

CDF devotion for dental students studying for exams

When faced with exams it is easy to feel anxious. 'Have I done enough work? Will I be able to remember what I have learned?'

The recipients of Paul's letter to the Philippians were also living in a state of anxiety as they had to face up to opposition and difficulty (Philippians 1:27-28), living as they were in an important city in a Roman colony. So Paul gave them a timely reminder as he wrote to them from prison.

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.' (Philippians 4:6-7).

The verses above have always been a challenge to me, as I have a tendency to be a worrier!

Paul highlights 3 things for us to focus on:

1. Perpetual anxiety

Paul was urging his readers (both then and now!) to refrain from being in a state of *perpetual* worry – 'be anxious for nothing.' Instead, we need to counteract our anxieties with:

2. Believing prayer

In prayer, we are coming into the presence of our Heavenly Father who knows all about us (including our exam pressures!) and who very much cares for us, as he does for all his creatures (Matthew 6:25-34).

3. The Peace of God

This is above anything we can ever understand. The peace promised is personified. It is like a Roman soldier - a very familiar sight to the Philippians - standing guard in protection of us.

Along with other members of CDF, I will be praying that you will know this peace of God accompanying you through your exams!

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