



Finding Peace and Strength: A Mental Health Journey with ADHD



Explore God's guidance and peace for mental health challenges, focusing on ADHD, through Scripture, reflection, and prayer.



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Introduction

Understanding mental health in light of God's Word is essential, especially for those living with ADHD (Attention-Deficit/Hyperactivity Disorder). ADHD often brings challenges like difficulty with attention, impulsivity, and restlessness — aspects that can affect daily life and spiritual well-being. Yet, Scripture offers timeless encouragement, telling us that God is near to the brokenhearted and that His strength is made perfect in our weakness. This study will guide you through biblical truths that address feelings of overwhelm, internal chaos, and anxiety, providing a pathway toward peace and hope.

Throughout these five days, we will explore passages that remind us of God's understanding, His power in our insufficiency, and the peace found only in Him. We will reflect on how God's grace meets us in our unique struggles, including the challenges posed by ADHD. This is not a study about "fixing" or ignoring the difficulties, but about embracing God's presence and strength amid them.

Whether you personally live with ADHD, support someone who does, or seek understanding for your own mental health journey, this study invites you to experience renewal. Remember that God's love is not limited by any diagnosis or condition; He knows every detail of your mind and heart. Let His Word nourish your spirit and give you courage to face each day with faith and hope. 🌿





Day 1: 🧠 Embracing Your Mind as God's Creation



Day 1: 🧠 Embracing Your Mind as God's Creation

Your Verse

Psalm 139:14 - "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."*
- *Romans 12:2 - "Be transformed by the renewing of your mind."*



Day 1: 🧠 Embracing Your Mind as God's Creation

Devotional: Recognizing God's Hand in Your Unique Mind

God has created your mind uniquely and intentionally. Sometimes, when living with ADHD, it's easy to get frustrated by the ways your mind works — distractions, restlessness, or difficulty focusing can feel like obstacles. But God's Word reminds us that you are "fearfully and wonderfully made." Your brain, with all its complexity, is a masterpiece of God's handiwork.

Recognizing this truth can shift your perspective from frustration to acceptance and gratitude. Rather than fighting your natural tendencies as flaws, you can view them as part of the unique way God created you. This doesn't mean challenges disappear, but it grounds your identity in God's love and purpose, not in limitations.

Psalm 139 tells us that God knows us intimately and deeply — every thought and detail is before Him. As you journey through this study, remember that your brain is a gift, and with God's help, you can learn strategies and find peace in how you were made.



Day 1: 🧠 Embracing Your Mind as God's Creation

Reflect and Apply

1. How do you currently view your mind and its challenges?

2. In what ways can seeing yourself as God's creation bring comfort or hope?

3. What might it look like to accept yourself fully while seeking growth?



Day 1: 🧠 Embracing Your Mind as God's Creation

Journaling Prompts

1. Write about a time you felt frustrated with your thoughts or focus.

2. List qualities about your mind that you could thank God for today.

3. Describe how Psalm 139 makes you feel about your identity.



Day 1: 🧠 Embracing Your Mind as God's Creation

Prayer for Today

Dear Lord, thank You for creating me wonderfully and knowing every part of my mind and heart. Help me to embrace the unique way You made me, even when I struggle to focus or feel restless. Give me patience and peace as I grow in understanding myself and Your purpose for me.

Fill me with Your strength when I feel overwhelmed, and remind me that Your grace is enough every day. Teach me to see my mind through Your eyes and to walk confidently in Your love. *In Jesus' name, Amen.* 🙏 ❤️ 🧠 🌿





Day 2: 🌿 Finding Peace Amid Restlessness



Day 2: 🌿 Finding Peace Amid Restlessness

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

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 2: 🌿 Finding Peace Amid Restlessness

Devotional: Experiencing God's Peace in Restless Moments

Restlessness and anxiety often accompany ADHD, making it difficult to find calm and focus. Paul's words to the Philippians offer a powerful antidote — prayer, thanksgiving, and trust in God unlock peace that surpasses human understanding. When your thoughts race or your body feels unsettled, turning to God in prayer redirects your heart toward His calming presence.

It's normal to feel overwhelmed — but God promises peace when you bring your worries to Him. This peace is not dependent on changing your circumstances immediately, but on anchoring your mind in God's control and love. Practically, it can follow from moments of stillness, gratitude, or simply expressing all your feelings honestly to God.

Remember Jesus invites the weary and burdened to find rest in Him. Even if your mind moves quickly or chaotically, His peace can guard your heart and calm your spirit. Let today be a reminder that God meets you right where you are, bringing peace amid the internal noise.



Day 2: 🌿 Finding Peace Amid Restlessness

Reflect and Apply

1. What situations tend to increase your restlessness or anxiety?

2. How can prayer and thanksgiving become tools to invite God's peace daily?

3. When have you experienced God's peace in a challenging moment?



Day 2: 🌿 Finding Peace Amid Restlessness

Journaling Prompts

1. Write about your current feelings of restlessness or anxiety.

2. List things you are thankful for that can help shift your focus.

3. Describe a time when prayer helped calm your mind.



Day 2: 🌿 Finding Peace Amid Restlessness

Prayer for Today

Lord, when I feel restless and overwhelmed, help me to bring my worries to You. Teach me to be still and trust in Your timing and care. Thank You for the promise of peace that transcends understanding — guard my heart and mind with Your love.

Help me to remember Your invitation to rest and to rely on You when my thoughts race. Strengthen me with Your presence today and always. *In Jesus' name, Amen.* 🙏🌸🕊️❤️





Day 3: 🔥 Strength in Weakness and Imperfection



Day 3: 🔥 Strength in Weakness and Imperfection

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

- *Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."*
- *Isaiah 40:29 – "He gives strength to the weary and increases the power of the weak."*



Day 3: 🔥 Strength in Weakness and Imperfection

Devotional: God's Power Perfected in Life's Challenges

Living with ADHD can sometimes make us feel weak, inadequate, or flawed. The Apostle Paul's words remind us that God's grace covers all our weaknesses and that His power shines brightest in our limitations. Instead of hiding or feeling ashamed of struggles, we are called to bring them to God and allow His strength to sustain us.

God does not see your imperfections as hindrances, but as places where His power can work mightily through you. This promise invites you to release the pressure to be perfect or 'have it all together' and instead rely on God's ongoing help.

Whether it's attention difficulties, impulsivity, or overwhelm, these challenges do not disqualify you from God's work in your life. When you feel weary, God is your refuge — a strong and faithful comforter who renews your strength day by day.



Day 3: 🔥 Strength in Weakness and Imperfection

Reflect and Apply

1. How do you typically respond to your weaknesses or ADHD challenges?

2. What would it look like to boast in your weaknesses as opportunities for God's power?

3. How can you remind yourself daily that God's grace is sufficient?



Day 3: 🔥 Strength in Weakness and Imperfection

Journaling Prompts

1. Reflect on an area where you feel weak or insufficient.

2. Write a prayer asking God to show His power through your challenges.

3. List ways God has helped you when you felt weary or weak.



Day 3: 🔥 Strength in Weakness and Imperfection

Prayer for Today

Gracious Father, thank You that Your grace is enough for every weakness I face. When I feel inadequate or overwhelmed by my ADHD, remind me that Your power rests on me.

Help me to lean into Your strength and not my own. Be my refuge and renew my spirit when I grow weary. May Your power be made perfect in my imperfections today and always. *In Jesus' name, Amen.* 🙏💪🌟🛡️





Day 4: 💡 Renewing Your Mind with God's Truth



Day 4: 💡 Renewing Your Mind with God's Truth

Your Verse

Romans 12:2 - "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

- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*
- *Ephesians 4:23 - "To be made new in the attitude of your minds."*



Devotional: Transforming Your Mind Through Scripture

The renewal of the mind is a powerful path toward mental and spiritual health. For those with ADHD, where thoughts might feel scattered or distracting, focusing on God's truth can reorient your thinking and bring clarity.

God calls us not to conform to worldly ways but to be transformed by His truth. This transformation happens as you meditate on Scripture, fill your mind with His promises, and reject lies or negative thoughts that can weigh heavily on your heart.

Your ADHD might challenge sustained focus, but small consistent habits, like memorizing verses or listening to Scripture, can renew your heart. Trust that God wants to guide you in His will, bringing peace and purpose. You are not alone as you intentionally invite God's truth into your mind each day.



Day 4: 💡 Renewing Your Mind with God's Truth

Reflect and Apply

1. What kinds of thoughts most distract or discourage you?

2. How can Scripture be a tool to counter those thoughts?

3. What small habits could you create to renew your mind daily?



Day 4: 💡 Renewing Your Mind with God's Truth

Journaling Prompts

1. Write about a negative thought you want to replace with God's truth.

2. Choose one scripture verse to meditate on this week and why.

3. Describe how your mind feels when focused on God's promises.



Day 4: 💡 Renewing Your Mind with God's Truth

Prayer for Today

Lord, help me to renew my mind with Your truth. When my thoughts are scattered or negative, guide me to focus on Your promises and goodness.

Teach me to build habits that draw me closer to You and transform how I think. I want to live in Your will, full of peace and purpose. Thank You for Your loving guidance every day. *In Jesus' name, Amen.* 🙏📖💡🌱





Day 5: 🧡 Community and Support in the Journey



Day 5: 💛 Community and Support in the Journey

Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- *Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."*
- *Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."*



Day 5: 💛 Community and Support in the Journey

Devotional: The Strength Found in Godly Community

Mental health and ADHD challenges are not meant to be faced alone.

Scripture highlights the importance of community, where believers carry one another's burdens and encourage each other.

Sharing your journey with trusted friends, mentors, or support groups can provide emotional and spiritual strengthening. Sometimes stigma or shame can isolate people struggling, but God's design for His people is connection and mutual care.

If you find it hard to ask for help, start small — pray for courage, reach out to someone you trust, or join a community where you feel valued. Let God use others as instruments of His healing and comfort in your life. Together, you can discover hope and strength on the path ahead.



Day 5: 🧡 Community and Support in the Journey

Reflect and Apply

1. Who in your life can help carry your burdens?

2. How does community impact your mental and spiritual well-being?

3. What steps can you take to connect with others more deeply?



Day 5: 🧡 Community and Support in the Journey

Journaling Prompts

1. Write about a person who encourages you in your mental health journey.

2. List ways you can support others facing challenges.

3. Describe how community has influenced your faith positively.



Day 5: 🧡 Community and Support in the Journey

Prayer for Today

Father God, thank You for the gift of community. Help me to find and embrace relationships where I can give and receive support and encouragement.

Give me courage to be vulnerable and to carry others' burdens with love. May we strengthen each other in our struggles and grow together in faith.

Surround me with Your people who remind me I am not alone. *In Jesus' name, Amen.* 🙏😊❤️🧡





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