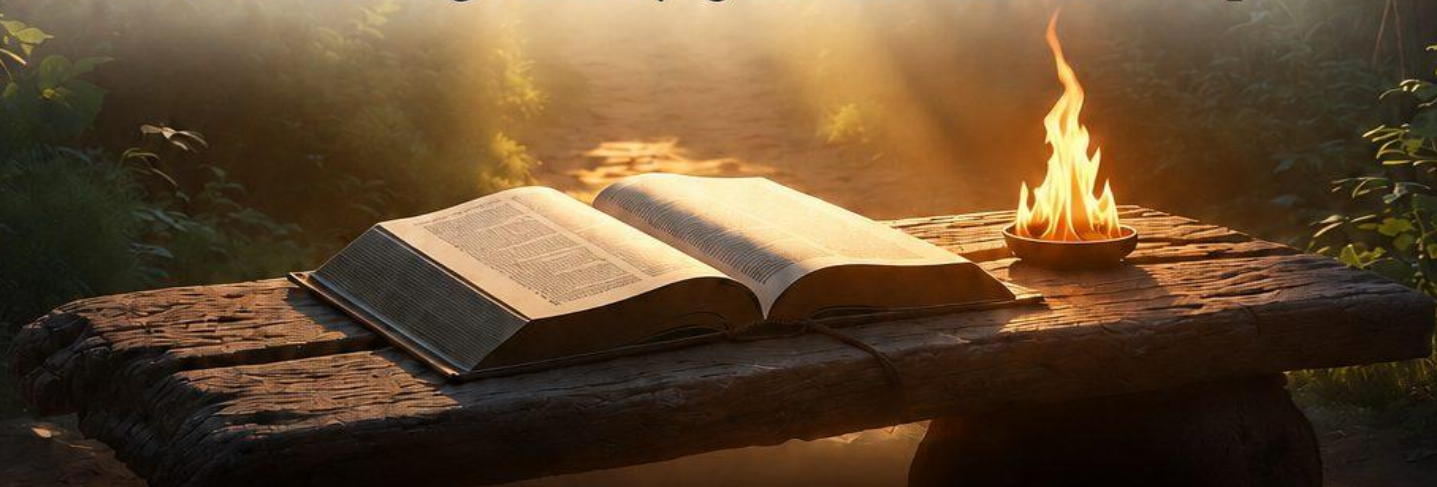




FREE ANGELS | FIRST STEPS

I'M NOT OKAY... BUT I STILL HAVE FAITH

An honest conversation about
emotional suffering, anxiety, guilt and Christian hope

A photograph of an open book and a small fire on a wooden table in a forest. The book is open, showing text on its pages. To the right of the book is a small fire burning in a metal bowl. The scene is set outdoors, with trees and foliage in the background, and the lighting is warm and golden, suggesting sunset or sunrise.

“The LORD is near to the brokenhearted
and saves those who are crushed in spirit.”

Psalms 34:18

Free Angels International • Set Free • Disciple • Educate • Restore • Serve

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Free Angels Series | First Steps

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“I’m Not Okay... But I Still Have Faith” is a free resource for support, biblical reflection, and first steps. It was prepared to support individuals, families, leaders, and communities in building paths of truth, hope, care, and restoration in Christ.

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This workbook has a pastoral, educational, and devotional purpose. It does not replace medical evaluation, psychological support, professional counseling, or emergency care when needed.

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A PASTORAL WORD BEFORE YOU BEGIN

You do not need to hide your pain in order to keep belonging to Christ.

Perhaps you opened this workbook because you still believe in God, but you have realized that you are not okay. There are days when faith remains, but strength does not. There are moments when prayer is still there, but it comes accompanied by tears, fear, guilt, weariness, or silence.

The Bible does not treat human suffering as automatic proof of a lack of faith. Elijah experienced exhaustion and needed rest. David turned anguish into prayer. Job spoke to God out of pain. In Gethsemane, Jesus revealed deep anguish and asked His friends to remain near. Biblical faith does not require you to pretend that you are whole.

This workbook does not invite you to deny suffering, nor to turn pain into your identity. The invitation is simpler and deeper: bring real life into the presence of Christ, recognize your limits, receive care, ask for help when necessary, and choose the next possible step.

Read these pages without performance. You do not need to respond the way you imagine a strong or spiritual person should respond. Grace works where truth finds room. Christ does not love only the version of you that can smile, produce, and help others. He also remains near when your heart is tired.

“Faith does not need to pretend that everything is fine in order to remain faith.”

OPENING PRAYER

Lord Jesus, meet me as I am. Give me courage to recognize what hurts without hiding from You. Lead me to the truth, to the right people, and to the steps of care I need to take. Sustain my faith and teach me to receive Your grace one day at a time. In Jesus’ name, Amen.

◆ DEDICATION TO THE READER

This workbook is dedicated to you who keep trying, even when you cannot explain everything you feel. To you who pray, but sometimes cannot find the words; who love God, but carry a tired heart; who want to remain steadfast, although some days feel too heavy.

Opening these pages is already an act of courage. You do not need to show strength all the time in order to be faithful. You do not need to hide your pain to protect your faith. Christ does not draw near only to those who are doing well; He draws near to the weary, the wounded, the confused, and those who keep taking small steps.

May this reading be a space of truth, rest, and discipleship. Not a demand to get better quickly, but an invitation to walk with Jesus in a more honest way. Victory in Christ does not always begin with a feeling of strength. Many times, it begins when we stop running, allow the light in, and accept not walking alone.

◇ A SIMPLE COMMITMENT

During this journey, do not try to respond as someone “should” respond. Be truthful. Grace works best where truth is received without masks.

△ WHEN TO SEEK IMMEDIATE HELP

This material offers reflection and first steps, but it does not replace medical, psychological, pastoral, or emergency support. Seek immediate help if there is a risk of suicide, self-harm, violence, abuse, loss of contact with reality, or inability to remain safe.

- **In an immediate emergency, call SAMU at 192 or go to a UPA/emergency room.**
- **For free and confidential emotional support in Brazil, call 188 (CVV), available 24 hours a day.**
- **You may also seek a UBS or a CAPS in your area; CAPS centers offer initial walk-in support.**

◆ BEFORE YOU BEGIN

You can love God and still not be okay

It is possible to trust Christ and still struggle with anxiety. It is possible to serve, smile, work, care for people, and still feel that something inside you is far too tired. That does not automatically mean your faith is false. It means you are human and that your story needs to be heard in full.

Perhaps you have heard phrases such as “pray more,” “have more faith,” or “stop thinking about it.” Prayer and faith are essential, but they must not be used to silence pain. In the Bible, faithful people cried, lamented, felt afraid, wanted to disappear, and asked for help. God did not treat them as spiritual failures. He drew near to them.

This workbook does not promise quick answers. It offers a path: recognize the pain, understand what is happening, speak honestly with God, ask for help, and practice small steps of hope.

JOURNEY MAP

1. When faith feels small
2. When fear takes over
3. When guilt will not go away
4. When God seems silent
5. When it is time to ask for help
6. Small steps that sustain
7. My Hope Plan

WHEN FAITH FEELS SMALL

Tired faith can still be faith

◇ WORD FOR THE JOURNEY

"I believe! Help my unbelief." Mark 9:24

Some days, faith feels alive. On others, it feels like only a small flame shielded from the wind. You keep believing, but you do not feel the same security. You pray, but become distracted. You open the Bible, but the words no longer reach your heart as before. In those moments, shame may suggest that God has moved away or that you are failing spiritually.

The Bible does not hide the fragility of its characters. Elijah, after a great victory, became exhausted and wanted to die. John the Baptist, imprisoned and confused, sent disciples to ask whether Jesus was truly the One they had been waiting for. David wrote psalms in which he alternates between confidence and anguish. Biblical faith is not the absence of questions; it is continuing to bring those questions to God.

Jesus did not reject the father who confessed faith and unbelief in the same sentence. He received an imperfect but truthful prayer. Perhaps your prayer today is also like this: "Lord, I want to trust, but I am tired. Help me." That prayer is not too small for God.

✍ HONESTY CHECK-IN

Today my faith feels: strong / tired / confused / silent / being rebuilt.

What weighs most heavily on my walk with God at this moment?

🕊 MISSION 1 - A PRAYER WITHOUT PERFORMANCE

Set aside five minutes. Do not try to produce a spiritual experience. Simply tell God what is happening, in simple words. Finish with this sentence: "Even without understanding everything, I choose not to hide from You."

WHEN FEAR TAKES OVER

Anxiety, worry, and the attempt to control everything

◇ WORD FOR THE JOURNEY

"Casting all your care upon him; for he careth for you." 1 Peter 5:7

Anxiety can make the future feel like an emergency that has already begun. The body speeds up, the mind creates scenarios, sleep becomes difficult, and small decisions take on enormous weight. A person tries to think until finding security, but the more they think, the more threats they discover. Then comes the attempt to control people, schedules, outcomes, and details.

In Matthew 6, Jesus does not ridicule those who are anxious. He redirects their gaze. He speaks of the Father's care, of the birds and the lilies, and invites His listeners to live one day at a time. That does not mean ignoring responsibilities. It means refusing the illusion that we must solve tomorrow before finishing today.

When anxiety is intense, prayer can walk alongside concrete resources: breathing slowly, organizing tasks, talking with someone, caring for sleep, and seeking professional support. Receiving help does not compete with faith. It can be one of the ways God cares for you.



ANXIETY RADAR

What usually happens before my anxiety increases?

What thought appears repeatedly?

What do I try to control in order to feel safe?



MISSION 2 - RETURN TO THE PRESENT

Pause for a minute. Notice five things you see, four you can touch, three you hear, two you smell, and one thing for which you are thankful. Then pray: "Father, give me grace to live the next step, not the next year."

WHEN GUILT WILL NOT GO AWAY

Repentance is not permanent condemnation

◇ WORD FOR THE JOURNEY

"There is therefore now no condemnation to them which are in Christ Jesus." Romans 8:1

Healthy guilt recognizes: "I did something wrong and I need to return." Shame, however, turns the mistake into identity: "I am wrong and I do not deserve to return." When that voice dominates, a person may confess countless times without being able to receive forgiveness. They try to pay for the mistake through self-punishment, isolation, or perfectionism.

Peter and Judas both failed deeply, but they followed different paths. Peter wept and returned to Jesus. Judas remained alone with his despair. Grace does not minimize sin; it opens a path of repentance, repair, and restoration. In Christ, confessing does not mean destroying yourself. It means coming out of hiding and receiving God's truth about sin and about forgiveness.

Perhaps you need to repair something, ask forgiveness, or accept a consequence. But none of those actions buys mercy. Forgiveness is received by faith. The cross speaks louder than the inner accusation.

◆ DISTINGUISHING THE VOICES

Healthy guilt says: "Recognize, confess, repair, and return."

Shame says: "Hide yourself, punish yourself, and give up."

Which of these voices has been guiding you?

🌀 MISSION 3 - RECEIVE, NOT ONLY ASK

Read 1 John 1:9 and Romans 8:1 slowly. Confess clearly. Then write: "In Christ, I do not need to keep paying for what He has already carried."

WHEN GOD SEEMS SILENT

Lamenting is also a way of remaining

◇ WORD FOR THE JOURNEY

"How long wilt thou forget me, O LORD? for ever?" Psalm 13:1

There are seasons when God seems silent. Prayer does not produce immediate relief, circumstances do not change, and the heart begins to ask whether it is still being heard. Many people try to hide this feeling because they believe that doubts and lament are signs of rebellion.

But the Bible offers us a language for pain. The psalms of lament do not pretend tranquility. They ask "how long?", describe fear, remember the promises, and choose to continue before God. Job spoke with intensity. Jeremiah wept. Jesus, in Gethsemane, revealed anguish and asked that the cup might pass, yet remained surrendered to the Father.

Silence is not necessarily abandonment. Not every absence of feeling is an absence of God. In some seasons, faith consists in remaining, breathing, repeating a promise, and allowing other people to pray when you no longer can.

✍ WRITE YOUR PSALM OF LAMENT

1. God, this is what hurts...
2. This is what I do not understand...
3. This is what I need...
4. Even so, I choose to remember...

🕊 MISSION 4 - REMAIN WITHOUT PRETENDING

Choose a psalm of lament: 13, 42, 43, 77, or 88. Read it slowly. Underline one sentence that describes your pain and another that sustains your hope.

WHEN IT IS TIME TO ASK FOR HELP

Faith and responsible care can walk together

◇ WORD FOR THE JOURNEY

"Two are better than one... for if they fall, the one will lift up his fellow." Ecclesiastes 4:9-10

Asking for help can be difficult, especially when you are used to being the strong, responsible, or spiritual person. Perhaps you fear being judged, worrying your family, or disappointing the church. But persistent suffering tends to grow in isolation. The light begins to enter when a safe person knows the real story.

Seek help when sadness, anxiety, guilt, irritability, fear, compulsions, or isolation persist, worsen, or interfere with sleep, work, study, relationships, and personal care. It is also important to seek support when you realize you have lost the resources to cope alone.

Help may include a mature person, a responsible pastor, a psychologist, a doctor, a UBS, a CAPS, or an emergency service. The best care does not force you to choose between faith and professional knowledge. Discipleship cares for meaning, hope, truth, and fellowship; professionals offer assessment and specialized tools. These dimensions can cooperate.

🗨 HOW TO START A CONVERSATION

"I am not as well as I seem."

"I have been carrying thoughts and feelings that are becoming difficult."

"I need help understanding what is happening."

"Can you walk with me as I seek support?"

🎯 MISSION 5 - CHOOSE A SAFE PERSON

Write down the name of a person you can talk with. Decide when and how you will make contact. Do not wait for perfect words; begin with a truthful sentence.

SMALL STEPS THAT SUSTAIN

Hope is also practiced in everyday life

◆ WORD FOR THE JOURNEY

"Despise not the day of small things." cf. Zechariah 4:10

When someone is emotionally tired, big plans can create even more guilt. For this reason, restoration often begins with small and repeatable steps. They do not replace treatment when necessary, nor do they solve all pain, but they help the body, the mind, relationships, and spiritual life to come out of survival mode.

Choose only a few practices. Regularity matters more than intensity. A somewhat more stable sleep schedule, a proper meal, a few minutes outdoors, bodily movement, less screen time at night, an honest conversation, and a short prayer can form a supporting foundation.

◆ SIX POSSIBLE PILLARS

-  Sleep: create a realistic time to slow down.
-  Body: eat and hydrate regularly.
-  Movement: walk or stretch for a few minutes.
-  Creation: step out of closed spaces and notice the real world.
-  Community: do not disappear from safe relationships.
-  God's Presence: one prayer, one psalm, one promise at a time.

Do not turn these practices into a new law of performance. They are support, not a measure of worth. On difficult days, reduce the pace, but do not completely abandon the direction.

🎯 MISSION 6 - CHOOSE ONLY TWO STEPS

During the next seven days, choose two simple practices.

My first step: _____

My second step: _____

MY HOPE PLAN

A simple plan for days when thinking becomes difficult

◇ WORD FOR THE JOURNEY

“Why art thou cast down, O my soul?... Hope thou in God.” - Psalm 42:5

On difficult days, the mind may lose access to decisions that seemed obvious when you were doing well. For that reason, it is helpful to prepare a plan before the crisis. It does not need to be complex. It needs to be clear, possible, and visible.

✍ MY PLAN

My greatest burden at this moment is:

🤝 PEOPLE

When I am not well, I can reach out to:

⚠ WARNING SIGNS

I notice that I am getting worse when:

🛡 PROTECTIVE STEPS

Before isolating myself or acting impulsively, I will:

WORDS TO REMEMBER

A biblical truth that I need to carry:

+ PROFESSIONAL HELP

Service, professional, or place I can seek out:

◆ 7-DAY PRACTICE

Small movements of hope

◆ DAY 1 - TRUTH

Reading: Psalm 139:1-3

Practice: Write one honest sentence about how you really are.

What I noticed:

◆ DAY 2 - BREATHING

Reading: Psalm 46:10

Practice: Take three one-minute pauses during the day and return to the present.

What I noticed:

◆ DAY 3 - CONNECTION

Reading: Ecclesiastes 4:9-10

Practice: Send a truthful message to a safe person.

What I noticed:

◇ DAY 4 - GRACE

Reading: Romans 8:1

Practice: Identify one inner accusation and answer it with Romans 8:1.

What I noticed:

◇ DAY 5 - BODY

Reading: 1 Kings 19:5-8

Practice: Make one small choice of care regarding sleep, food, or movement.

What I noticed:

◇ DAY 6 - LAMENT

Reading: Psalm 13

Practice: Write a prayer that does not hide your pain.

What I noticed:

◇ DAY 7 - HOPE

Reading: Philippians 1:6

Practice: Review the week and choose one step to continue.

What I noticed:

◆ FINAL PRAYER

Lord Jesus, I come near to You without hiding what is happening inside me. You know my weariness, my fears, my questions, and the days when my faith feels small. Thank You because You do not need an edited version of me in order to remain near.

Teach me to recognize pain without making it my identity. Give me courage to ask for help, humility to receive care, and wisdom to take small steps. When anxiety tries to anticipate the future, bring me back to the Father's care. When guilt turns into condemnation, remind me of the cross. When silence feels like abandonment, sustain me by Your presence, even when I cannot feel it.

Place safe people around me. Guide professionals, leaders, and family members who can walk with me. Guard my mind and my body. Help me not to give up on slow days. May my hope not depend on feeling strong, but on the certainty that You remain faithful.

Today I do not promise to solve everything. I give You the next step. Receive my tired faith, my imperfect prayer, and my desire to continue. In Your name, amen.

◆ CONTINUE THE JOURNEY

Perhaps God is showing what the next step is

This workbook is an entry point. Each person arrives at restoration through a different need. For this reason, Free Angels International organizes its materials like a map: you identify where you are and choose the resource that can help you walk more deeply.

IF YOU NOTICED PATTERNS, MASKS, AND HIDDEN MOTIVATIONS

→ BEYOND THE MASKS - A JOURNEY OF TRANSFORMATION

Personality test, personal report, identification of the Zones of the Soul, Action Buttons, a 30-day plan, personality manual, and specific workbooks for the nine types. The goal is not to label, but to understand patterns, wounds, gifts, and paths of redemption in Christ.

IF YOU STRUGGLE WITH CYCLES, COMPULSIONS, OR RELAPSES

→ 10 STEPS TO FREEDOM

A structured pathway to recognize cycles, take responsibility, find support, reorganize habits, deepen spiritual life, and build a continuity plan.

IF YOU ARE YOUNG AND NEED A PRACTICAL JOURNEY

→ FREE TO LIVE

Stories, missions, accessible explanations about the brain and emotions, applied Bible, offline challenges, journey spaces, difficult conversations, prayer, and tools to live with greater truth and freedom.

IF YOU ARE A PARENT, MENTOR, OR LEADER

→ GUIDE FOR PARENTS, MENTORS, AND LEADERS

Guidance for listening, correcting without humiliating, recognizing warning signs, integrating faith and emotional health, establishing boundaries, and remaining present in slow processes.

◆ IF YOU DESIRE SUPPORT AND DISCIPLESHIP

→ FREE ANGELS INTERNATIONAL

Materials, studies, groups, meetings, and discipleship pathways focused on deliverance, restoration, education, and strengthening faith.

FREE ANGELS JOURNEY MAP

I'M NOT OKAY... BUT I STILL HAVE FAITH

↓ **recognize the need and choose a path**

BEYOND THE MASKS | FREE TO LIVE | 10 STEPS

↓ **deepen truth, practice, support, and discipleship**

NEXT STEP

Do not choose every path at the same time. Ask: “Which resource best responds to what God revealed in this reading?” Start there. Deep transformation does not happen through the quantity of materials accumulated, but through truth received and practiced with perseverance.

✉ CONTACT AND NEXT STEPS

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Set Free • Disciple • Educate • Restore • Serve



A book to
*restore,
encourage,
and lead to
hope*



If you or someone you love is facing struggles, emotional pain, or difficult moments, this book was prepared with prayer, care, and purpose.



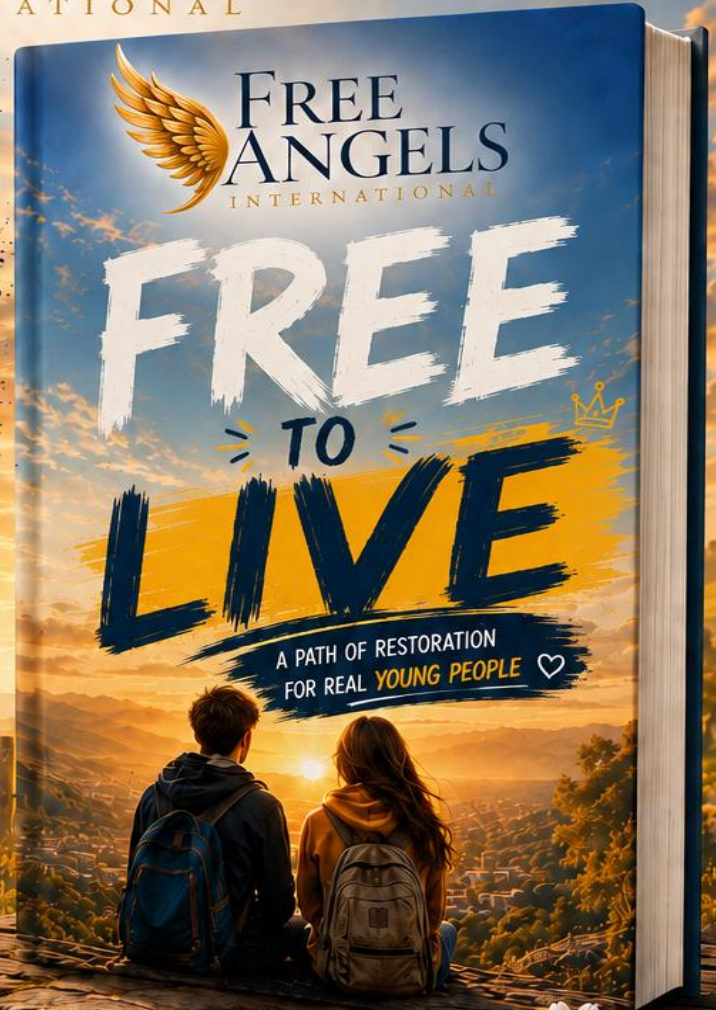
"Free to Live" is an invitation to walk with Christ toward restoration, freedom, and inner healing.



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



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FREEDOM THAT
COMES FROM
CHRIST



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*God transforms
stories and writes
new beginnings.*



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.



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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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