head into your exams tomorrow, let me share briefly how you can be a PRO with the following tips.

Pray all the time - Talk to Jesus! Tell him everything you feel, give thanks to him for bringing you thus far since P1. Reflect on the Lord's Prayer or on some of His promises that we have heard at Chapel, like: *"I will be with you."*, *"I will give you peace."* and *"I will be your strength."*. God takes delight in our prayers, and I'm sure He will give you peace as you end with amen.

Renew your mind - What you are telling yourself right now? Are you saying discouraging things like: *"I'm sure to fail!"*, *"I hate PSLE!"*, *"I'm gonna feel sick tomorrow."*, etc... Or, are you lifting yourself up with thoughts like: *"I've done the best that I could."*, *"I've been responsible in getting this far."*, *"This exam is to assess all that I've successfully accumulated these past few years."*, *"God is with me!"*

Remember, you choose what to tell yourself.

Organise yourself - Set aside all the things you need for tomorrow. Eat well for dinner tonight and a light breakfast tomorrow. Get your full 8hours sleep - go to bed early and wake up with sufficient time to get ready to come to school; sleep is a gift from God as it is a time for Him to renew your bodies for the next day.

That wraps up the thought for today. Let us now pray.

Heavenly Father, thank you for the past few days of rest. As our boys prepare to sit for their first PSLE paper tomorrow, grant them Your peace. Bring to their minds all Your promises over them; tell them again of Your perfect Will over them. Help them be mindful of all the things they need to get ready for tomorrow, including an early night's rest. Thank you for watching over them. In Christ's name we pray. Amen.