



WHEN NO ONE SEES MY STRUGGLE

A path of truth, hope, and
first steps for real young people



THE LORD is near
to the brokenhearted.

Psalm 34:18

FREE ANGELS INTERNATIONAL

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When No One Sees My Struggle

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Set Free • Disciple • Educate • Restore • Serve

BEFORE ANYONE SEES: THE GOD WHO HAS ALREADY SEEN

A biblical reflection on hidden struggle, God's presence, and hope that does not abandon us

There is a particular pain in suffering without being seen. It is not only the weight of the struggle; it is the feeling that life continues around you while something inside silently cries for help. You can be surrounded by people and still feel invisible. You can sing, study, work, serve, answer “I’m fine,” and continue carrying a battle no one notices.

The Bible, however, presents a God whose way of seeing is very different from human curiosity. When Scripture says that God sees, it is not describing a cold observer recording failures from a distance. The biblical God sees in order to know, draws near to care, and calls by name to restore. In Exodus, while Israel groaned under oppression, the text says that God saw the children of Israel and took notice of their condition. God’s gaze did not end in information; it became deliverance.

Hagar discovered this truth in the wilderness. Rejected, vulnerable, and not knowing how her story would end, she learned that Abraham’s God saw her too. She therefore called Him “the God who sees me” (Genesis 16). The situation was still complex, but something had changed: she was no longer alone inside her own pain. Being seen by God became the beginning of hope.

Perhaps this is what your soul needs to understand before any exercise in this workbook: the fact that no one notices everything happening inside you does not mean your story is invisible to heaven. There is a gaze that reaches the closed room, the long night, the screen no one knows about, the interrupted prayer, the relapse that brought shame, the fear you cannot explain, and the tears you wiped away before someone entered.

A TRUTH TO HOLD ON TO

Christian hope does not begin when we finally become better at hiding our weakness. It begins when we discover that we can be fully known by God and still be called near.

KNOWN WITHOUT BEING ABANDONED

Psalms 139 may be one of the most profound passages for those living with a hidden struggle. David does not begin by saying, “Lord, I will explain who I am.” He begins by acknowledging, “You have searched me and known me.” God knows before the explanation. He knows the thought before the word, the wound before the defense, the fear before the behavior, and the need that sometimes hides behind an impulse.

This could be terrifying if God’s knowledge were separated from His character. But the same psalm that says, “You know me,” also speaks of a presence from which David cannot flee: if he ascends to heaven, God is there; if he descends to the depths, He is there too; if darkness tries to cover him, even the night is not dark to God. God’s omniscience does not appear as a surveillance camera. It appears as a presence from which not even our night can expel us.

Hebrews 4 does something equally striking. First it states that nothing is hidden before God. Immediately afterward, however, it does not command the sinner to flee. It points to Jesus, our High Priest, who knows human weakness, and then invites us: let us draw near with confidence to the throne of grace to receive mercy and find grace in time of need. The logic of the gospel is extraordinary: God sees everything—therefore, come. You are known—therefore, draw near. Your weakness has been exposed—therefore, run to grace, not to hiding.

Peter experienced this painfully. Jesus knew Peter’s sincere courage, but He also knew a frailty that Peter himself could not yet see. Before the denial, Christ already knew he would fall. Even knowing this, He did not cancel

Peter. He warned him, prayed for him, and spoke of an “afterward”: when you have turned again, strengthen your brothers. Before Peter knew the depth of his own fall, Jesus already knew the possibility of restoration.

This is profound hope for anyone struggling in secret. Christ does not discover your weakness on the day you finally confess it. He already knows it. Confession is not informing God; it is agreeing with the truth before the One who never needed to be deceived. And when you come out of hiding, you do not meet a surprised Savior. You meet the One who took sin seriously enough to die for it and loved the sinner enough to open a way back.

Your struggle therefore does not need to become your name. A battle may explain part of what you are experiencing, but it has no authority to write the final sentence of your identity. In Christ, the sinner can repent without being destroyed by shame; the wounded can ask for help without losing dignity; the weary can rest without abandoning faith; and the young person who fell can rise without pretending nothing happened.

The resurrection is the definitive proof that God works precisely in places that seem closed. The tomb seemed to be the place where hope ended. It became the place from which a new story began. The gospel does not promise that every pain disappears immediately. It promises something greater: no night, fall, or grave has final authority when Christ is present.

BEFORE YOU CONTINUE

Do not read these pages asking only, “What is wrong with me?” Also ask, “Where is Christ calling me to come out of the dark, receive grace, ask for help, and begin living differently?” Hope does not deny the seriousness of the struggle. It denies the struggle the right to be the final word.

PRAYER TO OPEN THE JOURNEY

Lord Jesus, You know what no one sees. You know what I can explain and also what I do not yet know how to name. You know my falls without despising my story and know my wounds without confusing them with my identity. Give me courage to walk in the light. Where there is shame, show me the cross. Where there is fear, remind me of Your presence. Where there is sin, lead me to repentance. Where there is pain, teach me to receive care. And where I have lost hope, remind me that Your resurrection still announces that endings can become beginnings. I do not want merely to look well. I want to be found, cared for, and transformed by You. Amen.

◆ A dedication for you

This workbook was prepared for you who may be smiling on the outside but struggling inside. Perhaps you are seen as strong, spiritual, fun, responsible, or calm, while there is a part of your story almost no one knows. There is a battle you do not usually tell, a pain you try to hide, or a habit that seems to return precisely when you promise that this time will be different.

Before any advice, activity, or mission, receive this truth: you are not a lost cause. Your struggle may be serious, but it is not greater than Christ's grace. Your shame may be deep, but it does not have to be where you live. Your story can still be visited, healed, reorganized, and redeemed by God.

Taking this journey requires courage. Not the courage to pretend everything is fine, but the courage to stop running from the truth. Courage to look within without destroying yourself. Courage to ask for help when needed. Courage to walk with Christ not only in worship services, songs, and beautiful words, but also in the most hidden places of the soul.

This is not material for perfect young people. It is a workbook for real young people, and also for adults who still carry silent struggles. The invitation is not to look better before people. The invitation is to begin walking truthfully before God.

◆ Truth for the beginning

Christ does not wait for you to come out of hiding perfect. He calls you exactly where you are, to lead you into a freedom born not from appearances, but from grace.

◆ Before you begin: an important note

This workbook can help you name struggles, notice patterns, speak with God, and take first steps toward restoration. However, it does not replace pastoral support, responsible counseling, family support, psychological care, or medical treatment when needed.

If you are thinking about hurting yourself, taking your own life, harming another person, or feel at risk of doing something dangerous, do not continue alone. Immediately seek a responsible adult, safe family member, mature pastoral leader, emergency service in your country, or urgent healthcare. Your life is too precious to face this in silence.

Also seek help if your anxiety, sadness, urges, compulsions, addictions, self-harm, abuse, violence, fear, or isolation is becoming too strong to handle alone. Asking for help is not a sign of spiritual failure. Often, it is one of the most honest ways to cooperate with God's grace.

◆ This material is a first step

Read calmly. Write honestly. Pray truthfully. But when the struggle is too heavy, do not turn this workbook into a substitute for real help. God also works through prepared, responsible, safe people.

◆ How to use this workbook

You can complete this workbook alone, but it will become even stronger if you can share it with a safe person. You do not need to show anyone all your answers. Some parts can remain between you and God. Others may be an invitation to begin an important conversation.

Ideally, complete one section a day or one section a week. Do not rush. This is not a test of spiritual performance. It is a space for truth, reflection, prayer, and small steps.

- Read attentively, without rushing.
- Mark the statements that describe your experience.
- Complete the missions in a practical, simple way.
- Use the journey spaces to write without trying to appear strong.
- Choose a safe person if you realize you should not walk alone.
- At the end, consider continuing the journey with the Free to Live workbook.

◆ Journey map

In this workbook, we will walk through seven movements. They do not resolve the whole story, but they open a door. The goal is to help you leave isolation, better understand your struggle, and take concrete steps toward the light.

1. When smiling became a hiding place — recognizing the invisible struggle.
2. The name of my battle — stopping treating everything as confusion.
3. The secret cycle — understanding triggers, relief, guilt, and relapse.
4. Shame loves the dark — why secrecy strengthens pain.
5. God sees and does not withdraw — finding grace instead of accusation.
6. SOS Kit — what to do when urges, anxiety, or sadness come strongly.
7. The next step — choosing help, truth, and perseverance.

◆ Overall mission

As you read, do not ask only, “How do I make sure I never struggle again?” Ask, “What does God want to reveal, heal, and reorganize in me as I walk with Him?”

1. When smiling became a hiding place

The invisible struggle is not imaginary

Perhaps no one notices. You answer messages, appear in photos, join conversations, laugh at jokes, and follow your routine. To someone looking from the outside, it may seem like just another ordinary day. But inside, there is a part of you trying to survive without making noise.

It may be anxiety. It may be guilt. It may be a struggle with thoughts, images, habits, anger, comparison, pornography, lying, food, social media, isolation, sadness, or a constant feeling of not being enough. Sometimes the struggle does not even have a clear name. You only know that something inside you feels heavy.

The problem is that when no one sees, we begin to believe no one cares. And when no one asks, we begin to conclude that perhaps it is better to keep hiding. Little by little, appearance becomes shelter. The smile becomes a wall. The phrase “I’m fine” becomes a hiding place.

But there is a difference between being discreet and living in isolation. Not every struggle must be exposed to the whole world, but no deep struggle should be carried completely alone.

◆ The Bible in real life

David wrote psalms in which he placed fear, guilt, persecution, tears, and difficult questions before God. Biblical spirituality is not a performance of strength. It is a walk in truth before the God who knows the heart.

◆ Honesty check-in

Mark what describes your experience:

- ☐ I have smiled on the outside while broken inside.
- ☐ I have said I was fine because I did not want to explain the truth.
- ☐ I have felt that no one would understand my struggle.
- ☐ I have been afraid of disappointing my family, church, or friends.
- ☐ I have carried guilt or shame in silence.
- ☐ I have thought that God might be tired of me.

◆ Mission 1 — Bring the struggle out of the fog

Today, write a simple sentence beginning this way:

“The struggle I almost never show is...”

Do not try to write beautifully. Try to write truthfully.

◆ **Short prayer**

Lord, help me stop hiding from You what You already know. Give me courage to be truthful without destroying myself and to take the first step toward the light. Amen.

2. The name of my battle

What we do not name often controls us

Many people say, “I am doing badly,” but cannot say exactly what is happening. Others say, “I am a problem,” when in truth they are facing a combination of fear, fatigue, loneliness, urges, guilt, wounds, and learned patterns.

Naming the battle does not solve everything, but it changes how you fight. When everything seems like only a dark cloud, you feel lost. But when you begin to notice anxiety, shame, anger, comparison, compulsion, sadness, isolation, or fear of rejection, the struggle stops being a faceless monster.

There is an enormous difference between saying “I am bad” and “I am struggling with shame.” The first sentence destroys identity. The second opens a path toward care, repentance, help, and transformation.

God does not need you to use perfect words. But He invites you to bring into the light what has been too confusing inside.

◆ Central truth

You are not your struggle. You are a person created by God, called by Christ, and invited to walk in restoration. The battle is real, but it has no authority to define your whole identity.

◆ My struggle radar

Complete honestly:

When I am struggling, I usually feel...

☐ anxiety ☐ fear ☐ shame ☐ anger ☐ sadness ☐ boredom

☐ loneliness ☐ guilt ☐ comparison ☐ emptiness ☐ fatigue ☐ other: _____

My struggle appears most strongly when...

☐ I am alone ☐ I use my phone too much ☐ I argue with someone ☐ I am tired

☐ I compare myself ☐ I am rejected ☐ I am bored ☐ no one notices how I am

◆ Mission 2 — Name it without passing sentence

Write three sentences using this model:

“I am not _____. I am struggling with _____.”

Example: “I am not a failure. I am struggling with guilt and discouragement.”

◆ **Short prayer**

Jesus, teach me to see my struggle with truth, but also with hope. May I not use my falls as a sentence against my identity. Amen.

3. The secret cycle

Why do I keep going back to what hurts me?

One of the most painful questions is: “Why do I go back to this?” Perhaps you have promised it would be the last time. Perhaps you prayed sincerely. Perhaps you cried, deleted apps, made plans, wrote down decisions, and truly believed that everything would be different from then on.

Then came a difficult day. A poorly slept night. A hurtful comment. A feeling of rejection. An argument at home. A few minutes alone with your phone. A persistent thought. And before you knew it, you were back in the same place.

This does not mean your decision was false. Many relapses do not begin at the moment of the fall. They begin earlier, when the soul is vulnerable and seeking quick relief. The behavior appears as a promise: “Do this and you will feel better.” For a few minutes, it may seem true. Then come guilt, shame, and the promise never to repeat it.

This cycle needs to be understood—not to excuse the wrongdoing, but to interrupt the path before it ends in the same place.

◆ Map of the cycle

Trigger → tension → desire for relief → behavior → temporary relief → guilt → shame → isolation → new trigger.
When you begin to see the cycle, it no longer takes you by surprise.

◆ Investigation without condemnation

Think about a fall, emotional outburst, or choice you regret. Then answer:

What happened beforehand?

What was I feeling?

Where was I?

Was I tired, alone, anxious, angry, or hurt?

What was I seeking in that moment: pleasure, rest, control, escape, belonging, or relief?

◆ **Mission 3 — Discover your three triggers**

For the next three days, notice the moments when your struggle becomes stronger.

My three most common triggers are:

1. _____
2. _____
3. _____

◆ **Short prayer**

Father, show me the path I usually take before my falls. Give me humility to learn, courage to change, and hope to begin again. Amen.

4. Shame loves the dark

Secrecy may feel like protection, but it often becomes a prison

Shame has a very cruel voice. It does not merely say, “You did something wrong.” It says, “You are wrong.” It does not invite repentance; it pushes you into hiding. It does not draw you toward God; it makes God seem distant, disappointed, and tired of you.

That is why shame loves secrecy. While a struggle remains completely hidden, it grows without being confronted by truth. In the dark, the mind exaggerates, distorts, and accuses. You begin to believe you are the only one, no one would understand, everyone would leave if they knew, and God would receive you only after you were better.

But grace works in the light. Light does not mean public exposure. Light means truth before God and, when necessary, before a safe person. Healing does not happen because everyone found out. Healing begins when the secret loses the power to rule alone.

Confession is not destroying yourself. It is ceasing to carry alone what is already crushing your soul.

◆ The Bible in real life

Adam and Eve hid after the fall. God asked, “Where are you?” The question was not a lack of information. It was an invitation to come out of hiding and meet the God who was still seeking.

◆ Phrases of shame vs. phrases of grace

Shame says: “If they find out, they will reject you.”

Grace says: “Seek a safe person. You do not have to carry this alone.”

Shame says: “God is tired of you.”

Grace says: “Return to Christ. The way is still open.”

Now write one phrase shame often repeats to you and answer it with biblical truth.

◆ Mission 4 — One small truth for a safe person

Choose a mature, trustworthy, safe person. You do not need to tell everything at once. Begin with one truthful sentence:

“I am not doing as well as I seem.”

“There is a struggle I need to begin facing.”

“Can you pray with me and help me seek the next step?”

◆ **Short prayer**

Lord, break shame's power over me. Help me come out of the dark wisely, without unnecessary exposure, but also without isolation. Amen.

5. God sees and does not withdraw

Being known by God is not a threat; it is hope

Perhaps one reason we hide our struggles is the fear of being truly known. If people knew everything, would they continue to love us? If God saw everything, would He continue calling our name?

The biblical answer is deeper than a beautiful phrase. God is not deceived by our appearances. He knows thoughts, desires, motives, wounds, falls, and intentions. Even so, in Christ, He invites us to draw near with repentance, faith, and hope.

This does not mean God treats sin as something small. The cross shows that sin is serious. But the cross also shows that God's love is greater than our ability to flee. Jesus did not die for edited versions of us. He came to save real people.

When you understand this, God's presence stops being only a place of fear and becomes the place where truth can finally breathe.

◆ Central truth

God does not discover your struggle and then decide whether He will still love you. He already knows the whole truth and, in Christ, continues calling you near.

◆ Journey space

Complete honestly:

When I think that God sees my struggle, I feel...

What I am afraid God thinks about me is...

The truth I need to remember about God's character is...

◆ Mission 5 — Pray without editing

Today, for five minutes, talk with God without trying to arrange polished sentences. Tell the truth. Begin this way: "Lord, if I am honest, what is happening with me is..."

Then remain silent for one minute and receive this reminder: Christ is sufficient.

◆ **Short prayer**

Jesus, help me believe that I can draw near to You truthfully. I do not want to live by appearances. I want to learn to walk as someone known, forgiven, and transformed by grace. Amen.

6. SOS Kit

What to do when urges, anxiety, or sadness come strongly

There are moments when the struggle feels too great. Desire comes strongly. Anxiety accelerates. Sadness weighs heavily. Anger heats up. Loneliness cries out. In those moments, you may not be able to solve your whole life, but you can learn to move through the next ten minutes wisely.

An SOS Kit is not a magic formula. It is a simple list of actions chosen in advance for moments when you do not want to depend on willpower alone. When we are very vulnerable, making every decision in the moment becomes harder. Wise people therefore prepare before the storm.

The purpose of the SOS Kit is to create space between impulse and decision. Sometimes that space is small. But within it, you can breathe, pray, leave the room, send a message, drink water, walk, turn off a screen, read a psalm, or seek someone safe.

You do not need to conquer every year of your life today. In many moments, you only need to choose the next faithful step.

◆ The 10-minute rule

When desire comes strongly, say: "I will wait 10 minutes before obeying this impulse." During that time, do something concrete: breathe, leave the environment, pray, drink water, walk, or speak with someone safe.

◆ Build your SOS Kit

When the struggle comes strongly, I will:

1. _____
2. _____
3. _____
4. _____
5. _____

A person I can message is: _____

A verse I want to remember is: _____

◆ Offline challenge

Choose one evening this week to spend 60 minutes away from screens.

Use that time to walk, talk, write, pray, draw, play music, read, or rest.

Then write: What did I feel when I stopped escaping into distraction?

◆ **Short prayer**

God, when the storm comes, remind me that desire is not my master. Give me a way of escape, a wise response, and courage to ask for help. Amen.

7. The next step

Freedom is not a moment; it is a journey

This workbook was not created to make you feel something for a few minutes and then return alone to the same cycle. It was created to open a door. Perhaps through these pages you realized that your struggle has a name. Perhaps you discovered triggers. Perhaps you understood that shame is trying to keep you isolated. Perhaps you realized that you need help.

The next step does not need to be enormous. It can be a conversation. A sincere prayer. A decision to seek counseling. A change in phone use. A confession to a safe person. A request for professional help. A commitment to continue the journey.

Christian freedom is not merely ceasing to do something. It is learning to live a new story in Christ—a story in which grace does not hide truth and truth does not destroy hope.

◆ Choose a safe person

A safe person does not use your confession as a weapon, humiliate you, spread your story, or minimize your pain. They listen seriously, point you to Christ, help you take responsibility, and, when needed, guide you to seek appropriate help.

◆ Difficult conversation

Write a simple message you could send to someone safe:

“Hi, I need to talk about something important. This is not easy for me, but I do not want to keep struggling alone. Would you have time to listen and pray with me?”

◆ Mission 7 — My real next step

The next step I need to take is:

- ☐ talk with someone safe
- ☐ seek pastoral help
- ☐ seek professional help
- ☐ change a risky routine
- ☐ begin a deeper restoration plan
- ☐ continue with the Free to Live workbook

My commitment for this week is: _____

◆ **Short prayer**

Lord Jesus, I do not want merely to hide my struggle better. I want to walk in freedom. Show me the next step and give me courage to obey Your voice. Amen.

◆ A 7-day practice: when no one sees

For one week, practice one small action of truth each day. Do not turn this into performance. Use it as a simple path out of isolation and back toward God.

Day 1 — Name it: Write, “My invisible struggle today is...”

Day 2 — Observe: Write down one trigger that made the struggle stronger.

Day 3 — Pray without editing: Speak with God for five minutes without prepared phrases.

Day 4 — Interrupt: Use the 10-minute rule when an impulse comes strongly.

Day 5 — Disconnect: Spend 60 minutes away from screens and observe your soul.

Day 6 — Share: Tell one small truth to a safe person.

Day 7 — Continue: Choose the next step of support and restoration.

◆ My prayer at the end of the 7 days

Lord, thank You because my struggle does not need to remain hidden from You. Guide me in truth, free me from shame, place safe people beside me, and teach me to walk in freedom. May my story be restored in Christ. Amen.

CONCLUSION — WHEN THE STRUGGLE COMES OUT OF THE DARK

Hope is not being a person without a story; it is discovering that Christ can redeem the whole story.

Perhaps no one has seen the extent of your battle. Perhaps you learned to hide so well that you began to believe silence was the only way to survive. But after this journey, one truth deserves to remain: what was hidden does not need to continue ruling your life.

In the parable of the son who returned home, Jesus says that the father saw him while he was still far away. Before the complete speech, before everything was repaired, before the son could prove any change, the father saw him and ran toward him. This did not erase the truth about what had happened. But it showed that repentance does not end before a closed door. There is a Father who receives the sinner who returns.

Perhaps your next step is small: tell the truth to a safe person, remove an access point, ask for help, return to prayer, accept support, establish boundaries, or simply stop calling yourself by the name of your struggle. Small does not mean insignificant. In spiritual life, many great new beginnings start with one simple decision made in the light.

You do not need to construct a flawless version of yourself before God can begin working. The gospel begins precisely where our edited versions end. Christ did not die for the person you manage to appear to be; He died for you. And He rose so your story would not have to remain trapped by what it was, what others did to you, or what you did.

Restoration does not erase personality, history, or sensitivity. It redeems. In Christ, what was once used to hide can become an instrument of truth. Sensitivity can mature into compassion. Strength can become protection. Intelligence can become wisdom. The ability to notice people can become service. The experience of pain can produce mercy. God does not desire only to free you from something; He desires to form in you someone increasingly like Jesus.

Do not finish this workbook saying only, “I have a struggle.” Finish saying, “My struggle has been seen; I can come out of hiding; there is grace for today, and there is a next step.” Your story is still being written. And in Christ’s hands, even chapters that seemed to be only shame can become places of truth, compassion, maturity, and testimony.

FINAL TRUTH

You are not invisible to God. You are not defined by your worst night. You do not need to walk alone. In Christ, truth can meet grace, shame can lose its power, and the next step can become the beginning of a new story.

CLOSING PRAYER — LORD, SEE ME AND LEAD ME INTO THE LIGHT

Lord Jesus, here I am. Not the version I present to people, not the automatic answer that says everything is fine, not the image I learned to protect. I stand before You as I truly am—with faith and fear, with a desire to change and with weaknesses, with questions, wounds, memories, temptations, and places that still need Your light.

Thank You because nothing in me surprises You. You knew me before I learned to hide. You saw my tears before anyone noticed, knew my falls before I found the courage to confess them, and remained near even when I interpreted silence as abandonment. Teach my heart to rest in the fact that being known by You is not a sentence of rejection, but an invitation to grace.

Lead me out of the hiding places I built. Where there is sin, grant true repentance. Where there is a wound, bring care and healing. Where there is shame, let the cross speak louder. Where there is anxiety, steady my feet in the present. Where there is compulsion, teach me to recognize triggers, ask for help, and choose paths of freedom. Where there is loneliness, place safe people around me.

Give me humility not to turn faith into isolation. Give me courage to seek help when I need it. Give me wisdom to close doors that feed my struggle and perseverance to build new paths even when change is slow. I do not want merely to feel relief for a few minutes; I want to learn to walk with You in truth.

And Lord, redeem what is beautiful in me as well. Do not allow shame to destroy the gifts You placed in my life. Purify my strength, sensitivity, intelligence, creativity, capacity to love, and dreams. May my personality not be governed by fear, appearances, or the need to survive, but mature under Your grace until it reflects the character of Christ.

When I fall, call me back. When I grow tired, sustain me. When I am afraid, remind me that You are already present. When I think no one sees, remind me that Your eyes have never lost sight of my story. And when I do not know how to continue, show me only the next faithful step.

I entrust to You what no one sees. I entrust my story, body, thoughts, choices, and future. Make me not someone who learned to hide better, but someone who learned to live in the light. May I one day look back and realize that the place where I most feared being known became the very place where I found Your grace most deeply.

In Jesus' name, amen.

◆ Continue the journey: Free to Live

This free workbook is an entry point. If something here gave a name to your struggle, do not turn the discovery into another passing moment. Continue. Deep restoration grows when truth, practice, support, discipleship, and grace walk together.

For this reason, the Free Angels project prepared the Free to Live — A Path of Restoration for Real Young People workbook. It was created for young people and also for adults who want to understand their battles in a biblical, emotional, and practical way, without condemnation and without superficiality.

◆ In the Free to Live workbook, you will find

- Complete restoration journeys.
- Stories of real young people that help readers identify.
- Simple explanations of emotions, the brain, habits, urges, and shame.
- The Bible applied to real life.
- Practical weekly missions.
- Offline challenges.
- Journey spaces for writing, drawing, and reflecting.
- Difficult conversations to begin dialogue with safe people.
- Honest prayers for moments of struggle.
- Paths for continuing so that you do not walk alone.

If this workbook touched something important, perhaps the next step is to continue with a more complete resource. Not to prove that you are strong, but to learn to walk with Christ in truth, grace, and responsibility.

◆ Other Free Angels paths

In addition to Free to Live, the project also develops resources such as Beyond the Masks, personality workbooks, guides for parents and mentors, and resources for freedom, discipleship, and restoration. Each resource has a function, but all point to the same center: Christ restoring real people.

◆ For contact and continuing

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◆ Final message

You do not need to wait until you are completely well to begin walking. The journey begins when truth meets grace. And in Christ, there is always a next step.

When No One Sees My Struggle • Free to Live • Free Angels International

You do not need to walk alone. Continue in the light, one step at a time.

FREE ANGELS INTERNATIONAL

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.



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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AND LEARN MORE.



MESSAGES THAT
TOUCH THE
HEART



WORDS THAT
BRING HOPE



APPLICATIONS
FOR REAL LIFE



PATHS TO
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FREEDOM THAT
COMES FROM
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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.

✦ 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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