



Going to Mass with **ADHD**: A Practical and Grace-Filled Guide

Being an ADHD Catholic can
be **challenging** and **beautiful**.
You belong here.



Download and print your free guide at
www.ADHDcatholic.com



FIRST:

LET GO OF SHAME

You're not alone. Many ADHD Catholics experience the same everyday challenges in church.

YOU MIGHT...



Lose focus during readings



Feel restless in the pew



Miss parts of the homily



Forget responses you meant to say



Struggle with repetitive prayers



Compare yourself to people who seem effortlessly attentive



REMEMBER:

Difficulty focusing is **NOT** a moral failure.

Prayer is about **relationship** with God, not perfect performance.



GOD SEES YOUR HEART.

He delights in you. Keep showing up.
You are deeply loved – just as you are.



Before Mass

Simple steps to help your body and mind get ready to meet Jesus.



PREPARE YOUR BODY



Arrive a few minutes early.
Give yourself time to settle in and avoid feeling rushed.



Take a short walk before Mass.
A little movement helps your body and mind calm down.



Stay hydrated.
Water helps your brain focus.



Eat if hunger affects concentration.
A small snack can help you stay present. God knows your needs.



SET ONE SIMPLE INTENTION



"Today I will **listen** for one thing God wants me to hear."



"Today I will **offer** this Mass for my family."

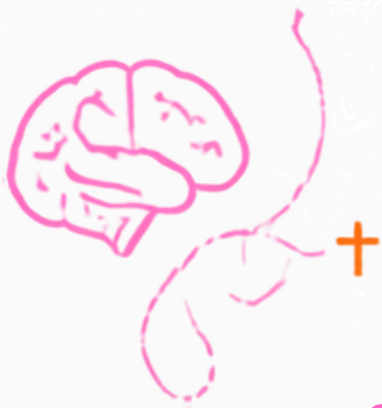


"Today I will **focus** on the Eucharist."



Be kind to yourself. Distractions happen. Bring your attention back gently to Jesus.

During Mass



Your mind will probably wander.
That's normal – not a failure.

- ♥ **Do not panic.** God isn't keeping score.
- ♥ **Do not shame yourself.** You are still here.
- ♥ **Gently return your attention** to what's happening now.

Come back. Again and again. That's prayer.

Use Your Hands



Hold a Rosary in Your Pocket

Feeling the beads can help anchor your mind and heart in prayer.



Use Rosary Beads Discreetly

Finger through the beads to stay present and calm.



Take Simple Notes During the Homily

Write key words, phrases, or anything that stands out.

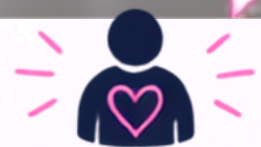


Sketch or Illustrate Homily Themes

Drawing what you hear can help your mind remember.

Listen for One Takeaway

Ask yourself:
"What's the one thing I should take home today?"



Let that one truth shape your week.



Mass is a conversation with Jesus.
Stay with Him – one small return at a time.





When Boredom Feels Painful

For many people with ADHD, boredom isn't just "nothing to do."

It can feel physically uncomfortable.

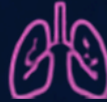
- ♥ Your body might feel restless, tense, or itchy.
- ♥ Your mind might feel foggy, agitated, or overwhelmed.
- ♥ It can feel like an urge to escape — even when you want to stay.



A Simple Reset in Church

When boredom starts to sting, try this gentle re-focus:

1



Take a slow breath.

In through your nose, out through your mouth.

2



Pick one thing to look at.

Choose a visual anchor in the church.

3



Notice the details.

Let your eyes and heart rest there for a moment.

Great Visual Anchors to Try:



Stained Glass

Look at the colours, shapes, and light.



The Crucifix

Look at Jesus on the cross. He sees you. He loves you.



Candles

Notice the flame. Breathe with the flicker.



The Altar

Focus on the altar. This is the heart of our worship.

For Families with ADHD Children



A child who struggles to sit still is not necessarily being disrespectful.

They are trying their best with a brain that works differently. Their hearts are often very close to Jesus.

You are not a bad parent if Mass is hard.

Some days will be beautiful. Some days will be messy. Both can be offerings to God.

Perfection is not the goal.

Connection is. Keep showing up. Keep loving. God sees your faithfulness.



You are raising a child. God is forming a saint.
One Holy Mass at a time.



God is patient with you. He is patient with them. You are not alone.





WATCH OUT FOR SCRUPULOSITY

Some ADHD Catholics can become overly focused on doing prayer correctly, leading to:

- ✗ Obsessive rule-following
- ✗ Anxiety about mistakes
- ✗ Excessive guilt about distraction
- ✗ Treating prayer like a checklist



God loves **YOU**,
not your performance.



ALTERNATIVE WAYS TO DEEPEN YOUR FAITH



Walking Prayer – Talk with God as you walk.



Pilgrimages – Step out of routine and closer to God.



Music Ministry – Worship with your voice, heart, or instrument.



Religious Art – Draw, paint, or create to pray with colour and meaning.



Crafting While Praying – Knit, build, or create while you listen and pray.



Run & Pray the Rosary – Move your body and meditate on the mysteries.



EMBRACE YOUR ADHD CHARISM

Your ADHD is not a mistake—**God** can use it in beautiful ways!
You are:



PASSIONATE

You love deeply and wholeheartedly.



SENSITIVE

You feel the Spirit and the needs of others.



CREATIVE

You see beauty and imagine new possibilities.



INNOVATIVE

You think differently and solve problems in unique ways.



DEEPLY ENTHUSIASTIC

You bring energy, joy, and hope to the Church.

A PRAYER FOR ADHD CATHOLICS



Lord Jesus,
You know my heart, my mind, and every distraction.
Thank You for creating me beautifully and with purpose.
Help me to know that You love me as I am.
Teach me to pray in the ways that help me grow closer to You.
Use my passion, sensitivity, creativity, innovation, and enthusiasm to bring your love to the world.
When I struggle, remind me that Your grace is enough.
Amen.



**REMEMBER: THE GOAL IS NOT TO BECOME A PERFECT CATHOLIC,
BUT TO ENCOUNTER GOD.**