Renewing the Mind: Managing ADHD and Work with God's Help



Explore God's guidance and strength for mental wellness and productivity amidst ADHD challenges over 7 days of scripture and reflection.





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Introduction

Welcome to this 7-day journey focused on mental health, especially navigating ADHD and work productivity through God's Word. Living with ADHD can feel overwhelming—scattered thoughts, difficulty focusing, and bursts of energy can challenge even the most disciplined work life. Yet Scripture reminds us that we are uniquely created, valued, and equipped by God for the tasks He places before us. *In these next seven days, we will explore how God's promises, wisdom, and peace provide a foundation for mental well-being and efficient productivity.* ©

Each day includes a primary scripture, devotional insights, and reflective questions that encourage applying biblical truths to your daily life. Whether it's managing distraction, reducing anxiety, or cultivating patience with yourself, God's Word offers practical help and lasting hope. Remember, mental health is a vital part of our whole-being wellness, and God cares deeply about every part of you.

As you engage with these passages, invite the Holy Spirit to renew your mind (Romans 12:2) and calm your heart. Consider keeping a journal to capture prayer requests, insights, or breakthroughs along the way. This plan is designed to strengthen your faith and empower your work life, acknowledging the challenges ADHD presents but also embracing the unique gifts God has placed within you.







May these days be a source of encouragement, peace, and renewed purpose as you lean into God's sustaining grace. Let's begin this journey of mental and spiritual renewal together!









Day 1: Embracing God's Design









Day 1: @ Embracing God's Design

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 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you..."
- 1 Corinthians 12:14 "Even so the body is not made up of one part but of many."







Day 1: @ Embracing God's Design

Devotional: God's Unique Design Enhances Your Work

God has created you uniquely and wonderfully. Whether you notice your mind racing, struggles with focus, or bursts of creativity, these are parts of the intricate design God has lovingly made. Psalm 139:14 reminds us that our very being is a testimony to God's craftsmanship. Sometimes ADHD symptoms might feel like flaws or setbacks. Yet Scripture invites us to see ourselves through the lens of God's perfect knowledge and care.

Understanding that God has a special plan for each of us (Jeremiah 29:11) brings both peace and purpose. You are not an accident or a mistake. Your brain works in ways tailored to you, and God equips every believer differently (1 Corinthians 12:14). This means your productivity and work style may differ from others, but your contribution remains vital.

Today, try embracing the truth that God's design includes the whole spectrum of your personality and abilities. Let this truth anchor you against feelings of frustration or inadequacy. You are wonderfully made, and your uniqueness is part of God's good plan.







Day 1: O Embracing God's Design

Reflect and Apply

	How does knowing you are 'fearfully and wonderfully made' affect your view of ADHD?
2.	In what ways can your unique traits be strengths in your work?
	Do you struggle with accepting your limitations? How can God's design bring peace?







Day 1: O Embracing God's Design

Journaling Prompts

Write about a time you felt God's hand in your unique abilities.
List 3 specific ways your ADHD-related traits have helped you at work.
Reflect on any negative self-talk about productivity and rewrite it using God's truth.







Day 1: @ Embracing God's Design

Prayer for Today

Heavenly Father, thank You for creating me in Your image and crafting my mind with care. Help me embrace the uniqueness You have placed within me, including the challenges and strengths that come with ADHD. Give me peace when I feel overwhelmed and remind me daily that my worth is found in You, not performance. Guide me in using the abilities You've given me to glorify You in my work and life. *Amen.* \bigwedge







Day 2: 😂 Finding Peace Amidst Chaos









Day 2: 🖏 Finding Peace Amidst Chaos

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







Day 2: 🖏 Finding Peace Amidst Chaos

Devotional: God's Peace Calming the ADHD Mind

ADHD can amplify feelings of anxiety and mental chaos, especially when trying to stay productive. Philippians 4:6–7 encourages us not to be consumed by anxiety but to lay our worries before God with gratitude. When we turn to Him with open hearts in prayer, His peace—a peace beyond human comprehension—safeguards our minds and emotions.

Holding onto God's peace can feel challenging when external distractions and internal restlessness pull us every which way. But Isaiah 26:3 assures us that steadfast trust in God anchors our souls in tranquility. Jesus' invitation in Matthew 11:28 to come to Him and find rest is an open door for everyone overwhelmed by life's pressures.

Today, practice quieting your mind through prayer and thankfulness. When racing thoughts or frustrations arise, gently redirect your focus to God's promises. Let His peace begin to calm your heart, even when the world around you feels chaotic.







Day 2: 😂 Finding Peace Amidst Chaos

Reflect and Apply

1.	What are common worries that steal your focus at work?
2.	How can prayer and thanksgiving transform those anxious moments?
	What steps can you take to invite Jesus into your daily struggles with anxiety?







Day 2: 😂 Finding Peace Amidst Chaos

Journaling Prompts

1.	Describe how anxiety affects your workday and ways to surrender it to God.
2.	Write a prayer asking God for His peace and rest amid your challenges.
3.	List three things you are thankful for today to help reframe your mindset.







Day 2: 🖏 Finding Peace Amidst Chaos

Prayer for Today

Lord Jesus, I come to You weary and distracted. Please calm the storms in my mind and fill me with Your peace. Teach me to bring every anxious thought to You in prayer with a heart of thanksgiving. Guard my mind and help me find rest in You, even on the busiest or most overwhelming days. *Amen.*









Day 3: Prioritizing with Wisdom









Day 3: M Prioritizing with Wisdom

Your Verse

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."

Supporting Scriptures

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."







Day 3: M Prioritizing with Wisdom

Devotional: Seeking God's Guidance in Managing Time

For someone with ADHD, managing time and tasks can be a daily challenge. Proverbs 3:5–6 encourages us to rely on God's wisdom rather than our limited understanding. When overwhelmed by many tasks, turning to God to guide your priorities can make all the difference.

Ecclesiastes reminds us that life has seasons and specific times for activities. Recognizing when to focus, pause, or delegate respects the rhythms God has built into our lives. Jesus invites us in Matthew 6:33 to seek God's kingdom above all else, promising that when we do, the other parts of our lives will align more smoothly.

Today, ask God to help you prioritize your work and responsibilities with His wisdom. Trust that He will guide your steps and help you allocate your time effectively. Remember, productivity isn't about doing everything but focusing on what matters most.







Day 3: 🔯 Prioritizing with Wisdom

Reflect and Apply

1.	How do you currently decide what tasks to prioritize when distracted?
	In what ways can trusting God change your approach to work and deadlines?
	How can seeking God's kingdom first impact your productivity and peace?







Day 3: 🔯 Prioritizing with Wisdom

Journaling Prompts

1.	Identify three tasks that require urgent attention versus those that can wait.
	Write about a time when you felt God's guidance in prioritizing your work.
3.	Create a prayer asking for wisdom in managing your daily schedule.







Day 3: M Prioritizing with Wisdom

Prayer for Today

Father God, help me to trust You fully, especially when I feel overwhelmed by my to-do list. Show me how to submit my plans to You and rely on Your wisdom instead of my own. Guide me to prioritize well and confirm the right steps before me. Thank You for making my paths straight when I seek You first. *Amen.*







Day 4: 🥬 Restoring Focus Through Stillness









Day 4: 🥬 Restoring Focus Through Stillness

Your Verse

Psalm 46:10 - "Be still, and know that I am God..."

Supporting Scriptures

- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."
- Isaiah 40:31 "But those who hope in the LORD will renew their strength... they will soar on wings like eagles."







Day 4: B Restoring Focus Through Stillness

Devotional: Embracing God's Gift of Rest and Focus

ADHD can make sustained focus feel impossible at times. Yet God calls us to intentional stillness where our souls find rejuvenation. Psalm 46:10 is a powerful command and invitation: "Be still, and know that I am God." In the quiet, we recognize our dependence on Him and replenish our mental energy.

Jesus modeled this too, regularly withdrawing to quiet places for rest from the demands of ministry (Mark 6:31). For those with attention difficulties, these pauses can refresh the mind and spirit. Isaiah 40:31 encourages us that hoping in the Lord renews our strength—strength that enables endurance and clarity.

Try scheduling moments of quiet or brief meditation today. Use these times to breathe deeply, pray, or simply rest in God's presence. These still moments sharpen your focus and reconnect you to God's empowering Spirit.







Day 4: 💋 Restoring Focus Through Stillness

Reflect and Apply

1.	What distractions most often pull you away from focused work?
2.	How might regular stillness and rest improve your productivity?
	Where can you create a quiet space in your day for spiritual and mental renewal?







Day 4: 💋 Restoring Focus Through Stillness

Journaling Prompts

1.	Describe what 'being still' means for you in a busy work context.
2.	Record a planned quiet time and what you hope to encounter with God.
3.	Reflect on the difference you notice in focus before and after rest.







Day 4: B Restoring Focus Through Stillness

Prayer for Today

Lord, teach me to be still in the middle of my busy day. Help me to pause, breathe deeply, and remember that You are God over all. Renew my strength and brighten my focus as I depend on You. Thank You for being my refuge and rest. *Amen.*

















Your Verse

2 Corinthians 12:9 – "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..."

Supporting Scriptures

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: God's Grace Empowers You Through Challenges

Living with ADHD and striving for productivity can highlight our limitations. Instead of viewing these weaknesses as failures, Scripture reminds us that God's grace covers us and His strength shines brightest when we are weakest (2 Corinthians 12:9). This means God can use even your struggles to display His power and love.

When feelings of discouragement or self-doubt arise, take heart in knowing God is near to the brokenhearted (Psalm 34:18). You are not alone in your journey or in your difficulties. Isaiah 41:10 provides assurance that God goes with you through every challenge, replacing fear with courage.

Today, accept your weaknesses and thank God that His grace is enough. Share your struggles honestly with Him, and open your heart to experience supernatural strength despite human limitations.







Reflect and Apply

1.	How do you typically respond to your struggles with ADHD at work?
2.	What would it mean for you to boast in your weaknesses like Paul?
	How can relying on God's power change your perspective on productivity?







Journaling Prompts

1.	Write a letter to God sharing your feelings about your weaknesses.
2.	List ways God has demonstrated His strength during difficult times.
3.	Pray for courage to trust God more deeply when you feel inadequate.







Prayer for Today

Father, thank You that Your grace is sufficient for me. When I feel weak, remind me that Your power is made perfect in my weakness. Help me to rely on You daily, and fill me with Your strength to face each challenge with confidence. *Amen.* ▶ ♠ ♥















Your Verse

Zechariah 4:10 – "Do not despise these small beginnings, for the LORD rejoices to see the work begin..."

Supporting Scriptures

- Psalm 118:24 "This is the day the LORD has made; let us rejoice and be glad in it."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Devotional: God Rejoices Over Your Small Steps

In managing ADHD and work, progress is often made in small steps. It's easy to get discouraged when results don't come fast or look perfect. But God values every small beginning and celebrates when we begin to take steps forward (Zechariah 4:10).

Psalm 118:24 reminds us to rejoice each day God gives as an opportunity. Every focused moment, task completed, or challenge faced is part of the harvest we will reap. Galatians 6:9 encourages perseverance without giving up, promising that fruitfulness follows persistent effort even when it's hard to see.

Today, take time to celebrate your small wins. Recognize the progress you've made, no matter how incremental. Let gratitude fuel your motivation and remind you that God rejoices in your faithful beginnings.







Reflect and Apply

	What small victories have you overlooked recently in your work or mental health journey?
2.	How does celebrating these shifts your motivation or outlook?
3.	What habits can help you persevere without becoming discouraged?







Journaling Prompts

1.	List five small achievements or positive moments from this week.
2.	Write a prayer thanking God for His encouragement in your progress.
3.	Plan a way to reward or encourage yourself after meeting a goal.







Prayer for Today

God, thank You for celebrating every small step I take in managing my life and work. Help me to see the progress You make possible and to rejoice in each day You've given. Strengthen me to persevere with hope and joy. *Amen.*



















Your Verse

Ephesians 3:20 – "Now to him who is able to do immeasurably more than all we ask or imagine..."

Supporting Scriptures

- Philippians 1:6 "He who began a good work in you will carry it on to completion..."
- Romans 8:37 "In all these things we are more than conquerors through him who loved us."







Devotional: Living Powered by God's Infinite Strength

As we conclude this study, remember that God's power in you isn't limited by ADHD or difficulties at work. Ephesians 3:20 reminds us that God can do infinitely more than we can dream or plan. Your journey isn't defined by ADHD challenges but by the strength available through Christ.

God started a good work in you (Philippians 1:6) and commits to carrying it through despite obstacles. Romans 8:37 assures that through His love, we emerge as conquerors, empowered to thrive beyond limitations.

Today, accept this empowering truth and step forward with confidence. Whether in productivity, mental clarity, or peace, God's Spirit equips and enables you to live victoriously. Lean into His power and let that transform how you view your work and mental health.







Reflect and Apply

1.	How does knowing God can do immeasurably more affect your worries about productivity?
2.	In what ways can you rely more on God's power than your own efforts?
3.	What does being 'more than a conqueror' mean for your daily life?







Journaling Prompts

1.	Write about how God has exceeded your expectations in recent challenges.
2.	Pray for boldness to trust God's ongoing work in your life and mind.
3.	List areas where you need to surrender control and invite God's power.







Prayer for Today

Lord Almighty, thank You for Your immeasurable power working within me. Help me to trust more in Your ability to carry me beyond my weaknesses and limitations. I surrender my work, my focus, and my mind to You, confident that You are completing Your good work in me. Empower me daily to thrive through Your love. *Amen.* 🖸 🙏 💸



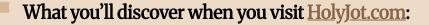




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