



# Finding Peace and Strength: A Bible Study on Mental Health and ADHD



Explore God's Word to nurture mental health and find strength in His peace while navigating inattentive ADHD challenges.

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## Introduction

**Mental health** is a crucial part of our overall well-being, and when combined with challenges such as *inattentive ADHD in adults*, it can sometimes feel overwhelming. The Bible offers timeless wisdom, promises of peace, and encouragement that can be a source of hope as we seek to understand and manage our thoughts, emotions, and daily struggles.

ADHD, particularly the inattentive type, often involves difficulties with focus, memory, and self-organization, which can lead to frustration and anxiety. However, God's Word reminds us that He is our ever-present help, our source of strength, and He understands every part of who we are. This study is designed to encourage you to lean into God's promises, find practical comfort in Scripture, and discover ways to walk faithfully and confidently despite challenges.

*Throughout these five days*, you will explore scriptures that emphasize God's peace, guidance, and power to renew your mind. You'll be invited to reflect deeply on how God meets you personally in your unique struggles and equips you to persevere. Whether you feel scattered or overwhelmed, these passages are meant to remind you that your value and identity rest securely in Christ—beyond any difficulty with attention or focus.

Let this study be a gentle invitation to bring your thoughts and worries to God, learn how His Spirit can bring calm and clarity, and grow in faith that





equips you to face each day with grace and courage. Remember, you are not alone; God walks with you, ready to help.







## Day 1: 🧠 Trusting God in Thought and Focus





Day 1: 🧠 Trusting God in Thought and Focus

## Your Verse

*Philippians 4:6-7 NIV: "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."*

## Supporting Scriptures

- *Isaiah 26:3 NIV - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*
- *2 Timothy 1:7 NIV - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*





Day 1: 🧠 Trusting God in Thought and Focus

## Devotional: Embracing God's Peace Amid Mental Challenges

**Living with inattentive ADHD often means battling racing thoughts, forgetfulness, or difficulty concentrating.** This can lead to feelings of anxiety or being overwhelmed. But the Apostle Paul gives us a powerful antidote: instead of anxiety, bring your worries and requests to God in prayer. When you do, *God promises a peace that goes beyond human understanding.*

Think about how your mind feels 'scattered' or restless at times. God's peace isn't the absence of challenge, but a presence that guards your heart and mind. This peace acts like a protective barrier, giving you calm amidst the worries your ADHD might bring.

Remember, the Spirit God gives you is one of power, love, and self-discipline—not fear or confusion. This means with His help, you can face your daily struggles with renewed strength and clarity. Trusting God with your thoughts invites Him to help you focus, organize, and find rest.

Today, begin by listing specific worries or focus challenges and invite God into those moments. Let His peace transform your mind.





Day 1: 🧠 Trusting God in Thought and Focus

## Reflect and Apply

1. What worries or anxious thoughts do I frequently experience related to my ADHD?

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2. How does trusting God with my mind change the way I feel about my daily focus struggles?

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3. In what ways can I invite God's peace to guard my heart from overwhelm?

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Day 1: 🧠 Trusting God in Thought and Focus

## Journaling Prompts

1. Write down three specific areas where your attention feels most challenged.

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2. Describe a moment when you experienced unexpected peace despite mental chaos.

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3. List prayers or requests you want to bring to God about your focus and mind.

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Day 1: 🧠 Trusting God in Thought and Focus

## Prayer for Today

**Lord**, thank You for Your promise of peace that surpasses all human understanding. Today, I bring my scattered thoughts and worries to You, trusting You to guard my heart and mind. Help me to lean on Your power, love, and self-discipline when I feel distracted or overwhelmed. Calm my restless thoughts and grant me clarity and focus in every moment. I am grateful that You walk with me through every mental challenge, guiding me with Your gentle presence. *Thank You for never giving up on me.*







## Day 2: Finding Rest for a Weary Mind





Day 2: 🕊 Finding Rest for a Weary Mind

## Your Verse

*Matthew 11:28-30 NIV: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

## Supporting Scriptures

- *Psalm 46:10 NIV - "Be still, and know that I am God."*
- *Exodus 33:14 NIV - "The Lord replied, 'My Presence will go with you, and I will give you rest.'"*





## Day 2: 🕊 Finding Rest for a Weary Mind

## Devotional: Accepting Jesus' Invitation to Rest and Renewal

**Living with inattentive ADHD can leave your mind feeling exhausted and burdened by constant struggles to maintain focus, remember details, or complete tasks.** Jesus offers an invitation that is profoundly gentle and personal: come to Him with your weariness and find rest.

*Rest for your soul is more than just physical sleep.* It is a deep peace and renewal found in surrendering your burdens to Jesus and learning from His gentle, humble heart. When you try to carry anxiety and distractions alone, your mind can grow fatigued, but when you yoke yourself to Christ, you receive His strength and calm.

Take time today to pause and be still before the Lord. Recognize that you do not have to strive in your own strength. God's presence goes with you, offering rest and reassurance amid the chaos of inattentive ADHD symptoms.

Through prayer, quiet reflection, and scripture, allow Him to refresh your weary mind and restore your soul's balance.





Day 2: 🕊️ Finding Rest for a Weary Mind

## Reflect and Apply

1. In what ways does my mind feel weary due to ADHD-related challenges?

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2. How can I practically 'take Jesus' yoke' in my daily life?

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3. What does resting in God look like when my thoughts feel scattered or busy?

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Day 2: 🕊️ Finding Rest for a Weary Mind

# Journaling Prompts

1. Write about what mental rest means to you beyond physical sleep.

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2. Recall a time when you felt refreshed after giving your worries to God.

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3. List obstacles that make resting your mind difficult, and ask God for help with each.

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Day 2: 🕊️ Finding Rest for a Weary Mind

## Prayer for Today

**Heavenly Father**, I come to You burdened by the weight of my restless mind. Thank You that You offer me rest that my soul desperately needs. Teach me to take Your yoke and to lean on Your gentle strength instead of my own. Help me to be still in Your presence and to trust that You will guide and refresh me daily. Renew my heart and calm my thoughts, even when ADHD tries to overwhelm me. May I find true rest in You alone.







## Day 3: ⚡ Strength in Weakness and Grace





Day 3: ⚡ Strength in Weakness and Grace

## Your Verse

*2 Corinthians 12:9 NIV: "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."*

## Supporting Scriptures

- *Psalm 34:18 NIV - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Isaiah 40:29 NIV - "He gives strength to the weary and increases the power of the weak."*





## Day 3: ⚡ Strength in Weakness and Grace

## Devotional: God's Power in Our Mental Weariness

**Inattentive ADHD might make you feel weak or less capable at times, especially when your brain struggles to keep up with life's demands. Yet, Paul's words remind us that God's grace is enough. It is in our weaknesses where God's power truly shines.**

*Rather than hiding your struggles or feeling ashamed, embrace them as places where God's strength can rest on you. Your difficulties do not define you; God's empowering grace does. He is near when your spirit feels crushed or frustrated by distractions and forgetfulness.*

Consider how God's strength enables you to keep going, even when focus and attention are difficult. Each day offers a fresh chance to lean on His grace rather than your own effort.

Today, celebrate how God's power works best in your struggles, lifting you when you feel weak and tired.





Day 3: ⚡ Strength in Weakness and Grace

## Reflect and Apply

1. How have I experienced God's strength during moments of mental weakness?

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2. What changes if I view my ADHD challenges as opportunities for God's grace?

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3. In what ways can I lean more on God's power instead of my own efforts?

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Day 3: ⚡ Strength in Weakness and Grace

# Journaling Prompts

1. Write about a recent time when you felt weak but experienced God's strength.

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2. List areas where you might be resisting God's power by relying solely on yourself.

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3. Pray and journal your willingness to invite God's grace into your struggles.

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## Day 3: ⚡ Strength in Weakness and Grace

## Prayer for Today

**Lord Jesus**, thank You that Your grace is sufficient for me, especially in my weaknesses. When my mind feels tired, scattered, or inadequate, remind me that Your power is made perfect in those moments. Help me to stop hiding or feeling ashamed of my challenges, and instead, give me courage to trust You fully. Strengthen my weary heart and renew my spirit daily by Your mighty hand. May Your power rest upon me and carry me through every difficulty.







## Day 4: 🌿 Renewing the Mind through God's Word





Day 4: 🌱 Renewing the Mind through God's Word

## Your Verse

*Romans 12:2 NIV: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

## Supporting Scriptures

- *Psalm 119:105 NIV - "Your word is a lamp to my feet and a light to my path."*
- *Ephesians 4:23 NIV - "Be made new in the attitude of your minds;"*





Day 4:  Renewing the Mind through God's Word

## Devotional: Letting God's Word Renew Your Busy Mind

One of the greatest challenges with inattentive ADHD is managing scattered or racing thoughts that can rob us of calm and clarity. God's Word offers a powerful means to renew and reshape your mind. Paul urges believers to resist worldly patterns that may foster anxiety, distraction, or discouragement, and instead to be transformed by God's truth.

*Renewing your mind means daily inviting Scripture to shape your thoughts, perspectives, and feelings.* As you meditate on verses and truths, your mind begins to align with God's good and perfect will. This process is essential in helping manage mental distractions and building a foundation of hope and purpose.

Today, commit to spending time with God's Word, even in small moments. Allow it to be a guide and light in your daily challenges and thought patterns.

Remember, transformation is a journey, and God's Spirit assists you in reshaping your mind one step at a time.





Day 4: 🌱 Renewing the Mind through God's Word

## Reflect and Apply

1. How can I use Scripture to bring focus when my thoughts feel scattered?

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2. What thoughts or mindsets do I need to surrender to God for renewal?

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3. How does aligning my mind with God's will help in managing ADHD symptoms?

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Day 4: 🌱 Renewing the Mind through God's Word

## Journaling Prompts

1. Identify and write down three Scripture verses that bring you peace or clarity.

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2. Reflect on a pattern or habit of thought you want God to transform.

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3. Describe a small daily practice to engage with God's Word for mental renewal.

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Day 4: 🌿 Renewing the Mind through God's Word

## Prayer for Today

**Father God**, thank You for the gift of Your Word that lights my path and renews my mind. When my thoughts race or feel out of control, help me to anchor myself in Your truth. Transform my attitude and thought patterns to align with Your good and perfect will. Give me discipline and desire to engage with Scripture regularly, and let Your Spirit bring lasting change in how I think and feel. Strengthen me to resist the patterns of this world and live fully in Your peace.







## Day 5: 💡 Hope and Confidence in God's Plan





Day 5: 💡 Hope and Confidence in God's Plan

## Your Verse

*Jeremiah 29:11 NIV: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

## Supporting Scriptures

- *Psalms 56:3 NIV - "When I am afraid, I put my trust in you."*
- *Proverbs 3:5-6 NIV - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*





## Day 5: 🕯 Hope and Confidence in God's Plan

# Devotional: Walking Confidently in God's Hopeful Plan

**Living with inattentive ADHD can sometimes make the future feel uncertain or scary, especially when mental focus is a constant challenge. But God reassures you that He has a hopeful plan uniquely designed for your life. His plans are to bless and prosper you, not to harm or hinder.**

*This promise invites you to place confidence in God rather than your own understanding or performance.* When you feel afraid or discouraged, you can trust Him completely. Submitting your ways to God, even when your mind feels disorganized, allows Him to guide your path and bring clarity step by step.

Today, reflect on God's good plans and hold onto hope. Your diagnosis or challenges do not define your future—God's loving purpose does. With Him, you can face each day with confidence and courage.

Walk forward knowing your Heavenly Father is directing your steps and holding you securely in His hands.





Day 5: 💡 Hope and Confidence in God's Plan

## Reflect and Apply

1. How does trusting God's plan provide comfort amidst ADHD uncertainties?

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2. What fears about the future do I need to surrender to God today?

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3. How can I actively submit my thoughts and decisions to God's guidance?

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Day 5: 💡 Hope and Confidence in God's Plan

# Journaling Prompts

1. Write about what hope means to you in the context of your mental health.

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2. List fears or worries about your future and offer them up to God in prayer.

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3. Describe a recent experience where you saw God's guidance in your life.

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## Day 5: 💡 Hope and Confidence in God's Plan

## Prayer for Today

**Lord God**, thank You for the hope and future You promise for my life. When my mind feels scattered and uncertain, remind me that Your plans are good and perfect. Help me to trust You fully and not rely on my own understanding. Guide my steps clearly and give me confidence to walk forward each day, knowing You hold me securely. Replace fear with faith and doubt with assurance. May I rest in Your loving provision and purpose for me always.







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