

## Exam Prayer Meditation

### Theme

The Exam Prayer Meditation is intended to provide a Christ-focussed reflection on the anxieties and questions surrounding exams and stress for young people. At each stage, the viewer is offered the chance to reflect on what the Bible says about exam problems, and to respond with an appropriate prayer.

### Delivery

Whilst you can watch the meditation on your own in silence, it is intended to be used with a group of young people, with music played in the background. You might find it easier to use a data projector (if possible), so that everybody can see and experience the meditation clearly.

There is no music built in to the demonstration, as this would infringe copyright. You might like to experiment with different styles of music playing in the background – try some plainchant, Taize or orchestral music – the fewer the words the better!

Here at the NYMO office, we tend to use chillout dance music with young people, as the beat tends to be repetitive enough to relax to, but is still up-tempo and familiar enough to be non-threatening... If you would like to experiment with some of this music, the original song that the prayer was set to was 'Miserere' on the album 'State of Grace', which is downloadable from iTunes and other online retailers. If you are using Miserere, be aware that it is best to begin playing the music once the title screen for the prayer has disappeared. The music should then finish alongside the final 'amen'. Other recommended titles for this presentation would be:

- *'Throwing Shapes'* by Dirty Vegas (from the album 'Dirty Vegas') – 6 mins 53 secs long
- *'Low Sun'* by Chicane (from the album 'Behind the Sun') – 6 mins 57 secs long
- *'Still Alone'* by Don Carlos (from the album 'Chill Out in Paris, volume 2' by The Buddha Bar) - 6 mins 48 secs long
- *'Quia Respexit'* by Paul Schwartz (from the album 'State of Grace II – Turning to Peace') – 6 mins 51 secs long

### Format

The Pentecost Prayer Meditation is in a PowerPoint format. This means that it will play on any computer with Microsoft PowerPoint installed, or with PowerPoint Viewer. If you do not have PowerPoint already installed on your computer, you can download Viewer for free from [www.microsoft.com](http://www.microsoft.com) (search for 'powerpoint download'). Simply load the powerpoint (you'll need to open it as 'read only'), open the presentation, and it will begin. If you'd like to pause the presentation whilst you're running it, right click and select 'pause', and 'resume' to begin when you're ready.

The Pentecost Prayer Meditation is 2MB in size, and should download reasonably quickly on a broadband connection, but may take a little while if you are on dial-up.

