

FREE ANGELS | FIRST STEPS

HOW TO HELP A YOUNG PERSON WHO IS STRUGGLING IN SILENCE

A free guide for parents, mentors
and leaders who want to care
with truth, grace and wisdom



V4: "Before we speak, let us follow the truth in love,"
growing up in every way into Him who is the head,
into Christ."

Ephesians 4:15



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How to Help a Young Person Who Is Struggling in Silence

A free guide for parents, mentors, and leaders

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Pastoral purpose

This workbook was prepared as a Christian support resource for families, mentors, leaders, and faith communities. Its purpose is to offer first steps in listening, care, responsibility, and Christ-centered discipleship.

Responsible use

The content of this guide does not replace medical assessment, psychotherapy, professional support, protective services, or emergency care. In situations involving risk, abuse, threats, self-harm, suicidal thoughts or plans, psychotic symptoms, or dangerous substance use, safety must come first and specialized help must be sought immediately.

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WHEN A YOUNG PERSON'S SILENCE BECOMES A CRY

A GAZE THAT COMES BEFORE CORRECTION

“Jesus, looking at him, loved him.” — Mark 10:21

Some young people keep going to school, smiling for a photograph, answering “I’m fine,” and even walking into church—while inside they are tired of fighting. Some pain makes no sound. It appears in isolation, irritability, compulsion, shame, declining performance, loss of hope, fear of disappointing the family, or the feeling that no one could understand what is really happening.

When we speak of the misery that has reached the lives of so many young people, we are not saying that they themselves are miserable or without value. The misery is whatever steals their joy, dignity, freedom, and hope. It is found in hidden wounds, enslaving sins, crushing pressures, hurtful relationships, and silences that make a teenager believe they must face everything alone.

The Bible presents a God who does not withdraw from human beings when they hide. From the question “Where are you?” in Eden, we see the heart of a God who seeks. Psalm 34:18 declares that the Lord is near to the brokenhearted. And in the Gospels, Jesus does not treat people as problems to be managed; He draws near, looks, touches, asks, listens, confronts when necessary, and opens a path of restoration.

Seeing as Christ sees

Mark records a precious detail in Jesus’ encounter with a young man: before presenting him with a difficult truth, “Jesus, looking at him, loved him” (Mark 10:21). That order matters. Christ did not confuse love with permissiveness or truth with harshness. His gaze communicated worth; His word called for transformation.

Parents, mentors, and leaders need to learn this way of seeing again. Sometimes we see only the closed door, the messy room, the hidden phone, the aggressive reply, the lie, the relapse, or spiritual apathy. Christ invites us to see the person behind the behavior—without denying responsibility, but also without reducing a young person to the worst moment of their story.

The family does not have to walk alone

Many parents enter a struggle like this carrying guilt, fear, and questions: “Where did I go wrong?”, “How do I get them to talk?”, “Should I be firm or welcoming?”, “What if I make everything worse?” This guide was not written to turn parents into therapists or leaders into specialists. It was written to help them take the first steps: notice, draw near, listen, speak the truth with grace, set protective boundaries, and build a safe support network.

There are situations in which prayer, family presence, and discipleship are indispensable parts of care—and situations in which doctors, psychologists, protective services, or other qualified professionals must also be sought. One does not have to exclude the other. Responsible care can also be an expression of Christian love.

Why Free Angels is part of this journey

Free Angels International wants to walk alongside parents, children, mentors, and faith communities that do not want to give up when the struggle becomes difficult. Our purpose is to help create paths of freedom, discipleship, restoration, and growth in Christ—with enough truth not to call evil good, and enough grace not to turn a fall into a final sentence.

We do not want to offer quick answers to deep pain. We want to help families become safer places for truth to appear; help young people understand that asking for help is not failure; and remind everyone that the center of restoration is not a technique, a test, or a workbook. The center is Christ.

A TRUTH TO CARRY THROUGHOUT THE JOURNEY

You do not need to be this young person's savior. Christ is the Savior. But your presence, listening, boundaries, and faithfulness can become a bridge by which they begin to recognize grace again.

Read the following pages prayerfully. Do not ask only, “What should I do with this young person?” Also ask, “Lord, who do I need to become in order to care for them with Your heart?” Sometimes the first transformation God wants to bring to a home begins in the way we learn to see, listen, and remain present.

May this workbook be a first step—not toward controlling a story, but toward walking through it with truth, grace, wisdom, and hope.

A word to tired parents and caregivers

Perhaps you opened this material already feeling guilty. Perhaps you think you should have noticed sooner, communicated better, set different boundaries, or protected them in another way. At times, love must also have the courage to reconsider choices, ask forgiveness, and change direction. But guilt without hope restores no one. If something must be acknowledged, acknowledge it before God and the young person with humility; then turn repentance into presence, learning, and concrete steps.

In the parable of the son who left home, the father could not decide for his son, control every step, or prevent every consequence. But when the son returned, he found a father whose heart still knew how to recognize, receive, and restore. There is a difference between giving up control and giving up on the young person. You may not control their heart, but you can care for the atmosphere of the home, the way you speak, the necessary boundaries, the support network, and how you react when the truth finally appears.

If the journey feels greater than you can carry, do not isolate yourself. Seek mature people, responsible pastoral support, and, when necessary, qualified professional help. Allowing others to walk with your family does not diminish your love; often, it is precisely a way of protecting the young person. God can work through a conversation, a boundary, a professional, a faith community, and small decisions repeated faithfully.

OPENING PRAYER

Lord Jesus, give me wisdom not to react only out of fear. Show me what I need to acknowledge, what I need to change, and what I need to entrust to You. Make my presence a place where truth can appear without losing hope. Teach me to love this young person as someone who belongs to You and to walk with courage, firmness, and grace. Amen.

◆ Dedication to the caregiver

This brief guide is dedicated to you who love a young person and therefore notice when something inside them seems distant, heavy, or hidden. Perhaps you do not know exactly what is happening. Perhaps you have only noticed a different kind of silence, more frequent irritability, gradual withdrawal, a fading light in their eyes, or a struggle that appears in small clues.

Caring for someone who is struggling in silence requires courage. Not the noisy courage of someone with quick answers, but the patient courage of one who chooses to stay close, listen humbly, correct without destroying, protect without suffocating, and point to Christ without turning faith into a burden.

This material was not written to blame you or make you an expert in every form of adolescent pain. It was written to help you take the first steps with love, truth, and discernment. God can use your presence, your words, your questions, and your boundaries as instruments of restoration.

May this guide help you be a bridge, not a wall; a safe presence, not a courtroom; a voice of truth, not condemnation; a living sign that Christ's grace still seeks, calls, lifts up, and restores real young people.

◆ A truth to hold on to

You do not need to save this young person. Christ is the Savior. But you can walk alongside them in a way that makes it easier to hear the voice of grace.

⚠ Before continuing: when to act immediately

This guide is a resource for support, discipleship, and conversation. It does not replace professional support, medical assessment, psychotherapy, specialized counseling, or intervention in situations of risk.

If a young person speaks about wanting to die, self-harm, a suicide plan, abuse, violence, threats, dangerous substance use, psychotic symptoms, or any situation in which safety is compromised, do not dismiss it as drama, a phase, or lack of faith. Take it seriously and seek help immediately.

- Do not leave the young person alone if there is immediate risk.
- Inform parents or guardians when necessary for safety.
- Seek medical care, emergency services, or professional support in your country.
- Continue offering spiritual presence, prayer, and welcome, but do not try to handle alone what requires specialized help.

▣ Responsible care is also Christian love

Faith does not deny pain. Grace does not minimize risk. The church, the family, and professionals can work together to protect and restore lives.

◇ Map of this brief guide

This workbook is organized as a simple journey. It is not intended to address every situation, but it offers a safe path for beginning when you realize that a young person is struggling inside and you do not know how to approach them.

- 1. Notice the signs without labeling the young person.**
- 2. Approach through presence, not interrogation.**
- 3. Listen without turning everything into a sermon.**
- 4. Respond with grace and truth.**
- 5. Set boundaries that protect, not humiliate.**
- 6. Help the young person build a support plan.**
- 7. Remain present without trying to take Christ's place.**

▣ How to use it

Read one section a day, pray for the young person, choose a simple mission, and practice it. The goal is not to master a technique, but to grow in relational and spiritual wisdom.

◆ 1. Notice the signs without labeling the young person

SUPPORTING BIBLE PASSAGE

“Man looks at the outward appearance, but the LORD looks at the heart.” — 1 Samuel 16:7

Many young people do not clearly say, “I am suffering.” They say it through changes. Some are subtle. Others look like rebellion, laziness, spiritual coldness, or ill will. The caregiver’s challenge is to learn to observe before drawing conclusions.

A teenager who isolates may simply need space, but may also be sinking into shame. An irritable young person may seem disrespectful, but may be trying to hide fear, anxiety, or sadness. One behavior does not tell the whole story, but it may open a window onto it.

Noticing signs does not mean living suspiciously. It means loving attentively. Jesus looked at people whom others had already defined and saw more deeply. He saw pain where others saw scandal, hunger where others saw irritation, and a thirst for grace where others saw only sin.

▣ Signs that deserve attention

- significant changes in mood, sleep, or appetite;
- increasing isolation;
- a sudden drop in school performance or abandonment of responsibilities;
- loss of interest in things that once brought joy;
- frequent outbursts of anger or crying;
- secretive or compulsive screen use;
- statements of hopelessness or worthlessness;
- recurring lies intended to hide suffering;
- risky behaviors or signs of self-harm.

◆ Caregiver mission

This week, observe without accusing. Write down three changes you have noticed and pray before speaking. The goal is to understand better, not build a case against the young person.

◆ Questions for reflection

- ☐ What signs have I noticed?
- ☐ Have I interpreted these signs with fear, irritation, or loving curiosity?
- ☐ What can I observe more carefully before drawing conclusions?

◆ Short prayer

Lord, give me attentive eyes and a calm heart. Help me see beyond behavior without denying responsibility. Teach me to notice signs of pain with compassion and wisdom.

◆ 2. Approach through presence, not interrogation

SUPPORTING BIBLE PASSAGE

“Let every man be swift to hear, slow to speak, and slow to anger.” — James 1:19

When we sense that something is wrong, our first reaction is often to ask many questions. We want to know everything, solve it quickly, and eliminate the danger. But to many young people, a flood of questions feels like an interrogation, not care.

The safest approach usually begins before the difficult conversation. It grows in small moments of presence: an unhurried meal, a walk, a ride in the car, a simple message, or a comment that shows genuine interest. The young person needs to feel that you want to know them, not merely correct them.

Presence does not mean an absence of questions. It means that the questions grow out of a relationship. When connection comes before investigation, truth finds a less threatening environment in which to appear.

▣ Phrases that open doors

“I’ve noticed that you seem more weighed down lately. Would you like to talk?”

“You don’t have to tell me everything now, but I want you to know that I’m here.”

“I don’t want to argue. I want to understand.”

“You matter to me, even when you feel confused.”

“May I just sit here with you for a while?”

◆ Caregiver mission

Choose a simple moment to be near without applying pressure. Avoid beginning with accusations. Begin with presence, interest, and calm.

◇ Questions for reflection

- ☐ Does my approach usually communicate safety or pressure?
- ☐ Have I been trying to solve things before listening?
- ☐ What simple moment can I create to be near without forcing a conversation?

◆ Short prayer

Jesus, You approached people with truth and mercy. Teach me not to turn my concern into pressure. May my presence open a path toward trust.

◆ 3. Listen without turning everything into a sermon

SUPPORTING BIBLE PASSAGE

“He who answers before he hears, that is folly and shame to him.” — Proverbs 18:13

Many adults lose the opportunity to listen because they respond too soon. The young person begins to speak, and immediately there comes an explanation, correction, comparison, a memory from the adult’s own childhood, or a mini-sermon. Even when the intention is good, the effect may be to shut the conversation down.

Listening does not mean agreeing with everything. It means giving the young person the experience of being taken seriously. Before guiding, we need to understand. Before correcting, we need to discern. Before applying a Bible verse, we need to notice the wound before us.

There are moments when the truth must be spoken clearly. But truth finds a better path when the young person knows they are not merely being evaluated. Patient listening may be the first time they realize they do not have to carry the struggle alone.

▣ Practices for safe listening

- repeat in your own words what you understood;
- ask “Is that right?” before responding;
- avoid interrupting to correct minor details;
- do not turn confession into humiliation;
- thank them for the courage to speak;
- distinguish listening from approval.

◆ Caregiver mission

In the next difficult conversation, practice this rule: first understand, then respond. Before giving advice, ask at least two sincere questions.

◇ Questions for reflection

- ☐ What keeps me from listening well?
- ☐ What kind of statement from the young person awakens my anxiety or anger?
- ☐ How can I show that I listened before offering guidance?

◆ Short prayer

Father, guard my mouth when I want to speak too quickly. Give me humility to listen, discernment to understand, and love to respond at the right time.

◆ 4. Respond with grace and truth

SUPPORTING BIBLE PASSAGE

“The Word became flesh... full of grace and truth.” — John 1:14

Some adults fear that if they are gentle, the young person will think the wrongdoing does not matter. Others fear that if they are firm, they will lose the relationship. The way of Christ does not choose between grace and truth. It holds both together.

Grace without truth can become permissiveness. Truth without grace can become harshness. Together they communicate: “What happened matters, but you matter too. We need to deal with this, but I will not reduce you to your worst moment.”

When a young person confesses a struggle, the first minute of your response may stay with them for a long time. If they encounter an explosion, they may learn to hide. If they encounter permissiveness, they may not understand the seriousness. If they encounter grace and truth, they can learn to take responsibility without losing hope.

▣ A balanced response might sound like this

“Thank you for telling me. I know that could not have been easy.”

“What happened is serious, and we need to address it.”

“You are not alone.”

“There will be consequences, and there will also be a path of restoration.”

“I want to understand what came before this choice.”

“We will take the next step together.”

◆ Caregiver mission

Write a response you would like to give in a difficult conversation. Read it aloud and ask: Is there truth? Is there grace? Is there hope?

◇ Questions for reflection

- ☐ Do I tend to be harsher or more permissive?
- ☐ What phrase of mine could hurt more than help?
- ☐ How can I communicate responsibility without destroying identity?

◆ Short prayer

Lord, make my voice a reflection of Your heart. Help me correct without crushing, welcome without minimizing, and guide without controlling.

◆ 5. Set boundaries that protect, not humiliate

SUPPORTING BIBLE PASSAGE

“For whom the Lord loves, He reproves.” — Proverbs 3:12

Boundaries are necessary. Young people need direction, structure, and consequences. But there is a great difference between boundaries that protect and punishments that humiliate. The goal of Christian discipline is not to make a young person pay emotionally, but to help them grow in responsibility.

When a boundary is born from anger, it is often excessive, confusing, and humiliating. When it grows from love and wisdom, it becomes clearer, proportionate, and instructive. The young person may not like it, but can better understand that it exists to protect, not destroy.

Healthy boundaries also need a path back. If everything comes down to punishment without restoration, the young person learns only fear. But when there is a plan for rebuilding trust, they learn responsibility, perseverance, and hope.

▣ Healthy boundaries tend to be

- clear: the young person understands what is being asked;
- related: the consequence is connected to the behavior;
- proportionate: it is not born from emotional loss of control;
- temporary when possible: there is a path toward rebuilding;
- accompanied: the relationship does not disappear during discipline;
- explained: the young person knows the reason for the boundary.

◆ Caregiver mission

Review an existing boundary. Does it protect? Teach? Humiliate? Is there a path toward rebuilding? Calmly and clearly adjust what is needed.

◇ Questions for reflection

- ☐ Are my boundaries driven more by fear or by wisdom?
- ☐ Is there a boundary that needs to be explained better?
- ☐ How can I create consequences that teach without shaming?

◆ Short prayer

God, give me firmness without harshness. Help me set boundaries that protect the young person and form maturity, not fear or shame.

◆ 6. Help the young person build a support plan

SUPPORTING BIBLE PASSAGE

“Two are better than one... for if they fall, the one will lift up his fellow.” — Ecclesiastes 4:9–10

Many young people try to overcome deep struggles through private promises alone. They promise to change, fall, feel ashamed, and promise again. This cycle becomes even stronger when no one knows what is happening.

A support plan does not expose the young person to the whole world. It creates a small, safe network. Some struggles require parents or guardians. Others require a health professional. Some need a pastor, mentor, counselor, or mature friend. What matters is that the young person not carry alone what is destroying them inside.

Support also needs to be concrete. Whom can they seek when they are struggling? What should they do when the urge becomes strong? Which environments increase vulnerability? What technological boundaries are needed? Which habits strengthen the body, mind, and spiritual life? These questions turn care into a path.

▣ Components of a simple plan

- a safe person to talk to;
- a responsible adult when there is risk;
- a professional when the situation requires it;
- a plan for moments of crisis;
- practical boundaries around screens, environments, or relationships;
- supporting Bible verses and prayers;
- healthy activities to replace isolation and impulsiveness.

◆ Caregiver mission

Help the young person write a three-step plan for difficult moments: whom to seek, what to do first, and what truth to remember.

◇ Questions for reflection

- ☐ Who is part of this young person's safe network?
- ☐ Is there a situation that requires professional help?
- ☐ What practical step can reduce vulnerability this week?

◆ Short prayer

Lord, show us the right people, the next steps, and the resources we need. Free us from isolation and teach us to walk in community.

◆ 7. Remain present without trying to be the savior

SUPPORTING BIBLE PASSAGE

“He who began a good work in you will complete it.” — Philippians 1:6

Someone who loves a struggling young person can easily carry an impossible burden: the feeling that they must fix them. That burden looks like love, but can turn into control, anxiety, and exhaustion. You are called to love, guide, protect, correct, and disciple. But you are not called to take Christ’s place.

Remaining present is different from controlling every detail. It means continuing to show up, pray, listen, set boundaries, offer truth, and remember that the deepest work belongs to God. This does not make you passive. It makes you faithful within your limits.

Some changes will be slow. There will be small steps forward, setbacks, repeated conversations, and tiring days. Even so, no seed sown in love is wasted before God. The ministry of hope often grows in silence before any fruit appears.

▣ Reminders for the caregiver

- you can be faithful without being perfect;
- you can love without controlling;
- you can correct without crushing;
- you can rest without abandoning;
- you can ask for help without failing;
- you can trust that Christ loves this young person more than you are able to.

◆ Caregiver mission

Write down three things you cannot control and entrust them to God. Then write down three real responsibilities you can faithfully assume.

◇ Questions for reflection

- ☐ Have I been trying to save this young person in my own strength?
- ☐ What belongs to my responsibility?
- ☐ What do I need to entrust to Christ again?

◆ Short prayer

Christ, You are the Savior. Teach me to love faithfully without taking Your place. Give me perseverance, rest, and hope to keep walking.

▣ Practical tool: an outline for a safe conversation

Use this outline when you need to talk with a young person who seems to be struggling in silence. It does not need to be followed mechanically. The idea is to help you keep a safe, clear, and restorative tone.

1. Begin with care

“I’ve noticed that you seem more overwhelmed. I care about you, and I would like to understand better.”

2. Lower the pressure

“You don’t have to tell me everything at once. We can talk little by little.”

3. Listen before concluding

“Help me understand what has been most difficult.”

4. Name safety

“Thank you for trusting me with this. I do not want to humiliate you.”

5. Speak the truth in love

“This is serious, and we need to address it. But you are not alone.”

6. Agree on the next step

“What is the safest step we can take today?”

◆ What to avoid and what to say

The words we use in moments of crisis can open or close doors. We will not always say everything perfectly, but we can learn to avoid phrases that increase shame and choose phrases that communicate responsibility with hope.

Avoid saying	Try saying
"This is just drama."	"I believe this is difficult for you."
"When I was your age, I didn't have this."	"I want to understand what this has been like for you."
"You have destroyed my trust."	"Trust has been hurt, but it can be rebuilt."
"I am ashamed of you."	"What happened is serious, but you are still loved."
"You just need to pray more."	"Let's pray and also seek the help that is needed."
"You always do everything wrong."	"Let's look at this behavior and find a better path."

◆ A 7-day practice: presence that opens a path

For one week, choose to practice small gestures of care. They may seem simple, but they can prepare the ground for deeper conversations.

◆ Day 1 — Observe

Notice one change without labeling the young person. Pray before commenting.

◆ Day 2 — Draw near

Create a simple moment of presence without interrogation.

◆ Day 3 — Ask a better question

Replace "What did you do?" with "What was happening inside you?"

◆ Day 4 — Listen

Allow the young person to speak without interruption during the first few minutes.

◆ Day 5 — Name grace

Clearly say that they are still loved and are not alone.

◆ Day 6 — Agree on one step

Choose one small concrete action: talk, rest, ask for help, or adjust a boundary.

◆ **Day 7 — Pray and surrender**

Pray for the young person and entrust to God what you cannot control.

▣ Simple support plan

Use this page as an initial outline. Depending on the situation and the safety involved, it can be completed alone, with another responsible adult, or with the young person.

Young person's name:

What we have noticed needs care:

Safe people who can help:

When we need to seek professional help:

First step this week:

Verse or truth to remember:

♦ Closing prayer for the young person struggling in silence

Lord Jesus, I bring before You this young person who may be carrying pain that few people know about. You know what is happening in their heart; You know their questions, fears, falls, shame, pressures, and deepest desires.

I ask that Your grace reach them in the places where they feel alone. May truth come not as condemnation, but as light that sets free. May they find safe people, words of life, courage to ask for help, and strength to take the next step.

Give me wisdom to walk beside them without controlling, to correct without humiliating, to listen without fear, and to love without giving up. Teach me to reflect Your heart, full of grace and truth.

May this young person discover that their story is not over, that their struggles do not define their identity, and that restoration is found in Christ. In Jesus' name, amen.

Blessing for the caregiver

May the Lord give you discernment to notice, patience to listen, firmness to protect, humility to ask for help, and hope to keep sowing even while the fruit remains hidden.

◆ Continue the journey

This free workbook is an entry point. It helps you take the first steps when you realize that a young person is struggling in silence. But some journeys require more complete tools, more structured support, and specific materials for both the young person and the adults walking with them.

For this reason, within the Free Angels project, this journey can continue along different paths.

▣ Free to Live

A restoration workbook for real young people. It addresses shame, identity, relapse, impulses, the body, relationships, asking for help, new beginnings, and a plan for walking with Christ.

▣ Guide for Parents, Mentors, and Leaders

A more comprehensive resource for adults who want to walk alongside young people with wisdom, boundaries, grace, truth, emotional health, and discipleship.

▣ Beyond the Masks

A journey of self-knowledge, healing, and transformation in Christ. It includes a personality test, personal results, Zones of the Soul, Action Buttons, a 30-day plan, a personality manual, and workbooks.

▣ 10 Steps to Freedom

A practical and spiritual path for people who want to confront recurring patterns, cycles of falling, guilt, and shame, and rebuild a freer life before God.

◆ Contact

To receive the complete materials, share this workbook with someone, or learn more about the Free Angels journey, contact us:

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Also explore the Free Angels materials for young people, families, discipleship, and restoration in Christ on the following pages.



BEYOND THE MASKS

A Journey of Transformation



Personality Test

✦ Self-discovery, truth, and growth in Christ ✦



What you receive:



A detailed personalized report



A general personality guide



The workbook for your profile



Practical biblical guidance



Why it matters:



Understand your motivations, strengths, and weaknesses.



Recognize emotional patterns and areas of restoration.



Strengthen relationships and decision-making.



Grow in truth, balance, and freedom in Christ.

✦ Take the full test ✦

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Free Angels International

MIRRORS — OF THE — BIBLE PORTRAITS OF GRACE

A book for those who desire to understand people more deeply, discern the work of grace, and see God's transformation in real life.

In *Mirrors of the Bible — Portraits of Grace*, ordinary lives become windows into divine grace. As the reader contemplates biblical characters in their struggles, wounds, choices, and processes of transformation, he or she is led to perceive that God does not merely write great stories — He first restores the human heart.

More than an inspiring read, this book offers a profound reflection on personality, spiritual maturity, relationships, identity, and Christian service. Each portrait reveals how God's grace works in concrete ways, redeems frailty, and transforms real people into living testimonies of His love.

WHY IS THIS BOOK SPECIAL?

- ✦ Unites self-knowledge and biblical truth
- ✦ Deepens discipleship, groups, and pastoral conversations
- ✦ Helps recognize soul patterns and processes of healing
- ✦ Reveals God's grace in the story of ordinary people

BEFORE GOD WRITES GREAT STORIES,
HE TRANSFORMS ORDINARY PEOPLE.

DISCOVER HOW THE GRACE OF GOD
CAN ILLUMINATE THE STORY OF BIBLICAL
CHARACTERS — AND YOURS AS WELL.

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*restore,
encourage,
and lead to
hope*



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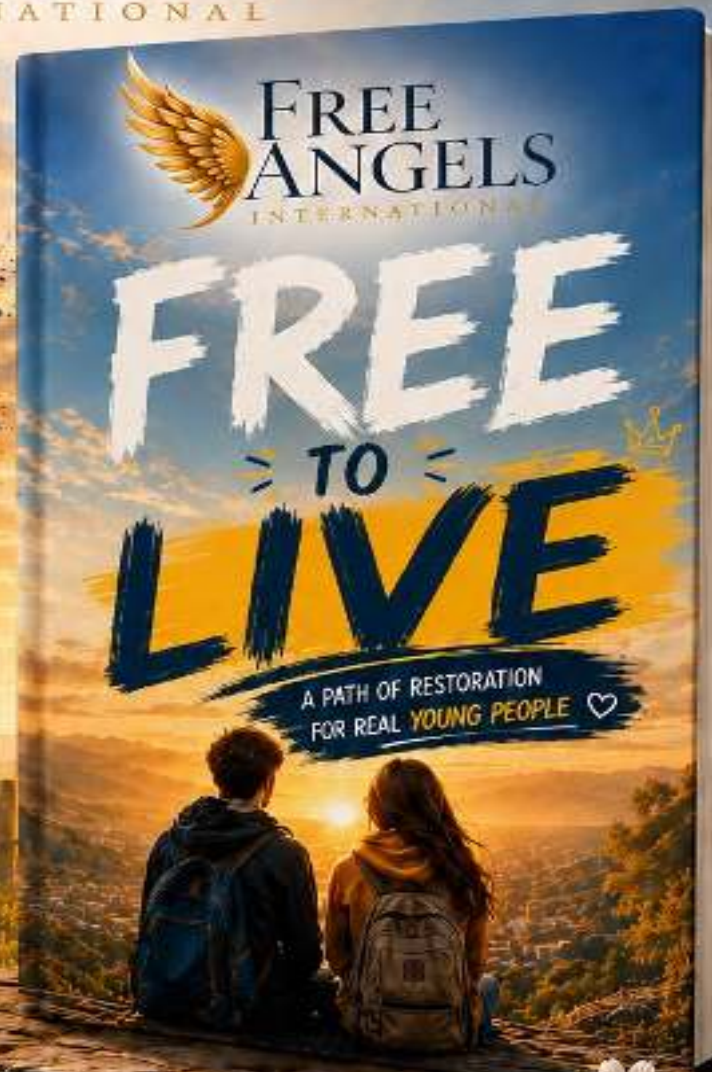
"Free to Live" is an invitation to walk with Christ toward restoration, freedom, and inner healing.



With accessible language, biblical support, and practical applications, this work speaks to the heart of real young people who need real hope.



*You do not need to walk alone.
In Christ, there is still a new
beginning, comfort, and direction.*



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*God transforms
stories and writes
new beginnings.*