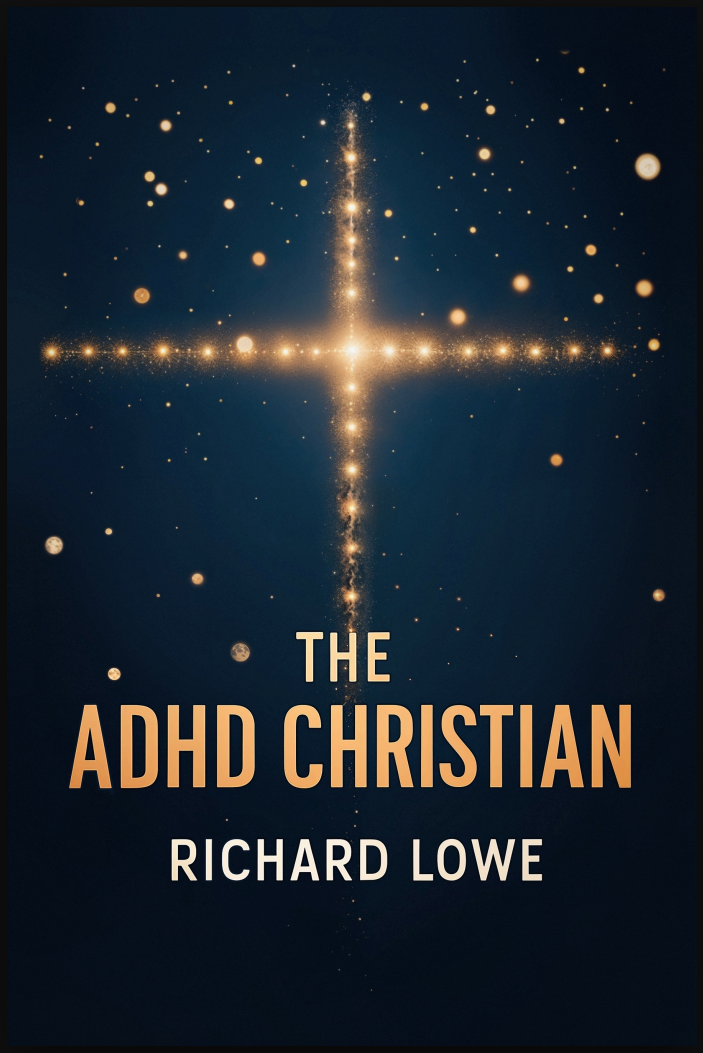
A FREE COMPANION TO THE ADHD CHRISTIAN

The Restless Believer's Workbook

Prayer, Scripture, church and hard days, worked out on paper for the brain God actually gave you.



RICHARD LOWE

How to Use This Workbook

Write in it. Cross things out. Come back to it on the bad weeks.

The ADHD Christian argues that a restless, scattered, intense brain is part of how God made you, and that failing at a quiet time built for a different brain says nothing about your faith. This workbook turns that argument into pages you can fill in, one small experiment at a time.

It has six parts:

1. **Your design features**, to see your wiring clearly.
2. **The prayer and Scripture menu**, methods that work with your brain.
3. **The four-week experiment log**, to find out what sticks.
4. **Your RSD emergency kit**, for the moments criticism lands like a blow.
5. **Energy and support**, your weekly budget and the people who help carry it.
6. **Church fit and strengths**, a checklist and a record of what your brain does well.

You don't have to go in order. Start wherever the need is loudest today. If a page doesn't fit you, skip it without guilt.

> *Prayer is simply communication with God, and communication can happen in countless ways.*

This workbook, like the book, comes from personal experience. It is not medical, psychological or pastoral advice. Keep your doctor. If you are in crisis, call or text 988 (Suicide & Crisis Lifeline), text HOME to 741741 (Crisis Text Line), or call 911.

Part 1: Your Design Features

"I praise you because I am fearfully and wonderfully made." (*Psalm 139:14*)

The book suggests making a "design features" list: each ADHD trait you have, and next to it how God might use that trait for good. Scattered attention might help you notice what others miss. Emotional intensity might help you sit with hurting people.

MY TRAIT	HOW GOD MIGHT USE IT

Part 1, continued: Read Your Own Weather

You can't order your attention to show up, but you can learn its patterns.

Watch yourself for a week, then answer. These answers decide when and how you try everything else in this workbook.

QUESTION	WHAT I NOTICED
When in the day am I sharpest? (Many ADHD brains get only a few peak hours. Guard them.)	
Do I focus better with background sound or with silence?	
Do I think better moving or sitting still?	
What triggers my hyperfocus?	
What breaks my focus fastest? (Phone, people, noise, a cluttered room?)	
Where does my body carry stress? (Stomach, head, shoulders?)	
What signals "time to focus on God" to my brain? (A candle, a song, a chair, a walk route: an attention anchor)	

Before you start any spiritual practice

- [ ] Phone in another room, or notifications off
- [ ] No email or social media in the few minutes before (attention residue follows you in)
- [ ] Fidget tool, prayer beads or a pen within reach
- [ ] A timer set for a short, honest amount of time
- [ ] Permission given to yourself in advance: if your mind wanders, three breaths and come back, no judgment

> *Your attention is more like weather than a light switch. You can prepare for it, work with it, and create conditions that support it, but you can't simply decide to focus and have it happen.*

Part 2: The Prayer and Scripture Menu

If prayer keeps falling apart on you, the method is wrong for your brain. Check the ones you want to try.

Ways to pray

- [ ] Walking prayer, letting movement steady your attention
- [ ] Praying with your eyes open, looking at nature
- [ ] Writing prayers in a journal so your thoughts can run without getting lost
- [ ] Praying with a stress ball, prayer beads or a small fidget in your hand
- [ ] Praying while looking at pictures or icons, or while doodling
- [ ] Breath prayers that give your mind one concrete phrase to hold
- [ ] Random alarms for thirty-second prayer breaks, or sentence prayers between tasks
- [ ] Lament: bringing the raw feeling straight to God, the way Psalm 13 does

Ways into Scripture

- [ ] Thematic study that jumps between passages
- [ ] An audio Bible on a walk
- [ ] Reading aloud
- [ ] Copying verses by hand
- [ ] Comparing translations, or drawing mind maps and visual summaries
- [ ] An app with video and maps
- [ ] When a passage grabs you, diving deep: cross references, commentaries, hours if it wants hours

Your micro-prayer day

The book's pattern is two minutes on waking, five at lunch, three before bed. Micro-prayers that happen beat hour-long sessions you keep rescheduling. Then stack each one onto something you already do, the way the book suggests praying while your coffee brews.

WHEN	MINUTES	I'LL ATTACH IT TO (HABIT STACK)
When I wake	2	
Lunch	5	
Before bed	3	
My own slot		

Part 3: The Four-Week Experiment Log

Experiment without judgment. If a method fails, it didn't match your design. That's information you can use.

Pick one prayer method and one Scripture method from Part 2. Start at two minutes and stop when the timer goes off, even if you want to keep going. That builds the habit without setting off all-or-nothing thinking.

WEEK	METHOD I TRIED	WHEN	WHAT HAPPENED	KEEP OR DROP
1				
1				
2				
2				
3				
3				
4				
4				

Rules for the hard weeks

- [ ] Scale down instead of stopping. Thirty seconds of prayer keeps the connection and spares you the shame of starting over from zero
- [ ] Expect inconsistent consistency: three intense days of study, then a week of quick prayers, is still a faith life
- [ ] Let practices change with the seasons: Advent in December, memorization in summer, contemplative prayer in Lent
- [ ] Swap “I should pray more” for “I get to connect with God”
- [ ] Borrow structure from other people: a small group, a prayer partner, Sunday worship

It fit
Keep it. Put it in your best hours and protect it.

It half fit
Change one thing: the time, the place, or how long.

It didn't fit
Drop it. Pick the next item on the menu.

Part 4: Your RSD Emergency Kit

Fill this in on a calm day, so it's ready on the day a simple email sends you into a spiral.

The book suggests keeping an emergency kit for Rejection Sensitive Dysphoria on your phone or printed where you can find it: Scripture, worship songs, safe people and grounding exercises.

IN MY KIT	MINE
Verses (the book leans on Psalm 34:18, Psalm 139:14 and Romans 8:38-39)	
Two or three worship songs	
Safe people I can text	
My body reset (cold water on the face, deep breathing, a hard walk, muscle relaxation)	
My shame interrupt phrase	

When it hits

1. **Body first.** Stop, breathe deeply, move. Your body has to calm down before your mind can think.
2. **Buy time.** "Thank you for the feedback. Let me think about this and get back to you."
3. **Run a reality check.** Text a safe person: "Does this sound like real rejection or RSD?"
4. **Use the 24-hour rule.** No major decisions, important emails or hard conversations for at least a day.
5. **Then ask whether you did anything wrong** before you apologize or rush to please.

Shame or conviction?

CONVICTION FEELS	SHAME FEELS
Targeted: about a specific behavior	Global: about who you are
Hopeful, with a clear next step	Hopeless, with nowhere to go
Productive: it leads toward change	Destructive: it says you're beyond redemption

Shame interrupts from the book: "That's my ADHD brain, not my character." "This feeling will pass." "God's love doesn't depend on my performance."

Part 5: Energy and Support

Social energy and masking energy are finite. Budget them like money.

My weekly social energy budget

EVENT	COST (LOW, MEDIUM, HIGH)	RECOVERY PLANNED RIGHT AFTER	HOW I FELT AFTERWARD
Sunday service			

Schedule recovery right after a stimulating event instead of waiting until you're empty. When you can't leave, use stealth recovery: a bathroom break for deep breathing, a step outside, a quiet corner.

My support map

No single person should carry all your needs. Name a different person for each kind of help, and write the clear ask you'd make. “I'm struggling” is hard to answer. “I need someone to help me organize my paperwork for an hour” is easy.

KIND OF HELP	WHO	MY CLEAR ASK
Practical help		
Emotional encouragement		
Spiritual guidance		
Reality checks (Part 4)		

- [ ] I've explained how my brain works to the people closest to me during a calm moment, before the next conflict
- [ ] I have a repair script ready, such as “I interrupted you because my brain got excited about what you were saying, not because I don't value your thoughts”
- [ ] I offer my own strengths back: crisis management, creative problem solving, emotional intuition

> *Different people can provide different types of support without wearing out: one for practical help, another for emotional encouragement, another for spiritual guidance.*

Part 6: Church Fit and Your Strengths

Choose a church on its preaching style as well as its theology. That's knowing your nervous system.

Warning signs in a church

- [ ] Insists your ADHD symptoms are spiritual problems that prayer alone should fix
- [ ] Teaches that medication or therapy shows weak faith
- [ ] Treats conformity to neurotypical social norms as proof of spiritual maturity
- [ ] Equates extroverted participation with commitment, and overlooks quiet service
- [ ] Preaches mostly through guilt and condemnation, even when the doctrine is sound
- [ ] Ties most of its follow-up to a financial ask

Serving without burning out

- [ ] Try a short-term project with a defined end before an open-ended role
- [ ] Partner with a detail-oriented person whose strengths cover your gaps
- [ ] Don't say yes only because nobody else volunteered
- [ ] Don't take on extra during a hyperfocus high; plan for your normal capacity

My win journal

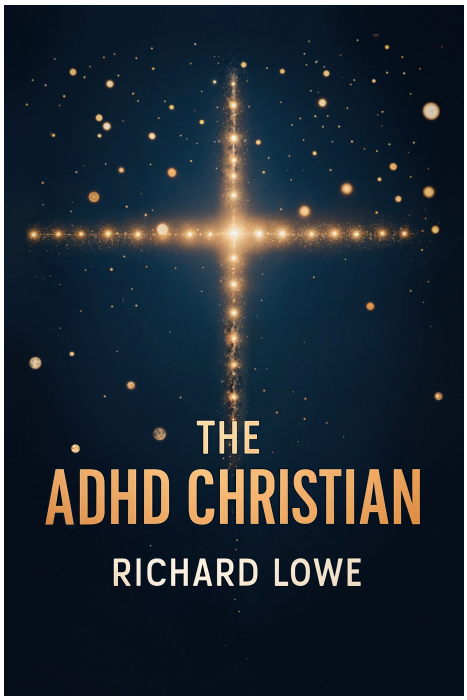
Your brain needs evidence of its strengths. Write down the times your ADHD traits helped: the problem your hyperfocus solved, the issue your pattern recognition spotted.

DATE	TRAIT	WHAT IT DID

> *Go do the work only you can do. Your ADHD brain isn't a liability you're managing around. It's the thing.*

The Whole Story

This workbook gives you the tools. The ADHD Christian gives you the reasons behind them: twenty chapters on prayer, Bible study, rejection sensitivity, masking, work, ministry, shame, parenting, AuDHD and medication, a chapter written to pastors, and a six-session guide for groups.



The ADHD Christian:
Faith With a Brain That Will Not Sit Still
The ADHD Series

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