



# Peace and Focus: A Bible Study for Mental Health and ADHD



Discover God's guidance for mental health and sharpen your spiritual focus amidst ADHD challenges over seven reflective days.

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# Table of contents

|   |    |
|---|----|
| <u>Introduction</u>                       | 3  |
| <u>Day 1: 🧠 Renewing the Mind</u>         | 4  |
| <u>Day 2: 🕊️ Peace Amid Distraction</u>   | 10 |
| <u>Day 3: 🛡️ Strength in Weakness</u>     | 16 |
| <u>Day 4: 🙏 Resting in God's Presence</u> | 22 |
| <u>Day 5: ⭐ Purpose Through Focus</u>     | 28 |
| <u>Day 6: 🙏 Strengthened by Prayer</u>    | 34 |
| <u>Day 7: 🌈 Hope and Perseverance</u>     | 40 |



## Introduction

Mental health is a vital part of our overall well-being, yet it's often misunderstood or overlooked, especially when conditions like ADHD impact our daily lives. **Attention Deficit Hyperactivity Disorder (ADHD)** can affect how we think, focus, and connect spiritually. But the Bible offers profound truths and practical guidance for those navigating these challenges.

This seven-day Bible study is designed to encourage and support you as you strive to maintain *mental peace* and deepen your *spiritual focus*. Each day presents a carefully chosen Scripture, short supporting verses, and a devotional that speaks to the intersection of mental health and faith.

God's Word reminds us that He understands our struggles and offers strength, hope, and renewed mindsets. **Do not be discouraged by distractions or difficulties in concentration.** Instead, allow God's promises to center your heart and mind, leading you into clearer focus and inner peace. Throughout this week, you will reflect, journal, and pray, inviting God to help you manage ADHD symptoms through His Spirit's guidance.

Whether ADHD feels like a mountain or merely a hurdle, know that you are not alone. *God's sustaining peace* can anchor your soul and sharpen your spiritual focus in remarkable ways. Let's embark on this journey together, finding rest, healing, and renewed clarity in God's perfect love and wisdom.





## Day 1: 🧠 Renewing the Mind



Day 1: 🧠 Renewing the Mind

## Your Verse

*Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

## Supporting Scriptures

- *Philippians 4:8 - "Finally, brothers and sisters, whatever is true...think about such things."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."*



## Day 1: 🧠 Renewing the Mind

# Devotional: Transform Your Mind Through God's Truth

**Renewing Your Mind** is the first step to finding clarity and focus, especially for those dealing with ADHD. The world often bombards us with distractions, making it hard to concentrate and even harder to find calm. Yet, Paul encourages believers in Romans 12:2 to resist worldly patterns and instead be transformed through a renewed mindset.

Renewing the mind is a spiritual process involving intentional focus on truth and God's promises. By meditating on what is true, noble, and pure (Philippians 4:8), we can begin to filter out noise and anxiety. This doesn't mean ignoring challenges but inviting God's perspective to shape our thoughts.

For someone managing ADHD, this might look like daily moments of intentional quiet, prayer, or Scripture reading, even when the mind is restless. Practicing these habits allows God's peace to settle deeply (Isaiah 26:3). Remember, mental renewal isn't about perfection but allowing God's Spirit to lead step by step into greater peace and focus.



Day 1: 🧠 Renewing the Mind

## Reflect and Apply

1. What distractions commonly interfere with your mental focus and how can you invite God's truth into those moments?

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2. How can you create daily habits that help renew your mind despite ADHD challenges?

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3. In what ways does trusting God's perspective bring peace when your thoughts feel scattered?

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Day 1: 🧠 Renewing the Mind

## Journaling Prompts

1. List thoughts you want to replace with God's truth.

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2. Describe a moment today when you felt God's peace amid distraction.

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3. Write down a Bible verse to memorize for mental renewal.

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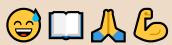
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## Day 1: 🧠 Renewing the Mind

## Prayer for Today

**Heavenly Father**, thank You for the power to renew my mind through Your Word. Help me to focus on what is true, good, and pure when distractions come. Calm my restless thoughts and fill me with Your perfect peace today. Guide me in building habits that draw me closer to You, even when my mind feels scattered. I trust Your Spirit to transform me daily and provide clarity and strength. In Jesus' name, *amen*.





## Day 2: 🕊️ Peace Amid Distraction



Day 2: 🕊️ Peace Amid Distraction

## Your Verse

*Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*

## Supporting Scriptures

- *Psalm 94:19 - "When anxiety was great within me, your consolation brought me joy."*
- *John 14:27 - "Peace I leave with you; my peace I give you."*



Day 2:  Peace Amid Distraction

## Devotional: Experience God's Peace Over Anxiety

Living with ADHD can often feel like your mind is racing or pulling you in many directions, triggering anxiety and frustration. Yet, in Isaiah 41:10, God assures us that we are not alone, urging us to replace fear with trust because He is always present. This presence brings **peace beyond circumstances**.

When anxiety and distractions flood your mind, Psalm 94:19 reminds us how God's comfort can bring joy and calm amidst internal chaos. Jesus Himself promises in John 14:27 to give peace—not as the world gives, but a lasting peace that soothes your spirit.

**Receiving God's peace doesn't mean your mind becomes still instantly;** rather, it invites you to rest in Him regardless of the mental noise. Practicing this can be especially helpful when ADHD symptoms intensify. Ask God to calm your thoughts and reassure your heart today, letting His peace be your anchor.



Day 2:  Peace Amid Distraction

## Reflect and Apply

1. How do fear and anxiety affect your ability to focus spiritually?

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2. What steps can you take to remind yourself of God's presence in anxious moments?

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3. How can you lean into Jesus' promise of peace daily?

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Day 2: 🕊️ Peace Amid Distraction

# Journaling Prompts

1. Write about a time God's peace comforted you despite distractions.

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2. List fears or distractions you want to surrender to God.

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3. Describe how you experience God's presence during overwhelming moments.

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Day 2: 🕊️ Peace Amid Distraction

## Prayer for Today

**Lord Jesus**, thank You for Your promise of peace that surpasses all understanding. When my mind is anxious or restless, remind me that You are near. Help me to let go of fear and focus on Your calming presence. Fill me with joy and assurance, grounding me in Your love. Teach me to receive Your peace even when distractions try to steal my focus. In Your name, amen.





## Day 3: Strength in Weakness



Day 3:  Strength in Weakness

## Your Verse

*2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*

## Supporting Scriptures

- *Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."*
- *Hebrews 4:16 - "Let us then approach God's throne of grace with confidence."*



Day 3:  Strength in Weakness

# Devotional: Relying on God's Strength in Weak Moments

ADHD can sometimes make you feel weak or inadequate, especially in a world that often values constant productivity and control. But God's words in 2 Corinthians 12:9 offer a revolutionary message: His grace is all you need, and His power shines brightest in your weakness.

Rather than seeing limitations as failures, remember Psalm 46:1's truth that God is a strong refuge in times of trouble. You are invited to lean on His strength rather than your own.

**Approach God confidently as your source of help and grace**, as Hebrews 4:16 encourages. When your struggles with focus or distraction feel overwhelming, ask God to remind you that His power fills your every weakness. This shifts your perspective from frustration to reliance on God's sustaining strength, empowering you to face each day anew.



Day 3:  Strength in Weakness

## Reflect and Apply

1. Where do you feel weakest because of ADHD, and how can God's grace meet you there?

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2. How does understanding God's strength in weakness change your view of your challenges?

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3. In what ways can you approach God confidently to receive His help daily?

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Day 3:  Strength in Weakness

# Journaling Prompts

1. List areas where you need God's strength today.

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2. Describe how God has shown His power through your weaknesses.

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3. Write a prayer asking for grace to persevere through mental challenges.

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Day 3:  Strength in Weakness

## Prayer for Today

**Gracious God**, I bring my weaknesses and struggles before You. Thank You that Your grace is enough and that Your power is made perfect when I am weak. Help me to rely fully on You when ADHD challenges my focus. Remind me daily that You are my refuge and strength, available at all times. Empower me through Your Spirit to face every trial with confidence in Your loving care. In Jesus' name, amen.





## Day 4: 🧘 Resting in God's Presence



Day 4: 🧘 Resting in God's Presence

## Your Verse

*Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*

## Supporting Scriptures

- *Psalms 62:1 - "Truly my soul finds rest in God."*
- *Exodus 33:14 - "My Presence will go with you, and I will give you rest."*



## Day 4: 🧘 Resting in God's Presence

## Devotional: Finding Rest for Your Weary Mind

When your mind races and focus feels impossible, the invitation of Jesus in Matthew 11:28 is profound: come to Him with your weariness and find true rest. This rest is not just physical but deeply spiritual—a renewing peace that refreshes your soul.

Psalms 62:1 beautifully captures how God alone satisfies and calms our inner turmoil. Even amidst ADHD's challenges, entering God's presence can create moments of stillness and restoration.

**This rest doesn't always mean silence or emptying your mind instantly, but a conscious choice to pause and lean into God's loving presence.** As God promises in Exodus 33:14, His presence goes with you and offers rest for the journey. Embrace this gift today, knowing that resting in God strengthens your mental and spiritual focus over time.



Day 4: 🧘 Resting in God's Presence

## Reflect and Apply

1. What burdens make it difficult for you to find rest in God?

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2. How does resting in God's presence change your mental or emotional state?

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3. What practical ways can you invite God's presence into your daily routine?

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Day 4: 🧘 Resting in God's Presence

# Journaling Prompts

1. Describe how you experience God's rest in busy or restless moments.

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2. Write about a recent time you felt mentally weary and how God met you.

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3. List ways to remind yourself to 'come to Jesus' when overwhelmed.

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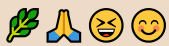
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Day 4: 🧘 Resting in God's Presence

## Prayer for Today

**Lord Jesus**, I come to You feeling weary and scattered. Thank You for offering rest to my heavy heart and restless mind. Help me to pause and find peace in Your presence, even when focus feels impossible. Teach me to rely on Your promises to rest and renew my soul daily. Surround me with Your peace that lifts burdens and restores calm. In Your precious name, amen.





## Day 5: ✨ Purpose Through Focus



Day 5: ✨ Purpose Through Focus

## Your Verse

*Proverbs 3:5-6 - "Trust in the Lord with all your heart... He will make your paths straight."*

## Supporting Scriptures

- *Psalms 25:4 - "Show me your ways, Lord, teach me your paths."*
- *Colossians 3:23 - "Work at it with all your heart, as working for the Lord."*



## Day 5: ✨ Purpose Through Focus

## Devotional: Let God Guide Your Steps Daily

ADHD can sometimes make it challenging to stay on course, but trust in God provides a secure foundation for purposeful living. Proverbs 3:5–6 urges us to trust the Lord fully and acknowledge Him so He directs our path straight.

Seeking God’s guidance and focusing on His purpose grounds us beyond our mental fluctuations. Psalm 25:4 is a heartfelt plea for God to reveal His ways, enabling us to navigate life wisely and with intention.

**Even when distractions arise, choosing to work wholeheartedly for God (Colossians 3:23) helps redefine focus as an act of worship.** This mindset encourages you to see daily moments as opportunities to glorify God, no matter your attention span. Today, reflect on trusting God to guide your path and purpose through mental challenges.



Day 5: ✨ Purpose Through Focus

## Reflect and Apply

1. How does trusting God influence your ability to focus and pursue your purpose?

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2. In what ways can you seek God's guidance more intentionally?

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3. How might working 'heartfully' for God change your view of daily tasks?

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Day 5: ✨ Purpose Through Focus

# Journaling Prompts

1. Write about an area where you want God to ‘make your paths straight.’

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2. List distractions that derail your purpose and how to overcome them through trust.

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3. Describe how focusing on God’s purpose impacts your mental outlook.

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## Day 5: ✨ Purpose Through Focus

## Prayer for Today

**Faithful God**, I place my trust fully in You today. Help me to lean not on my own understanding but to seek Your wisdom and direction in every step. Teach me Your ways and keep my heart focused on Your purpose. When my mind wanders, remind me that my work and focus are acts of worship to You. Guide me in all I do and bless my efforts with clarity and purpose. In Jesus' name, amen.





## Day 6: 🙏 Strengthened by Prayer



Day 6: 🙏 Strengthened by Prayer

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer...present your requests to God."*

## Supporting Scriptures

- *1 Thessalonians 5:17 - "Pray continually."*
- *James 5:16 - "The prayer of a righteous person is powerful and effective."*



Day 6: 🙏 Strengthened by Prayer

## Devotional: Find Strength and Peace Through Prayer

Prayer is a powerful tool for managing mental health, especially when dealing with ADHD. Paul reminds us in Philippians 4:6-7 that instead of succumbing to anxiety, we should bring every concern to God in prayer. This practice ushers in God's peace, guarding our hearts and minds.

Prayer sustains us continuously as 1 Thessalonians 5:17 commands, encouraging a lifestyle of constant communication with God. When we call out in weakness or distraction, God's power flows stronger than we realize (James 5:16).

**Integrating simple prayers throughout your day can redirect your focus to God's presence and calm your mind.** Remember, effective prayer doesn't require perfect words—just a sincere heart. Lean into prayer today as your source of strength, comfort, and mental clarity.



Day 6: 🙏 Strengthened by Prayer

## Reflect and Apply

1. How does prayer affect your mental state during moments of distraction or anxiety?

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2. What challenges do you face in maintaining a prayer habit, and how can you overcome them?

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3. How can you remind yourself to pray continually throughout the day?

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Day 6: 🙏 Strengthened by Prayer

## Journaling Prompts

1. Write a short prayer asking God for focus and peace.

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2. List times during your day when you can pause and pray.

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3. Reflect on a time when prayer helped you overcome anxiety or scattered thoughts.

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Day 6: 🙏 Strengthened by Prayer

## Prayer for Today


**Lord**, thank You for inviting me to bring all my worries and distractions to You in prayer. Help me develop a habit of continuous prayer, seeking Your peace amid chaos. Guard my heart and mind from anxiety and renew my focus when it falters. Remind me that You hear every word and that Your peace sustains me. Empower me to pray with sincerity and trust. In Jesus' name, amen.





## Day 7: Hope and Perseverance



Day 7:  Hope and Perseverance


## Your Verse

*Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*

## Supporting Scriptures

- *Galatians 6:9 – "Let us not become weary in doing good."*
- *Isaiah 40:31 – "Those who hope in the Lord will renew their strength."*



Day 7:  Hope and Perseverance


## Devotional: Hold Onto God's Hope and Strength

As this study concludes, remember that hope is a sustaining anchor for mental health and spiritual focus. Romans 15:13 prays for God to fill you with joy and peace as you continue trusting Him. This hope empowers perseverance even when ADHD symptoms make progress feel slow or difficult.

Galatians 6:9 encourages believers not to grow weary in doing good, which includes caring for your mental and spiritual well-being. God's strength is renewed day by day, as Isaiah 40:31 promises for those who place hope in Him.

**Keep holding onto hope and letting God's joy fuel your perseverance.** Your journey is unique and valuable, and God's faithfulness never wavers. Trust that His Spirit will continue to guide and strengthen you beyond today into brighter days of focus and peace.



Day 7:  Hope and Perseverance

## Reflect and Apply

1. What gives you hope in the midst of mental health challenges?

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2. How can you strengthen your perseverance in spiritual focus despite setbacks?

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3. In what ways has God renewed your strength during this study?

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Day 7:  Hope and Perseverance

## Journaling Prompts

1. Describe what hope means to you personally right now.

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2. List ways you can encourage yourself to persevere daily.

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3. Write a prayer asking God to fill you with joy and peace.

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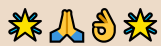
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Day 7: 🌈 Hope and Perseverance

## Prayer for Today

**God of Hope**, thank You that Your joy and peace fill me as I trust You. Help me never to grow weary but to persevere with renewed strength through every mental and spiritual challenge. Let Your hope anchor my heart firmly in You. Guide me forward with confidence and unwavering faith. Fill me with the assurance that You are always with me. In Jesus' name, Amen.





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