

Beautifully Wired, Perfectly Known

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made."

—Psalm 139:13–14 (ESV)

Devotional

ADHD doesn't surprise God.

That scatterbrained feeling you had this morning when you opened your Bible, read three verses, and then somehow ended up watching videos about watermelon carving? Yeah—He saw that too.

But here's the good news: God's love doesn't run on your level of focus. It runs on His level of **faithfulness**.

As ADHD Christians, we often measure our spiritual worth by our **performance**—how long we prayed, how consistent we were, how organized our journals look. But God doesn't grade your faith like a report card. He fathers your faith like a child—patiently, joyfully, and always close.

You're not broken. You're wired for a different kind of walk. One with more starts and stops, more detours and restarts—but a walk nonetheless. And Jesus walks it with you.

What if you stopped trying to "fix" your faith and started learning to **frame it** around how God made your brain?

Today, start simple: one verse, one breath of prayer, and one whisper of gratitude. That's worship. That's discipleship. That's enough.

Key Takeaway

Your spiritual identity isn't tied to your mental efficiency. It's rooted in being *known* and *loved* by God—just as He designed you.

Practical ADHD Tip

Try "micro-devotions" daily. Choose one verse, reflect for 60 seconds, then pray one sentence. Let this become your anchor rhythm.

Prayer

“Father, thank You for making me exactly as I am. You knew my wiring before the world gave it a label. Help me stop striving to be someone else’s version of “holy,” and start resting in Your grace for the real me. Teach me to love Your Word in a way that fits the way You made me. In Jesus’ name, amen.”

