

The ADHD-Friendly Prayer Routine

A 5-Minute Daily Guide for Staying Consistent



My Journey to Consistent Prayer



HEY LOVE!

For years, I longed for a closer walk with God. I watched others pray for what felt like hours and absorb scripture with such ease. Meanwhile, I was struggling just to stay focused for five minutes. I wanted that same intimacy with God, but I couldn't figure out why it seemed so hard for me.

What I didn't know then was that I had ADHD—and it was impacting the way I prayed, read my Bible, and connected with God. But even before my diagnosis, God was gently leading me into a new way of praying. One that worked with how He designed me.

It started one morning when I woke up—again—at 4 a.m. My eyes had been popping open at that time for weeks. That morning, I decided: This will be my time with God.

I sat on my family room couch and whispered a simple, honest prayer: “Father, I don't know what to do or how to proceed, but all I know is that I want a real relationship with You. Help me.”

That prayer, short as it was, began a beautiful journey. I read a few verses in my Bible, wrote a couple of lines in my journal, and went back to bed. It took all of five minutes. And honestly? Part of me felt like it wasn't enough.

But I didn't stop.

Over time, those five minutes turned into ten... then fifteen... and eventually thirty. I found what helped me stay focused, gave myself grace when I got distracted, and most of all—I learned to show up.

That's where this simple prayer routine was born. I created it from my own experience so it could help other women like me—Christian women with ADHD—build a prayer life that's meaningful, doable, and consistent.

The ADHD-Friendly 5-Minute Prayer Routine

This routine is designed to help you start small but start strong. It's not about the length of your prayer, it's about the heart behind it. Here's how you can begin:

🕒 MINUTE 1: BE STILL AND BREATHE

Find a quiet space (or just a quiet moment). Take a deep breath. Invite God in. Whisper, "Lord, I'm here. Help me focus on You."



🙌 MINUTE 2: GRATITUDE & PRAISE

Think of one thing you're thankful for and say it out loud: "Thank You, Lord, for..." This shifts your heart and sets the tone.

📖 MINUTE 3: READ ONE VERSE

Choose a short scripture. Just one. Let a word or phrase stand out to you. Meditate on it. Ask, "God, what are You saying to me through this?"

🙏 MINUTE 4: HONEST PRAYER

Speak from your heart. No pressure. No fancy words. Just tell God what's going on. Be open. Be real.

📝 MINUTE 5: WRITE & REFLECT

Jot down a sentence or two in a journal. What did you feel? What stood out? What do you want to remember?

💡 BONUS TIP:

If you're distracted, it's okay. Try praying out loud, walking while you pray, or using a timer. It's not about perfection—it's about connection.

Quick ADHD Prayer Hacks

Here are a few simple ways to make your prayer habit more consistent:

→ 📌 **SET A PRAYER TRIGGER**

Tie prayer to a habit you already have (like morning coffee or your commute).

→ ⌚ **USE A TIMER**

Start with five minutes. You can always grow from there!

→ 🔊 **PRAY OUT LOUD**

Hearing your voice can help keep your mind engaged.

→ 🚶 **MOVE WHILE YOU PRAY**

If sitting still is hard, try walking, pacing, or even stretching.

→ ✍️ **KEEP IT SIMPLE**

You don't need to say a lot. Just show up. That's what matters.

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Encouragement & Next Steps

Hey Love, I know how hard it can feel to build a prayer life when your brain doesn't want to slow down. But you don't have to figure it all out at once. You just have to begin.

You don't have to be perfect—just present.

★ Want a personalized ADHD-friendly prayer plan that fits YOUR life?

 Book a "Discovery Call Session" today!

👉 [Discovery Call Link](https://calendly.com/coachkenyajoy/discoverycall) - <https://calendly.com/coachkenyajoy/discoverycall>



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