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



Explore God's guidance and peace for children with hyperactive, impulsive ADHD and their caregivers through Scripture and reflection.





Table of contents

<u>Introduction</u>	3
Day 1: @ Understanding God's Design	4
Day 2: Patience and Self-Control in the Midst of Impulsivity	10
Day 3: 🕹 Finding Peace Amidst Mental Turmoil	16
Day 4: 🎇 God's Strength in Our Weakness	22
Day 5: Community and Support in the Journey	28







Introduction

In today's fast-paced world, children with hyperactive and impulsive ADHD often face unique challenges that can affect their mental health and daily lives. As caregivers, educators, or loved ones, it's important to seek not only practical support but also spiritual encouragement. This 5-day Bible study plan offers hope, comfort, and wisdom from God's Word specifically tailored to encourage families navigating the complexities of ADHD.

The Bible acknowledges the complexities of the human mind and heart, reassuring us that God's strength can be made perfect in our weaknesses. Though the Scripture does not address ADHD directly, it speaks powerfully about God's care for our mental wellbeing and offers strategies for cultivating peace, patience, and resilience.

Throughout this study, you will discover how to entrust your fears and frustrations to God, how to nurture patience in moments of impulsiveness, and how to celebrate God's handiwork in your child's unique journey. By reflecting on passages that highlight God's creativity, peace, and guidance, you will be equipped to walk this path with grace and hope. Whether you are seeking scripture–based encouragement for your child, practical wisdom for yourself, or both, this study is designed for you.

Let us embark on this journey together, inviting God's presence to soothe anxious thoughts, strengthen our hearts, and guide our steps each day. Remember, you are not alone — God is our ever-present help.















Your Verse

Psalm 139:13-14 - "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Supporting Scriptures

- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart..."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works..."







Devotional: Embracing God's Unique Creation in ADHD

Recognizing the great value God places on each person is foundational to mental health and self-acceptance. For children with hyperactive and impulsive ADHD, sometimes feelings of difference or frustration arise, but we are reminded by *Psalm 139* that every part of who we are is intentionally crafted by God. This passage assures us of our unique worth and intentional design, regardless of any challenges we may face.

Understanding that God created our minds—even in their complexity or distinctiveness—helps us approach ADHD with grace. It's not a flaw but part of the wonderful tapestry God weaves in individuals. Whether you are a parent helping your child, or a child striving to understand yourself, know that God's love and creativity extend to every corner of your life and thought.

Today, celebrate this truth by acknowledging God's handiwork in the ways your mind functions and in your child's energetic spirit. Embrace this as a gift, trusting that God's designs have purpose, even when situations feel difficult.







Reflect and Apply

	How does knowing you are fearfully and wonderfully made help you view ADHD differently?
	In what ways can you remind your child (or yourself) of God's intentional design during challenging moments?
3.	How might embracing God's creative handiwork encourage patience and acceptance?







Journaling Prompts

	Write about a moment when you appreciated a unique quality in your child or yourself.
	Describe how God's design influences your perspective on your or your child's mental health.
	List three affirmations based on Psalm 139:13-14 to encourage a positive mindset.







Prayer for Today

Lord, help me to see myself and my child through Your eyes. Teach me to embrace the uniqueness You have woven into our beings and to find peace in Your perfect design. Give us patience to navigate challenges with grace and boldness to celebrate Your handiwork every day. May Your love steady our hearts when feelings of frustration arise, reminding us that we are wonderfully made and deeply loved. *Amen.* \swarrow





Day 2: Patience and Self-Control in the Midst of Impulsivity









Day 2: Patience and Self-Control in the Midst of Impulsivity

Your Verse

Galatians 5:22–23 – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."
- James 1:19–20 "Everyone should be quick to listen, slow to speak and slow to become angry..."







Day 2: 🕒 Patience and Self-Control in the Midst of Impulsivity

Devotional: Growing Patience and Self-Control With God's Help

For children with hyperactive, impulsive ADHD, cultivating patience and self-control may feel especially challenging, but God's Spirit offers assistance. In *Galatians 5:22–23*, the fruit of the Spirit includes self-control, implying that these qualities grow as we lean into God.

Patience does not mean perfection but an ongoing process of learning to respond instead of react. This passage reassures us that self-control isn't about our own strength alone but about opening our hearts to God's Spirit who cultivates these fruits within us over time.

It's important for caregivers to model and nurture this fruit patiently, knowing setbacks are part of growth. And children can be encouraged to recognize small moments of self-control and celebrate progress.

Prayer, mindfulness, and gentle reminders are tools God gives us to help steward the impulsive energy into peace. Today, ask God to cultivate patience and self-control in your heart and your child's, trusting His timing and grace for growth.







Day 2: Patience and Self-Control in the Midst of Impulsivity

Reflect and Apply

1.	What does self-control mean in your current circumstances?
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2.	How can you invite the Holy Spirit to help in moments of impulsivity?
3.	What small steps of patience or self-control can be celebrated today?







Day 2: 🕒 Patience and Self-Control in the Midst of Impulsivity

Journaling Prompts

	Recall a recent moment when you or your child showed patience or restraint.
	Write a prayer asking God to help develop the fruit of the Spirit in your life.
3.	List practical ways you can support cultivating self-control in your family







Day 2: Patience and Self-Control in the Midst of Impulsivity

Prayer for Today

Dear God, thank You for the gift of Your Spirit that helps us grow patience and self-control. Please guide our hearts and minds when impulsiveness arises. Help us to slow down, breathe deeply, and seek Your peace. Teach me to model Your fruit of the Spirit so my child can learn from my example. Strengthen our journey toward calmness and self-discipline with Your loving presence. *In Jesus' name, Amen.*







Day 3: 🕹 Finding Peace Amidst Mental Turmoil









Day 3: 👶 Finding Peace Amidst Mental Turmoil

Your Verse

Philippians 4:6-7 – "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 "You will keep in perfect peace those whose minds are steadfast..."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 3: \delta Finding Peace Amidst Mental Turmoil

Devotional: Experiencing God's Peace Through Prayer and Gratitude

Anxiety and restlessness can be common experiences for children with ADHD and those who care for them. However, Scripture encourages us to hand over our worries to God through prayer and thanksgiving. *Philippians 4:6-7* promises that a divine peace, deep and unfathomable, will protect our hearts and minds.

Peace here is not just a feeling but a divine security that transcends our circumstances. It is accessible when we focus our minds on God and give Him our concerns with trust. Caregivers and children alike can benefit from creating rhythms of prayer and gratitude, helping calm overactive thoughts and quiet impulsive energies.

Today, consider how you can cultivate an environment of peace through intentional prayer and thankfulness. God's invitation to come to Him brings rest that refreshes and centers our souls even in the most turbulent seasons.







Day 3: 👶 Finding Peace Amidst Mental Turmoil

Reflect and Apply

	What anxieties do you or your child face, and how can you bring them to God in prayer?
2.	How might regular thanksgiving change your perspective on difficulties?
3.	In what ways can you create peaceful moments in your daily routine?







Day 3: 👶 Finding Peace Amidst Mental Turmoil

Journaling Prompts

1.	Write down specific worries you want to give to God today.
2	Describe a moment when you experienced God's peace.
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3.	List blessings to thank God for, especially amid challenges.







Day 3: \delta Finding Peace Amidst Mental Turmoil

Prayer for Today

Heavenly Father, thank You for the promise of Your peace that exceeds our understanding. Help me and my child to cast our anxieties upon You, trusting You to guard our hearts and minds. Teach us to cultivate thanksgiving even in hard moments so Your peace can root deeply within us. Restore rest to our spirits and calm to our thoughts. May Your presence be a steady anchor for our souls today and always. *In Jesus' name, Amen.* \bigwedge















Your Verse

2 Corinthians 12:9 - "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

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Devotional: God's Power Perfected in Our Struggles

Living with hyperactive and impulsive ADHD can sometimes feel like a weakness or burden, but God's Word turns that perspective upside down. In *2 Corinthians 12:9*, God tells Paul that His grace is enough and His power shines brightest in our weakness.

This encourages caregivers and children alike not to be ashamed of difficulties or limitations but to remember that God's strength covers and transforms them. When frustration or exhaustion arise, God's grace is present, empowering perseverance and hope.

Taking comfort in God's promise means we can face daily challenges with courage, knowing His power supports us beyond what we can manage alone. Embracing weakness allows God to work mightily in and through us, showing that true strength is found in reliance on Him.







Reflect and Apply

1.	How have you experienced God's grace in moments of weakness?
2.	What does it mean to boast in your weaknesses as Paul did?
	How can recognizing God's strength change your approach to ADHD challenges?







Journaling Prompts

1.	Write about a time when God's power was evident in your difficulties.
2.	Reflect on how you can invite God's grace into struggles today.
3.	List ways you rely on God rather than your own strength.







Prayer for Today

Lord, remind me that Your grace is sufficient and Your power is made perfect when I feel weak. Help me to surrender the burdens of ADHD challenges to You and to embrace Your strength that undergirds every step. Fill me with courage and hope to face each day, knowing I am never alone. May Your power rest on me and my child, sustaining us in all circumstances. *In Jesus' mighty name, Amen.*















Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- Hebrews 10:24–25 "And let us consider how we may spur one another on toward love and good deeds... not giving up meeting together..."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: The Healing Power of Community and Support

No one is meant to walk the challenges of ADHD alone. *Ecclesiastes 4* reminds us that companionship, encouragement, and shared strength make the journey more bearable and fruitful.

For children with ADHD and their caregivers, building a supportive community is vital. This can include family, friends, church groups, therapists, or others who provide understanding and help.

God calls us to bear one another's burdens and to spur each other on in love. When we reach out and receive support, we reflect Christ's heart and find practical and emotional relief. Likewise, extending grace and patience to others strengthens the whole community.

Consider who God might be placing in your life to walk alongside you. Remember, mutual care reflects God's love and brings healing.







Reflect and Apply

1.	Who currently supports you and your child in this journey, and how can you deepen those connections?
	In what ways can you offer encouragement to others facing similar challenges?
	How might community reflect God's love and bring healing to mental health struggles?







Journaling Prompts

1.	Identify people or groups you can reach out to for support.
2.	Write about a time someone's support lifted you or your child.
3.	Reflect on ways you can be an encouragement to others in your community.







Prayer for Today

Father, thank You for the gift of community and the blessing of support from others. Help me to seek and embrace relationships that uplift and strengthen us in our ADHD journey. Teach me to also be a source of encouragement and love to those around me. May we carry each other's burdens as You commanded and grow together in grace and faith. Surround us with Your presence through caring hearts. *Amen.* \bigcirc \bigwedge







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