# Peace and Strength: A Bible Study on Mental Health for Teens with ADHD



Explore God's guidance and comfort for teens with ADHD, finding strength, peace, and hope in Scripture throughout this 7-day study.





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#### Introduction

**Living with ADHD as a teen can be challenging.** It may feel like your mind is always racing, distractions come easily, and calming your thoughts is often difficult. But God's Word offers *peace*, *hope*, *and strength* to those who seek Him in moments of struggle and confusion.

In this 7-day Bible study plan, we will explore Scripture passages that gently and powerfully address the mind and heart. Each day is designed to encourage teens with ADHD to embrace God's love, find tools to manage their feelings, and build confidence through faith.

**ADHD does not define your worth or destiny.** The Bible reminds us that God created you intentionally, with purpose and care. While therapists and doctors provide important help, Jesus offers a peace that surpasses understanding — a calm even in the midst of mental chaos.

Each day focuses on themes such as God's presence, focus in a distracted world, calming anxious thoughts, building patience, and discovering your unique gifts. As you study, reflect, and journal, may you experience God's calming presence and deep peace for your mind and soul. Remember, you are not alone — *God walks with you every step.* Let's begin this journey together, trusting in His faithfulness to guide your heart and mind.







# Day 1: OGod's Presence in a Busy Mind









Day 1: Q God's Presence in a Busy Mind

#### Your Verse

Psalm 94:19 - 'When anxiety was great within me, your consolation brought me joy.'

#### **Supporting Scriptures**

- Philippians 4:6 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'
- Isaiah 26:3 'You will keep in perfect peace those whose minds are steadfast, because they trust in you.'







Day 1: Q God's Presence in a Busy Mind

#### Devotional: Finding God's Calm in a Restless Mind

Living with ADHD often means struggling with a restless and busy mind. Thoughts may swirl uncontrollably, making it hard to focus or relax. But **Psalm 94:19** reminds us that even in overwhelming anxiety, God offers consolation that brings joy. He is attentive to your feelings and desires to calm your heart.

In **Philippians 4:6**, Paul encourages us not to be anxious but to bring everything to God through prayer. This means sharing your fears and struggles honestly with Him. God listens and responds with peace.

**Isaiah 26:3** promises perfect peace to those who keep their minds steadfast on God. This doesn't mean distracting yourself from struggles but resting in the knowledge that God controls each moment, even when your mind feels scattered.

Today, remember God's presence is real and close, even in chaos. You can find comfort and joy because He cares deeply about your mental health and your very soul.







Day 1: 🔾 God's Presence in a Busy Mind

## Reflect and Apply

1.	How does it feel to bring your anxious thoughts to God in prayer?
2.	What does 'perfect peace' mean to you in times of distraction?
	How can God's consolation bring joy even when your mind feels overwhelmed?







Day 1: Q God's Presence in a Busy Mind

### **Journaling Prompts**

	Write about a time when your mind felt busy or anxious. How can you bring that moment to God today?
2.	List ways you can remind yourself of God's peace when distractions come.
3.	Describe what 'perfect peace' looks like for you personally.







Day 1: Q God's Presence in a Busy Mind

#### **Prayer for Today**

**Dear God,** thank You for always being present, even when my mind won't settle. Please help me bring my anxious thoughts to You. Fill me with Your peace and joy, reminding me that I am never alone in my struggles. Calm my busy mind and steady my heart. Teach me to trust in Your promises every day. In Jesus' name, Amen.  $\triangle$ 















#### Your Verse

Colossians 3:2 - 'Set your minds on things above, not on earthly things.'

#### **Supporting Scriptures**

- 2 Timothy 1:7 'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'
- Proverbs 4:25 'Let your eyes look straight ahead; fix your gaze directly before you.'







#### Devotional: God's Spirit Strengthens Your Focus

ADHD challenges like distractibility can make focusing difficult. But Scripture calls us to **set our minds on things above**—things that last and truly matter (Colossians 3:2). This doesn't mean ignoring your present struggles, but prioritizing God's truth and love over fleeting distractions.

God has given the Spirit that empowers self-discipline and love, not fear or confusion (**2 Timothy 1:7**). Relying on the Holy Spirit's guidance can help you stay on track despite your brain's impulses to wander.

**Proverbs 4:25** encourages focused vision—looking straight ahead. When distractions pull you away, pausing to realign with God's purpose can regain your mental footing.

Remember that concentration is a skill God helps develop over time. Be patient with yourself and invite God to empower your efforts.







#### Reflect and Apply

1.	What distractions challenge your focus the most? How can you invite God's help in those moments?
2.	How does having God's Spirit within you impact your ability to concentrate?
3.	What practical steps can you take to fix your gaze on 'things above' today?







### **Journaling Prompts**

1.	Write down distractions you often face and brainstorm ways to redirect your focus to God.
2.	Describe a moment when you felt God's Spirit helping you stay disciplined.
3.	Set one goal for focused attention this week and journal daily about your progress.







#### Prayer for Today

Lord, thank You for Your Spirit that empowers me to love and self-discipline. When distractions surround me, help me refocus on You and Your eternal truths. Strengthen my mind to stay fixed on Your promises and purpose. Teach me patience as I grow in focus and trust in You. In Jesus' name, Amen.













# Day 3: 🔑 Finding Rest in God's Peace









Day 3: **B** Finding Rest in God's Peace

#### Your Verse

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

#### **Supporting Scriptures**

- John 14:27 'Peace I leave with you; my peace I give you. I do not give to you as the world gives.'
- Psalm 23:2 'He makes me lie down in green pastures, he leads me beside quiet waters.'







Day 3: **B** Finding Rest in God's Peace

#### Devotional: Accepting Jesus' Gift of Rest and Peace

Many teens with ADHD experience exhaustion—not just physical but mental and emotional. Jesus offers a beautiful invitation in **Matthew 11:28** to come to Him for rest. This rest goes beyond sleep—It's a deep peace that refreshes your soul.

**John 14:27** reminds us that Jesus' peace is different from the world's—it's steadfast and enduring. When intrusive thoughts or worries swirl, take them to Him and receive His calming presence.

Imagine yourself lying down in green pastures, near quiet waters as Psalm 23 describes. This imagery speaks of safety, rest, and restoration, which God promises even when life feels chaotic.

Today, practice inviting Jesus into your overwhelming moments and accept His gift of rest. Let His peace renew your mind and spirit.







Day 3: 💋 Finding Rest in God's Peace

## Reflect and Apply

1.	What does Jesus' invitation to 'rest' mean for you personally?
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	How do you experience the difference between worldly peace and God's peace?
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	In what ways can you intentionally seek God's rest during busy or stressful days?
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Day 3: 💋 Finding Rest in God's Peace

### **Journaling Prompts**

1.	Write about a time you felt truly 'at rest' in God's presence.
2.	Describe what 'green pastures and quiet waters' can look like in your life.
3.	List barriers that keep you from accepting Jesus' peace and how to overcome them.







Day 3: **B** Finding Rest in God's Peace

#### Prayer for Today

**Jesus,** I come to You weary and burdened. Please grant me Your rest and peace that only You can give. Quiet my mind and soothe my heart. Help me to trust in Your loving care and find calm amid life's distractions. Let Your peace guard my thoughts today. Amen.















#### Your Verse

Isaiah 40:29 - 'He gives strength to the weary and increases the power of the weak.'

#### **Supporting Scriptures**

- 2 Corinthians 12:9 'My grace is sufficient for you, for my power is made perfect in weakness.'
- Psalm 46:1 'God is our refuge and strength, an ever-present help in trouble.'







#### Devotional: God's Grace Gives Strength in Weakness

Managing ADHD and its challenges can sometimes feel overwhelming and exhausting. But Scripture offers hope: God gives strength to those who feel weak and weary (**Isaiah 40:29**). This strength isn't just physical—it's emotional, mental, and spiritual.

Paul's words in **2 Corinthians 12:9** remind us that God's grace is enough—even in our weaknesses. When your mind feels like it's failing or out of control, His power fills those gaps.

**Psalm 46:1** assures us that God is a refuge and strength when troubles come. You can run to Him in those difficult moments and be renewed.

Today, lean into God's power rather than struggling alone. Receive His grace and allow Him to uplift you when you feel overwhelmed.







### Reflect and Apply

	How have you experienced God's strength in moments of weakness before?
-	
	What areas of your life feel most overwhelming right now? How can you give those to God?
-	
	How does relying on God's grace change the way you face your challenges?
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### **Journaling Prompts**

	Write about a time you felt God's strength carry you through a hard moment.
2.	List areas where you tend to rely on your own strength instead of God's.
	Pray and journal about surrendering your worries to God and trusting Hispower.







#### **Prayer for Today**

**Father God,** when I feel overwhelmed and weak, remind me that Your grace is enough. Grant me strength beyond my own to face each challenge. Be my refuge and help in every trouble. Help me to rest in Your power and not in my own. In Jesus' powerful name, Amen.







## Day 5: 2 Patience When You Feel Impulsive









Day 5: 🙇 Patience When You Feel Impulsive

#### Your Verse

Galatians 5:22-23 - 'But the fruit of the Spirit is... patience... against such things there is no law.'

#### **Supporting Scriptures**

- James 1:19 'Everyone should be quick to listen, slow to speak and slow to become angry.'
- Proverbs 14:29 'Whoever is patient has great understanding, but one who is quick-tempered displays folly.'







Day 5: A Patience When You Feel Impulsive

# Devotional: Growing Patience Through the Spirit's Fruit

ADHD often leads to impulsiveness and difficulty managing reactions. The Bible encourages us toward **patience**, a fruit of the Spirit that grows as we walk closely with God (**Galatians 5:22–23**).

**James 1:19** teaches the importance of being quick to listen and slow to speak or anger. These practical steps can transform impulsivity into thoughtful responses.

**Proverbs 14:29** highlights how patience connects to understanding, while quick tempers lead to mistakes.

Cultivating patience is a journey, not an instant fix. But with God's help and the Holy Spirit's work, you can develop greater self-control and wisdom, especially when your mind feels impulsive.







Day 5: 🕰 Patience When You Feel Impulsive

## Reflect and Apply

1.	Where do you notice impulsiveness affecting your life the most?
2.	How can you practice being 'slow to speak and slow to anger' in daily situations?
3.	What role does the Holy Spirit play in helping you develop patience?







Day 5: 🙇 Patience When You Feel Impulsive

## **Journaling Prompts**

	Describe a recent time you struggled with impulsiveness. How could patience have changed your reaction?
2.	List ways you can invite the Holy Spirit to cultivate patience in you.
3.	Write a prayer asking God to help you grow in self-control.







Day 5: 🙇 Patience When You Feel Impulsive

### Prayer for Today

Holy Spirit, help me grow in patience each day. When I feel impulsive or quick to react, remind me to listen carefully and respond with love. Teach me understanding and self-control as I rely on Your fruit in my life. Thank You for Your gentle guidance and strength. Amen. 🎉 😂 🙏















#### Your Verse

1 Corinthians 12:4 – 'There are different kinds of gifts, but the same Spirit distributes them.'

#### **Supporting Scriptures**

- Psalm 139:14 'I praise you because I am fearfully and wonderfully made.'
- Ephesians 2:10 'For we are God's handiwork, created in Christ Jesus to do good works.'







#### Devotional: Celebrating Your God-Given Uniqueness

Sometimes ADHD can make you feel different or misunderstood. But Scripture celebrates your unique design and gifts! **1 Corinthians 12:4** reminds us that God's Spirit gives different gifts to each person — all valuable and purposeful.

**Psalm 139:14** praises God's intentional and wonderful creation of you. Your mind, even with its challenges, is part of His perfect plan.

**Ephesians 2:10** confirms that you are God's handiwork, created to do good works only you can do.

Today, embrace the unique ways God uses your strengths and even your struggles for His glory. Your story and gifts are a beautiful part of His kingdom.







## Reflect and Apply

1.	What unique gifts or strengths do you see in yourself?
2.	How can your ADHD traits be used positively to serve God and others?
	In what ways does knowing you are wonderfully made affect your view of yourself?







## **Journaling Prompts**

1.	Write about your strengths and how you see God using them in your life.
	Reflect on any negative feelings about your ADHD and write a new perspective rooted in God's love.
3.	List ways you can share your gifts to bless others this week.







#### Prayer for Today

**Father,** thank You for creating me uniquely with purpose and love. Help me celebrate my gifts and see my ADHD traits as part of Your design. Show me how to use all that I am to glorify You and serve others joyfully. I am fearfully and wonderfully made. Amen. \*







# Day 7: Trusting God's Plan for Your Future









Day 7: Trusting God's Plan for Your Future

#### Your Verse

Jeremiah 29:11 – '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**

- Romans 8:28 'In all things God works for the good of those who love him.'
- Proverbs 3:5-6 '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 7: **(**) Trusting God's Plan for Your Future

#### Devotional: Hope and Trust in God's Future Plan

Looking ahead can be anxious when facing the challenges of ADHD. Yet, God's Word offers powerful assurance that He holds your future in loving hands (Jeremiah 29:11).

Even when things feel confusing, **Romans 8:28** reminds us that God works all things—good and hard—for your ultimate benefit. You can trust Him to bring purpose from every experience.

**Proverbs 3:5-6** encourages wholehearted trust and surrender of your plans to God. Instead of relying on your understanding alone, submit your future to Him and watch Him guide your path with wisdom.

Today, choose to trust God's good plan for your life—one full of hope and prosperity beyond your current difficulties.







Day 7: **(**) Trusting God's Plan for Your Future

## Reflect and Apply

1.	What fears or uncertainties do you have about your future?
2.	How can trusting God change your outlook on life and challenges?
3.	What steps can you take to submit your plans to God more fully?







Day 7: **(**) Trusting God's Plan for Your Future

## **Journaling Prompts**

	Write about your hopes for the future and how you can trust God with them.
2.	List ways God has worked good things in your life so far, despite challenges.
	Pray and journal a commitment to trust God's guidance this coming season.







Day 7: **①** Trusting God's Plan for Your Future

#### **Prayer for Today**

**Lord,** thank You for Your loving plans for my life. Help me to trust You fully, especially when I don't understand the path ahead. Guide my steps and fill me with hope for a future only You can create. I surrender my worries and lean on Your promises. In Jesus' name, Amen.







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