



Prayer for Anxiety Before a Big Test

A young woman praying outdoors. Research suggests prayer can activate brain areas that promote calm focus while reducing the activity of fear centers, helping relieve anxiety.

Sitting down to a big exam can fill even the best-prepared student with **anxiety** – sweaty palms, a racing heart, and a mind that suddenly feels blank. If you’ve ever felt this way before a test, you’re not alone. **Test anxiety** is a real physiological and psychological response to stress. The good news is that as Christians, we have both spiritual **and** practical tools to handle it. In fact, the Bible encourages us *“do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”* ([Philippians 4:6-7 \(NIV\)](#)). This article will explore how **prayer**, grounded in biblical truth and supported by insights from psychology and neuroscience, can help calm your nerves before a big test. We’ll also look at lifestyle tips, therapeutic strategies, and even when professional help or medicine might be appropriate – all integrated with a faith perspective that trusts in Christ.

Understanding Test Anxiety: Mind, Body, and Spirit

Test anxiety isn’t just “in your head” – it’s a whole-body reaction to the pressure of an exam. When you perceive a high-stakes test as a threat (to your future, your self-esteem, etc.), your brain’s fight-or-flight center (the amygdala) goes on alert. Stress hormones like **adrenaline (epinephrine)** and **cortisol** surge through your system, preparing you to either flee or fight ¹ ² . Physically, this causes symptoms like a pounding heart, rapid breathing, tense muscles, or an upset stomach. Mentally, it can **“freeze”** your thinking – ever gone blank on a test question you *know* you studied? That’s because in extreme anxiety, the flood of stress hormones actually inhibits the brain’s **working memory** and higher reasoning centers ² ³ . In other words, your brain, overwhelmed by fear, struggles to recall information or think clearly.

From a **spiritual** standpoint, anxiety can also be seen as a battle of the mind and spirit. It often manifests as racing worrisome thoughts: *“What if I fail? What if I disappoint everyone?”* These thoughts can spiral, creating a sense of doom disproportionate to the actual situation. Jesus identified this kind of anxious worry and gently admonished His followers to trust God’s provision: *“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”* ([Matthew 6:34 \(NIV\)](#)). The **Bible** acknowledges that we will face fears and troubles, yet repeatedly it encourages us to **“fear not”** and **“be strong and courageous”** in God’s presence (Isaiah 41:10, Joshua 1:9). **Test anxiety** is a specific kind of fear – the fear of failing or underperforming – and it has spiritual implications (like temptation to doubt your worth or God’s care) as well as emotional and physical aspects.

The first step in managing test anxiety is understanding it. On a practical level, some anxiety before a test is *normal* and can even motivate you to study and stay alert. But when it crosses into panic, it becomes counterproductive. Psychologists note that excessive anxiety impairs performance, creating a vicious cycle where poor performance then increases your anxiety next time. In fact, researchers have found a clear **negative correlation between high test anxiety and exam performance** – as anxiety rises, scores tend to drop ⁴ . It’s not ability that changes, but the anxiety itself that interferes with showing your true



capability. Recognizing this can actually give you hope: if you reduce the anxiety, you can **unlock your real potential**. This is where an integrated approach – addressing the **mind, body, and spirit** – comes in.

Biblical Wisdom on Anxiety and Peace

Scripture offers profound wisdom about anxiety. Thousands of years before modern psychology, God's Word identified the human tendency to worry and provided guidance to find peace. One of the most direct biblical answers to anxiety is *prayer*. Philippians 4:6-7 is a cornerstone verse: *"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. This is both a command and a promise. We are invited to turn every worry into a prayer, and in doing so, God promises a supernatural peace to guard us. Notice that it mentions "with thanksgiving" – cultivating gratitude even as you pray is key. Gratitude shifts your focus from fear of what might go wrong to appreciation of what is good, which research shows can significantly lower anxiety levels ⁵ ⁶ . For a student before a test, this could mean thanking God for the opportunity to learn, for being with you no matter the outcome, and for past successes, even as you ask Him for help on the exam.*

Another biblical principle is **casting your cares on God**. *"Cast all your anxiety on Him because He cares for you,"* 1 Peter 5:7 says ([1 Peter 5:7 \(NIV\)](#)). This reflects an act of trust. Imagine physically taking the load of stress off your shoulders and handing it over to God. You aren't meant to carry it alone. In the Old Testament, King David practiced this by pouring out his anxious thoughts to the Lord: *"When anxiety was great within me, your consolation brought me joy."* (Psalm 94:19 NIV). God's comfort can reach the deepest parts of our anxious hearts when we open up to Him.

It's important to note that **faith is not opposed to wise action**. Trusting God doesn't mean we neglect studying or ignore practical solutions; rather, it means we rely on God *while* doing our part. *"The horse is made ready for the day of battle, but victory rests with the Lord,"* says Proverbs 21:31. In context, for a student, preparing for the test (through study and skill) is like making the horse ready, but entrusting the outcome to God brings peace. This balanced mindset – **pray as though it all depends on God, and study as though it all depends on you** – can free you from paralyzing fear. You know you've done what you can, and you trust God with what you cannot control.

How Prayer Helps Relieve Anxiety

Beyond the clear biblical call to prayer, **does prayer really help anxiety** from a practical standpoint? Research and experience say yes. Prayer is not a magical wish or a mere religious duty – it's an active engagement with the loving God who calms our fears. Modern studies have found remarkable connections between **prayer, the brain, and anxiety relief**. Neuroscientists using brain scans have observed that during deep prayer or meditation, the **prefrontal cortex** (the part of the brain behind your forehead responsible for focusing attention, problem-solving, and regulating emotions) lights up with increased activity ⁷ . At the same time, activity in the **amygdala** – the brain's fear center – is reduced ⁸ . In essence, prayer engages the brain's calming and focusing mechanisms while dialing down the "alarm bell" that triggers anxiety. This neurological effect explains why many people report feeling **more peaceful and clear-headed after praying**.



Brain SPECT scans comparing baseline (left) to a person in prayer (right). Red and yellow areas show higher blood flow. Notice the increased activity in the frontal lobes during prayer (right image), indicating enhanced focus and self-regulation, while activity in fear-related areas diminishes ⁸. Such changes in brain activity are associated with greater calm and concentration.

Prayer also helps by what it **does to our thought patterns**. Often, anxiety is fueled by repetitive negative thoughts or worst-case scenarios playing on a loop. When you pray, you are *interrupting* that loop and redirecting your thoughts toward God. You're no longer talking *to yourself* about your fears; you're talking to **God** about them, which often brings a sense of release. Psychologists call this a form of **cognitive reappraisal** – you are reinterpreting the situation in light of faith. For example, instead of thinking “I’m going to fail this test and my life will be ruined,” in prayer you might say, “Lord, you know how anxious I am about this exam. Help me to do my best. I trust that no matter what, my life is in Your hands and You have good plans for me.” This shifts your mindset from catastrophe to trust and surrender.

Interestingly, researchers have noted that not **all** prayer is equally effective in reducing anxiety – it may depend on *how* we pray. A 2023 study on prayer and anxiety in the U.S. found that people who tended to pray with a **sense of praise and trust in God’s plan** had lower anxiety levels, whereas those whose prayers were mostly focused on asking for things or who doubted God’s responsiveness actually reported *higher* anxiety ⁹. In other words, using prayer as a time to truly **connect with God, praise Him, and trust Him** (“Lord, You are good, I know You’re with me in this”) is more calming than prayers that might amount to worrying out loud (“God, what if I fail? I really need an A, I can’t mess up...”). This doesn’t mean we shouldn’t make requests – Philippians instructs us to petition God – but it suggests our prayers should include **worship and surrender**, not just panic-stricken pleas. **Gratitude**, as mentioned earlier, is a powerful ingredient in prayer that transforms it from anxious begging into a life-giving conversation with God. In that conversation, the Holy Spirit can reassure us of God’s promises. Many Christians experience a tangible sense of peace after praying, even if nothing external has changed, fulfilling the promise that God’s peace will “*guard your hearts and minds*” (Phil. 4:7).

From a **mental health** perspective, prayer is often considered a type of coping skill. Therapists note that people who have a strong faith and prayer life often feel **less alone** in their struggles. Instead of carrying the burden of anxiety solo, they feel supported by God and often by a community of fellow believers. In clinical terms, this provides **emotional comfort and reduces stress**. One article on prayer’s benefits pointed out that prayer is an active coping mechanism involving collaboration with God, which fosters hope and resilience ^{10 11}. Even the simple act of *saying* a prayer can have a ritualistic calming effect – it requires you to slow down, breathe, and speak (or think) words of faith, which can steady your nerves. In fact, **breath control** and prayer often go hand in hand: as you slow your breathing during prayer or scripture meditation, you activate the body’s parasympathetic nervous system (the “rest and digest” response that counters panic) ⁶. It’s fascinating how God designed our bodies and souls to connect – quiet, focused prayer can lower blood pressure, relax muscle tension, and reduce the secretion of stress hormones ⁶, aligning our physiology with the spiritual tranquility we seek.

Finally, prayer shifts our perspective. Before prayer, an exam looms as an all-important threat; after prayer, you remember that **God is bigger than any test**. Your identity and future are in His hands, not in the outcome of one exam. This spiritual truth relieves pressure and brings joy. As the Psalmist discovered, “*When anxiety was great within me, your consolation brought me joy*” (Psalm 94:19). The **joy** and **peace** that come from knowing God’s love and sovereignty can replace the knots in your stomach with a sense of calm assurance. This doesn’t mean you’ll never feel nervous – but that nervousness will no longer control you.



Practical Strategies for Peace Before a Test (An Integrated Approach)

While prayer is central, overcoming test anxiety is best done through an **integrated approach** – combining spiritual practices with practical lifestyle and mental strategies. Here are several evidence-based tips, **grounded in both faith and science**, to help you find peace and perform your best:

- **Pray Early and Often:** Don't wait until panic hits right before the exam to pray. Start praying during your study sessions and in the days leading up to the test. **Integrating prayer into study routines** can reduce stress and keep you focused ¹² ¹³. For example, begin your study time with a short prayer asking God to help you understand and remember the material. This invites God's presence into your preparation. Many students find that taking *prayer breaks* – pausing for a minute of prayer or a Bible verse after finishing a chapter or a set of practice problems – gives mental rest and spiritual encouragement. These little prayers act like mini-reset buttons if you start feeling overwhelmed, preventing anxiety from accumulating too much.
- **Meditate on Scripture, Not on Worries:** Replace the cycle of worries in your mind with God's truth. Choose a few short **Bible verses** that bring you calm, and **meditate** on them when anxiety starts to spike. For instance, *"God is our refuge and strength, an ever-present help in trouble"* (Psalm 46:1) or *"I can do all this through Him who gives me strength"* (Philippians 4:13) can serve as power statements to counter anxious thoughts. Some people write a comforting verse on an index card to carry into the exam as a reminder. **Breath-prayer techniques** can also help: as you inhale slowly, pray in your mind *"Jesus, fill me with Your peace,"* and as you exhale, *"I cast my cares on You."* This marries biblical truth with the physical calming of deep breathing. The repetition of a faith-filled phrase while breathing can significantly slow your heart rate and quiet racing thoughts.
- **Use Relaxation Techniques (and Invite God into Them):** Deep breathing, progressive muscle relaxation, or brief stretching exercises are proven to reduce acute anxiety. Even **secular** experts recommend these for test anxiety ¹⁴ ¹⁵. As a Christian, you can combine them with prayer. For example, you might inhale deeply for 4 seconds, hold for 4, exhale for 6 – a common breathing exercise – while quietly saying a prayer like *"Lord, calm my mind and body."* One guide suggests pairing prayer with such relaxation methods enhances the effect ¹⁶. Some students find it helpful to quietly pray in the exam seat before the test begins, while doing a quick breathing exercise and unclenching any tense muscles – you can often do this discreetly, and it sets a peaceful tone as you start.
- **Get Enough Sleep and Watch Your Fuel:** It's hard to feel calm when you're running on fumes. Lack of sleep and excessive caffeine can heighten anxiety symptoms. Plan your study schedule so you can get a **full night's sleep** before the exam – memory consolidation happens during sleep, so it's both a performance and an anxiety issue. From a faith perspective, remind yourself that it's *okay to rest*; Psalm 127:2 says God "grants sleep to those He loves." Trust that a rested mind will outperform an exhausted, anxious one. On test day, **eat a healthy breakfast** with protein and complex carbs (e.g. eggs and whole grains) to keep your blood sugar stable; low blood sugar or too much coffee can mimic anxiety (jitters, heart palpitations). Treat your body as God's temple (1 Corinthians 6:19) by giving it what it needs for optimal function – it will help your mental state too.



- **Study Smart, Study Faithfully:** Effective preparation is one of the best antidotes to test anxiety. As the saying goes, *“Practice breeds confidence.”* Use good study strategies: break material into chunks, use practice tests or flashcards, and start early to avoid last-minute cramming. Each time you study, pray for clarity and diligence. **Diligence honors God** – *“Whatever you do, work at it with all your heart, as working for the Lord”* (Colossians 3:23). Knowing you have prepared thoroughly can greatly reduce fear. It might also help to simulate test conditions (timed quizzes, a quiet environment) beforehand; exposure to the situation can reduce the novelty and panic when the real exam comes. By studying *“with the Lord”* – i.e., inviting Him into the process – you transform studying from a frantic solo effort into a cooperative venture with God’s guidance. This mindset can alleviate the loneliness and pressure of preparing alone.
- **Challenge Negative Thoughts with Truth:** This is essentially a **Cognitive-Behavioral Therapy (CBT)** technique that aligns well with a biblical approach. When anxious thoughts like *“I’m going to bomb this test and my life will be over”* invade, **catch them** and **challenge them**. Ask, *“What is the evidence for this thought? What does God say about this?”* Perhaps you’re fearing failure; remind yourself of times you succeeded or improved. From a faith angle, counter *“If I fail, I’m a failure”* with *“My worth is not in my grades, but in being a child of God. God will still have a future for me.”* Replace exaggerations (*“I always mess up exams”*) with balanced truth (*“I didn’t do well on the last one, but I learned what to fix and I’m better prepared now”*). Scripture calls us to **“take every thought captive”** (2 Corinthians 10:5) and to think on things that are true, noble, and praiseworthy (Philippians 4:8). By deliberately reframing your self-talk, you can break the power of fear. Sometimes writing these truth statements on paper helps reinforce them. If worries persist, consider journaling them out and then praying over that journal entry, physically handing those concerns to God.
- **Seek Support and Encouragement:** You don’t have to battle anxiety alone. Ask friends or family to **pray for you** (and with you) before the test. Simply hearing someone pray over you can impart peace, because you’re reminded that God is in control and people care. You might also talk to a mentor, teacher, or pastor about your fears – just voicing your anxiety to a supportive person often diminishes its intensity. There may be practical tips they can offer as well. The Bible says, *“Carry each other’s burdens”* (Galatians 6:2), and that *“anxiety weighs down the heart, but a kind word cheers it up”* (Proverbs 12:25). So let others give that kind word of reassurance. Sometimes even a quick text prayer chain with friends on exam morning can boost your confidence and sense of God’s presence.

By combining **spiritual disciplines** (prayer, scripture, faith confessions) with **practical techniques** (breathing, good study habits, rest, support), you attack test anxiety on all fronts. You are essentially caring for the whole person – body, mind, and spirit – as God designed. Students who incorporate these habits often report less anxiety and clearer thinking, which naturally leads to better test results ¹⁷.

When Faith Meets Treatment: Getting Professional Help

What if you do all the above and still feel crippled by anxiety? First, know that **needing extra help is not a failure of faith**. God works through many avenues, including mental health professionals and medical interventions, to bring healing and peace. If your test anxiety is part of a broader **anxiety disorder** or is causing panic attacks, significant insomnia, or depression, it may be time to seek professional help in addition to prayer. A Christian therapist or counselor can teach you specialized strategies (like CBT techniques in depth, systematic desensitization for performance anxiety, or biofeedback) to manage anxiety. In many cases, **cognitive-behavioral therapy** has been found very effective for test anxiety –

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



studies and meta-analyses show that structured therapy can substantially reduce test anxiety and improve performance ¹⁸ ¹⁹. A counselor can also address any underlying issues such as fear of failure, perfectionism, or past traumas that might be amplifying your anxiety around tests.

Sometimes, short-term use of **medication** can assist in breaking the anxiety cycle. For instance, physicians might prescribe a low-dose **beta-blocker** (such as propranolol) to be taken before a high-pressure exam or presentation, which can block the surge of adrenaline and prevent the physical “jitters” without sedating your mind. In one clinical study, high school students with severe test anxiety who took a single dose of propranolol one hour before an exam saw their test scores improve significantly (on average 130 points higher on the SAT) compared to their previous unmedicated attempt ⁴. This medication helped by *calming the body's overreaction*, allowing their true cognitive ability to shine. Other types of medication, such as anti-anxiety meds or antidepressants (for longer-term anxiety issues), might be considered in chronic cases. **Consulting a doctor or psychiatrist** to explore these options can be a wise step, and many Christians have found relief through a combination of medication and therapy while continuing to pray for God's guidance.

It's important to **debunk any stigma**: using therapy or medication is not a sign of weak faith. In fact, it can be an act of stewardship – you are taking care of the mind and body God gave you, using the tools He has provided in this era of advanced knowledge. As one Christian counseling resource explains, *“God has allowed man to grow in his knowledge of medicine, which God often uses in the healing process... there is no biblical reason not to avail ourselves of it.”* ²⁰. Think of it this way: If you had diabetes, you'd pray for healing but also take insulin if needed; similarly, for anxiety, you can pray and also accept the help of healthcare. The key is to **keep God at the center** – view medicine or therapy as instruments in God's hands. Continue to seek Him in prayer for ultimate healing and peace, even as you utilize these resources. Often, a short season of counseling or medication can equip you with skills and stability that you then maintain through ongoing spiritual growth and healthy habits.

In seeking help, look for professionals who respect your faith. Many counselors are understanding of incorporating prayer and biblical principles into therapy if you desire. There are also Christian counselors who specialize in anxiety. Don't hesitate to talk to your pastor or church, too – they might offer counseling or support groups. Remember, **God is with you in the process**. Isaiah 41:10 says *“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.”* Sometimes that help comes through prayer alone in the moment; other times it comes through a supportive community or medical wisdom over time. All are gifts from His hand.

Before we conclude, let's ground ourselves in what truly matters: **your identity in Christ** and His love for you. No matter how the test goes, those truths do not change. You are not alone in that exam room – the Lord is with you, and your Christian friends are praying for you. You are not defined by your grade; you are defined by God's grace. Keeping this perspective is crucial in preventing anxiety from overwhelming you. Jesus reminded His followers that life is more than food, body more than clothes (Matthew 6:25) – we could say *you are more than a test score*. Your life has purpose in God's kingdom that far exceeds one exam or college acceptance. So do your best, but hold the outcome loosely in trust. Win or lose by the world's standards, in Christ you are secure.



A Prayer for Peace Before Your Test

Finally, here is a sample prayer you can use or adapt as you seek God's help to overcome anxiety before your big test. Find a quiet moment on the morning of the exam (or the night before) to pray something like this:

Dear Heavenly Father,

I thank You that You are always with me and that You care about every detail of my life – even this test I'm about to take. Right now my nerves are on edge and my mind is racing with *what-ifs*, but I choose to cast all my anxiety on You because I know You care for me (1 Peter 5:7). Please calm my heart and clear my mind. **Forgive me** for doubting or fearing, and fill me with Your peace that surpasses understanding, as You promised in Your Word.

I ask for Your help as I take this exam. **Give me recall of what I have studied**, and the ability to think clearly and creatively. Guide my thoughts to the correct answers and keep me from confusion. When I feel the wave of panic, remind me that *You are my rock and my refuge* (Psalm 94:19). I invite Your Holy Spirit to be my helper and bring to mind all that is true.

Strengthen me to give my best effort, and let me rest in the fact that the outcome is in Your hands. No matter what happens, I trust that *"all things work together for good"* (Romans 8:28) for those who love You. Help me remember that my worth is not based on my performance, but on Your great love for me demonstrated through Jesus. Re-center my identity in **Christ** – as a beloved child of God – which no test can take away.

Lord, I also pray for my fellow classmates (or others taking exams) that You would give them peace and fairness during the test. May my attitude and trust in You be a light to others in the way I handle stress. After this exam is done, let me not forget to thank You for your faithfulness.

I surrender my worry to You and receive Your peace. In Jesus' name, **Amen**.

As you finish your prayer and walk into the exam, take a deep breath and know that **God goes with you**. You have prepared, you have prayed, and now you can proceed in confidence. The Apostle Paul wrote, *"...in all things God works for the good of those who love Him"* (Romans 8:28), which means that even if the test doesn't go as you hoped, God can still use it for good in your life. This assurance allows us as believers to face challenges with an underlying joy and courage that confounds anxiety.

Living a joyful life in Christ doesn't mean we never feel stress or anxiety – it means when we do, we have a refuge. We run to God in prayer, we apply the wisdom of both Scripture and supportive research, and we experience the reality of His promise: *"Never will I leave you; never will I forsake you"* (Hebrews 13:5). So the next time that big test (or any big challenge) looms, you can say with the Psalmist, *"When I am afraid, I put my trust in You"* (Psalm 56:3). With that trust, bolstered by prayer and practical effort, **anxiety loses its grip** and is replaced by a divine peace. Go in that peace – and good luck on your exam!

References

1. McWaters, J. (2025). *The Physical, Psychological and Relational Benefits of Prayer*. Therapy Changes Blog. Retrieved from therapychanges.com. [\[Link\]](#) – Discusses research by Dr. Andrew Newberg on



how prayer activates the prefrontal cortex and calms the amygdala, reducing fear and improving focus. Also cites studies on prayer lowering stress and boosting emotional well-being.

2. St. Mary's College of CA (n.d.). *Prayer to Do Well on a Test* [PDF]. Retrieved from stmarys-ca.edu. [\[Link\]](#) – An educational resource outlining the psychological benefits of prayer for students, such as reduced cortisol, lower anxiety, better concentration, and pairing prayer with relaxation techniques.
3. Upenieks, L. (2023). *Unpacking the Relationship Between Prayer and Anxiety: A Consideration of Prayer Types and Expectations in the United States*. **Journal of Religion and Health**, 62(3), 1810–1831. [\[Link\]](#) – Research study finding that certain prayer orientations (praise, trusting in answered prayers) are associated with lower anxiety, while prayer focused solely on personal requests or driven by worry can correlate with higher anxiety.
4. Compass Education Group (2024). *The Neuroscience of Test Anxiety*. Retrieved from compassprep.com. [\[Link\]](#) – Explains the fight-or-flight response in test anxiety, how adrenaline and cortisol affect the body and brain (e.g. racing heart, impaired memory), and suggests strategies to manage the “threat response.”
5. GotQuestions.org (2023). *Should a Christian take anti-depressants or other mental health medicines?* Retrieved from gotquestions.org. [\[Link\]](#) – A biblical counseling perspective affirming that using medicine for mental health is not unbiblical or shameful, viewing medications and therapy as tools God can use in healing alongside spiritual growth.
6. Faigel, H.C. (1991). *The effect of beta blockade on stress-induced cognitive dysfunction in adolescents*. **Clinical Pediatrics**, 30(7), 441-445. [\[Link\]](#) – A clinical study in which students with test anxiety took a beta-blocker (propranolol) before an exam; results showed significantly improved test performance (SAT scores) by reducing anxiety's cognitive impairments.
7. **Holy Bible, New International Version (NIV)**. Scripture quotations taken from NIV via BibleGateway.com. Key verses referenced include Philippians 4:6-7, 1 Peter 5:7, Matthew 6:34, Psalm 94:19, Isaiah 41:10, and others that offer guidance on anxiety, prayer, and God's peace.

1 2 3 The Neuroscience of Test Anxiety

<https://www.compassprep.com/the-neuroscience-of-test-anxiety/>

4 The effect of beta blockade on stress-induced cognitive dysfunction in adolescents - PubMed

<https://pubmed.ncbi.nlm.nih.gov/1879101/>

5 6 7 8 10 11 The Physical, Psychological and Relational Benefits of Prayer - Therapy Changes

<https://therapychanges.com/blog/2025/07/the-physical-psychological-and-relational-benefits-of-prayer/>

9 Unpacking the Relationship Between Prayer and Anxiety: A Consideration of Prayer Types and Expectations in the United States - PMC

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9713100/>

12 13 16 17 Prayer To Do Well On A Test

<https://archive.stmarys-ca.edu/archive-library-607/prayer-to-do-well-on-a-test.pdf>

14 Test Anxiety: How to Relax When Taking a Test - Verywell Mind

<https://www.verywellmind.com/what-is-test-anxiety-2795368>

15 How to Overcome Test Anxiety: 8 Helpful Tips | CWI

<https://cwi.edu/news/blog/how-overcome-test-anxiety-8-helpful-tips>

18 The efficacy of interventions for test-anxious university students

<https://www.sciencedirect.com/science/article/abs/pii/S0887618518302032>

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



CRAIGCHAMBERLIN.US

19 A Home-based Approach to Reduce Test Anxiety Using a ...

<https://link.springer.com/article/10.1007/s10942-023-00512-3>

20 Should a Christian take anti-depressants or other mental health medicines? | GotQuestions.org

<https://www.gotquestions.org/Christian-anti-depressants.html>