

## ADHD Support Group Devotion 1

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.” Romans 15:13

Trusting God completely is something I long to do. I especially long to do so with my kids. And even more, my son with ADHD.

A new school year brings a lot of anxiety to a mom whose child has been identified as having attention deficit disorder. Writing that sentence feels freeing to me. I said it. It is hard. It does cause anxiety. And, I think more than typical new school year jitters for mamas of kids without a diagnosis of a learning difference...as I have a son with ADHD and one without... so, in a lot of ways, I know the difference.

What teacher will he get and should I intervene to assure he gets the one I deem a “best fit” for him? Will the IEP we so intricately tweaked the year before (nice words for went-to-school-every-single-day-until-it-was-done-right-for-my-kid-and-might-have-been-called-a-mama-bear) be initiated from day one? Will the teacher contact me about meeting about my child or will I have to contact her? Will I bother the teacher with my need for information because my son gives me very little? Do they still think I am a “helicopter mom” at the school simply because it took me being there and showing up so much so that they all know me by first name to get things done for my child? Do they blame me for his diagnosis, that I didn’t parent him well? Did I check his book bag (even in the very bottom crumbled up in a wad) for any information I might need to fill out for school or any work he needs to complete?

Those are some of the many thoughts flooding my mind right now at the start of the school year. The thoughts are racing and they keep me distracted, and then I realized... this is what my son feels all the time. Flooding of information that will not stop to organize or give a break. So many thoughts and ideas, that I/he just can’t even get them down on paper. Emotion intertwined in every thread of every thought.

I love the Message Version of the Bible and in particular, the Beatitudes. Matthew 5:3 says this, “You’re blessed when you’re at the end of your rope. With less of you there is more of God and his rule. I often feel at the end of my rope with ADHD and how it affects my son. I am sure he feels the same way with ADHD, but cannot express it in a way that I can.

How can I teach him to embrace Romans 15:13, to trust God, even with his ADHD?

First of all, I can model...less of me and more of God...and then God can fill me with that hope, joy and peace that will overflow in and out of me by the power of the Holy Spirit.

In these beginning weeks of school, remember that God is in every detail, even in ADHD and how even it, can be used for His glory as we can model for our kids Christ in US. If Christ is in us and we pay attention to those promptings of the Holy Spirit, we can put aside anxiety and trust God completely. As we lay our own anxieties down, our children will likely follow.

Peace, my friends. God is in the details...and there are a lot of them when parenting kids with ADHD. Every one of those details gives us another opportunity to trust God completely.