

FREE BOOKLET

WHY DO I KEEP GOING BACK TO THIS?

Understanding cycles, triggers,
impulses, relapses, and paths
to begin again in Christ

“Watch and pray, lest you enter
into temptation. The spirit indeed
is willing, but the flesh is weak.”

Matthew 26:41

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Free Edition • July 2026



Set Free • Disciple • Educate • Restore • Serve

A PASTORAL WORD BEFORE STARTING AGAIN

You are not your cycle

Perhaps what hurts most is not only having fallen, but realizing that you returned to the same place after promising it would be different. When a behavior repeats itself, it is easy to begin believing that it tells you who you are. Shame turns a cycle into an identity: “I will always be like this.” The gospel calls us to look in another way.

Jesus does not treat human frailty naively. In Gethsemane, He told the disciples to watch and pray because “the spirit indeed is willing, but the flesh is weak.” Christ recognizes both the sincere desire to remain faithful and the places where we are vulnerable. Therefore, spiritual maturity is not pretending weakness does not exist; it is learning to bring it into the light before it governs our choices.

Peter also discovered that sincerity and willpower were not enough. He was sure that he would remain by Jesus’ side, but he fell precisely where he imagined he was strongest. Even so, Christ did not reduce Peter to his worst night. He confronted his fall, restored his love, and called him again to a life of purpose and service.

This is an essential point of this journey: Christ does not desire merely to interrupt a behavior. He desires to form new paths within us. Grace forgives, but it also instructs; it welcomes, but it also transforms; it lifts us up, but it also teaches us to watch, ask for help, establish boundaries, repair what has been wounded, and choose different responses.

You are not your impulse, your relapse, your shame, or your worst day. Your story needs responsibility, but it also needs hope. This workbook is an invitation to stop fighting only in the very last second and begin noticing what happens before, during, and after the battle—walking with Christ, in truth and in the light.

*“He which hath begun a good work in you will perform it.”
Philippians 1:6*

Begin without promising perfection. Begin by choosing truth, light, help, and the next faithful step.

◆ A word for those who are tired of starting again

This workbook was prepared for you who have already made sincere promises and, even so, returned to the same place. Perhaps you have said: “never again.” Perhaps you have prayed with tears. Perhaps you have deleted contacts, changed passwords, made plans, looked for motivation, and started over. But after some time, the same struggle appeared again.

When this happens, a painful question often arises: “Do I really want to change?” On some days, that question comes accompanied by guilt. On other days, it comes accompanied by fear. And when shame speaks loudly, it tries to convince you that the repetition of the cycle proves that you are false, weak, hypocritical, or impossible to restore.

But there is a difference between justifying the error and understanding the battle. This material was not written to lessen your responsibility, nor to turn sin into an excuse. It was written to help you see the path that usually comes before the fall, because whatever can be noticed can also begin to be interrupted.

Freedom rarely begins with a great emotional declaration. It often begins with a humble realization: “There is a cycle happening in me, and I need to learn to recognize it before God.”

◆ Truth to begin

Relapse does not mean that grace has ended. But it may reveal that you need more light, more truth, more help, more strategy, and more dependence on Christ.

◆ Before you begin: responsible guidance

This workbook is a tool for reflection, discipleship, and first steps. It can help you understand patterns, triggers, and fresh starts, but it does not replace pastoral care, mature counseling, psychotherapy, medical support, or intervention in risky situations.

If you are dealing with self-harm, suicidal thoughts, abuse, violence, out-of-control compulsions, substance use, physical risk, intense suffering, or any situation in which you do not feel safe, seek help immediately. Talk to a responsible adult, a mature pastor, a health professional, a safe person, or an emergency service.

Asking for help is not a lack of faith. It is a way of stepping out of isolation and allowing the light to reach areas that shame tried to keep hidden.

◆ Use with honesty

Do not answer to look better. Answer to see more clearly. God does not heal the edited version of ourselves; He meets real people in the real place where they are.

◆ Journey map

We will walk through seven movements. They were organized to help you recognize the cycle, name triggers, move through impulses, deal with shame, and build a simple plan for starting again.

1. Relapse does not come out of nowhere - learning to see the path before the fall.
2. The cycle of the battle - trigger, desire, choice, relief, and consequence.
3. Your triggers tell a story - tiredness, loneliness, stress, boredom, and comparison.
4. The wave of impulse - when the urge feels bigger than you.
5. Shame after the fall - how it keeps you bound to the same cycle.
6. Interrupting the path - small decisions before the critical point.
7. Starting again with grace and responsibility - a simple plan to continue.

◆ General mission

Throughout this workbook, the question will not be only: “How do I make sure I never fall again?” The question will be: “What normally happens before I fall, and what is the next step of wisdom that God is calling me to take?”

1. Relapse does not come out of nowhere

There is a story before the moment of the fall

Many people describe their falls as if they had happened suddenly. “I was doing fine, and when I realized it, I had done it again.” That feeling is real, but it usually does not tell the whole story. Most of the time, before the behavior there is a path. Small decisions, ignored emotions, vulnerable times, repeated thoughts, and uncared-for situations slowly open the door.

Imagine a dirt road after heavy rain. At first, the tire marks are light. But when many cars pass through the same place, the rut becomes deep. After some time, any car tends to fall into that already-marked path. Something similar happens with our patterns. The more we repeat a response to pain, the more automatic it seems.

That does not mean you have lost responsibility. It means you need to learn to see earlier. The battle does not begin only at the moment when you do what you promised to avoid. Many times, it begins when you become too tired, too isolated, too irritated, comparing yourself too much, or trying to relieve pain without bringing it to God.

◆ Bible in real life

James describes a process: desire attracts, entices, conceives, and gives birth to sin. The text does not present the fall as something magical, but as a path that grows when it is not discerned before God.

◆ Honesty check-in

- ☐ I have already felt that my fall happened “out of nowhere.”
- ☐ I have difficulty noticing what happens before a relapse.
- ☐ There are times when I become more vulnerable.
- ☐ Certain emotions make my struggle harder.
- ☐ I have ignored small warning signs before a major fall.

◆ Mission 1 - Go back a few steps

Think about a recent fall. Without condemning yourself, answer: what happened in the previous 24 hours?

Write down emotions, places, times, conversations, screens, thoughts, and small decisions that may have prepared the way.

◆ Short prayer

Lord, help me humbly see the path before the fall. Deliver me from spiritual and emotional blindness. Give me light to perceive signs that I once ignored. In Jesus' name, Amen.

2. The cycle of the battle

Trigger, desire, choice, relief, and consequence

A cycle is a sequence that repeats itself. Perhaps the content of your struggle is different from another person's struggle, but many cycles work in a similar way. Something awakens vulnerability. A desire appears. The mind begins to negotiate. A choice is made. Relief comes for a few minutes. Then guilt, shame, discouragement, and new promises arrive.

The problem is that temporary relief teaches the brain to return to the same path. Even when the consequence hurts, the brain records: "for a few minutes, this worked." That is why many struggles remain not because they bring true joy, but because they offer a quick escape from some discomfort.

Understanding the cycle helps you stop fighting only at the end. If you only try to resist when the desire is already very strong, the battle becomes harder. But when you learn to recognize the trigger, care for the emotion, and change the environment, you begin to intervene before the critical point.

◆ Bible in real life

Genesis 4 shows God speaking to Cain before the murder. Sin was at the door, but Cain was still being called to discern, choose, and master what was growing inside him.

◆ Honesty check-in

- ☐ I can identify some common triggers in my life.
- ☐ I already use phrases such as "just this once" or "I will stop later."
- ☐ The behavior brings quick relief, but later increases guilt.
- ☐ I usually make promises after the fall, but I do not change the previous path.
- ☐ I need to learn to act before the critical point.

◆ Mission 2 - Draw your cycle

Complete the sequence: trigger → thought → desire → negotiation → behavior → relief → consequence. Then mark the point at which you could ask for help or change direction earlier.

◆ Short prayer

God, show me the sequence that I have been repeating. Teach me not to wait for the last moment to fight. Give me wisdom to interrupt the cycle before it drags me away. In Jesus' name, Amen.

3. Your triggers tell a story

The urge often points to a neglected need

Not every urge means that you truly need what you want. Sometimes the urge is a confused message sent by a deeper need. You may think you need pleasure, distraction, food, shopping, screens, control, or isolation, when in fact you need rest, conversation, comfort, forgiveness, presence, boundaries, or help.

Common triggers include tiredness, loneliness, boredom, stress, rejection, comparison, family conflicts, too much time on social media, sleepless nights, and feelings of inadequacy. A trigger does not force you to fall, but it increases vulnerability. Therefore, maturity is not pretending that nothing affects us. Maturity is recognizing where we are most exposed.

When you discover your triggers, you do not need to live in fear. You can live with wisdom. You can organize your routine better, ask for help sooner, flee dangerous environments, care for your body, speak to God sincerely, and create healthy alternatives for moments of greater vulnerability.

◆ Bible in real life

Jesus said to the disciples: “the spirit indeed is willing, but the flesh is weak.” He did not deny their spiritual desire, but He drew attention to human vulnerability and to the need to watch and pray.

◆ Honesty check-in

- ☐ I become more vulnerable when I am tired.
- ☐ I become more vulnerable when I feel lonely or rejected.
- ☐ Social media, comparison, or screens intensify my struggle.
- ☐ Arguments and stress change the way I decide.
- ☐ I need to take better care of sleep, routine, environment, and relationships.

◆ Mission 3 - Name your three main triggers

Write three situations that most often come before your falls.

For each one, write a healthy response: leave the room, sleep, talk, walk, pray, turn off screens, ask for help, or change the environment.

◆ Short prayer

Father, teach me to read my triggers with wisdom. Help me to care for the real needs of my soul without seeking relief in paths that wound me. In Jesus' name, Amen.

4. The wave of impulse

The urge grows, reaches a peak, and begins to decrease

When the impulse comes strongly, it tries to present itself as an order. It feels urgent. It feels inevitable. It feels like you will not be able to endure it. The mind starts saying: “I need to do this now.” But urgency is not the same as necessity. An urge can be intense without being sovereign.

Impulses work like waves. They grow, become strong, seem to dominate everything, and then begin to lose strength, especially when they are not fed. The problem is that many people obey the wave before discovering that it would pass. Every time you wait, breathe, pray, change your environment, or call someone, you teach your body and your mind that the urge does not need to decide the course of your life.

Freedom begins in the small space between feeling and acting. At first, that space seems minimal. But it can grow. A two-minute pause can become ten. Ten minutes can prevent a fall. A message sent at the right time can break an entire cycle.

◆ Bible in real life

In 1 Corinthians 10:13, Paul reminds us that God is faithful and provides a way of escape so that temptation may be endured. The way of escape does not always look grand; it often begins with an obedient pause.

◆ Honesty check-in

- ☐ I have already confused an urge with a need.
- ☐ I have already thought: “If I am feeling it, I need to obey it.”
- ☐ I am afraid of the strength of my own impulses.
- ☐ After the urge passes, I realize it was not eternal.
- ☐ I need to practice a pause before deciding.

◆ Mission 4 - The 10-minute rule

When the urge comes strongly, say: “I will wait ten minutes before deciding.”

During that time: leave the environment, breathe, drink water, pray, read a verse, walk, or send a message to someone safe. Then ask: what changed?

◆ Short prayer

Lord, when the wave comes strongly, remind me that it is not eternal. Give me self-control, clarity, and courage to wait before acting. Show me the way of escape. In Jesus' name, Amen.

5. Shame after the fall

When the fall becomes fuel for another fall

After the fall, shame usually arrives quickly. It says that you are fake, that there is no point in trying, that God is tired of you, that it would be better to hide everything, and that asking for help would only bring humiliation. The problem is that shame not only hurts; it prepares the next cycle.

When a person feels condemned, they tend to isolate themselves. When they isolate themselves, they become more vulnerable. When they become vulnerable, they seek relief. When they seek relief in the same behavior, they fall again. Then shame says: “See? I was right.” In this way, what seemed like spiritual punishment becomes emotional imprisonment.

The biblical response to a fall is not to hide, pretend, or give up. It is to confess, return to Christ, seek help, repair what is possible, and begin again with humility. Grace does not call you to minimize the fall, but it also does not allow you to turn it into a final sentence.

◆ Bible in real life

Peter denied Jesus and wept bitterly, but his story did not end in denial. Christ restored him. The fall was real, but it did not have the authority to cancel the work of grace.

◆ Honesty check-in

- ☐ After falling, I feel like hiding.
- ☐ Shame makes me think there is no point in trying again.
- ☐ I have used guilt as a reason to withdraw from God.
- ☐ I am afraid to confess my struggle to someone safe.
- ☐ I need to learn to start again without pretending and without destroying myself.

◆ Mission 5 - Break isolation

Write the name of a safe person who could walk with you.

Then write a simple sentence you could send: “I am struggling and I need prayer” or “I need to talk with someone mature.”

◆ Short prayer

Jesus, after my falls, call me back into the light. Do not allow shame to push me into hiding. Teach me to confess, rise, and walk in grace. In Jesus' name, Amen.

6. Interrupting the path

Do not wait for the battle to reach its hardest point

Many people want a solution only for the moment of crisis. But wisdom begins earlier. If you know that a certain time, app, conversation, environment, or emotional state usually opens the door to a fall, love for God and for your own soul calls for practical decisions.

Interrupting the path may mean leaving your phone out of the bedroom, going to bed earlier, not being alone at certain times, blocking access, changing routines, limiting social media, talking with someone before the crisis, exercising, seeking counseling, or creating an accountability plan. These decisions are not signs of weakness. They are signs of seriousness.

Jesus taught us to deal with sin radically. Not to produce fear, but to protect life. Sometimes we want to win the battle while keeping all the old paths open. But freedom requires not only a desire to change; it requires a reorganization of the path.

◆ Bible in real life

Proverbs presents wisdom as the ability to perceive danger and turn away from it. The simple keep going and suffer the consequences; the prudent see beforehand and change course.

◆ Honesty check-in

- ☐ I have kept open a path that leads me to a fall.
- ☐ I need to change a concrete routine, not merely make promises.
- ☐ I need clearer boundaries with technology, environments, or schedules.
- ☐ I need to be accountable to someone mature.
- ☐ I need to choose an action before the next crisis.

◆ Mission 6 - Build your interruption plan

Complete: when I notice _____, I will immediately _____.

Then complete: the person I can notify is _____. The practical boundary I need to establish is _____.

◆ Short prayer

Lord, give me courage to close doors that I should not keep open. Teach me to choose boundaries that protect my communion with You and my integrity. In Jesus' name, Amen.

7. Starting again with grace and responsibility

The next step after the fall matters greatly

Starting again is not pretending that nothing happened. Nor is it remaining trapped in self-punishment. Starting again in Christ involves truth, confession, responsibility, repair when possible, proper help, and hope. It is looking at the fall without disguise and, at the same time, looking at the cross without distrust.

Perhaps you need to ask forgiveness. Perhaps you need to remove some access. Perhaps you need to seek support. Perhaps you need to speak with someone mature. Perhaps you need to organize a plan for routine, rest, and accountability. What matters is not turning a new beginning into emotional speech without a practical path.

The question after a fall should not be only: “How could I do this?” Also ask: “What is the next faithful step?” God often guides us through simple steps: confessing, rising, speaking, changing the environment, receiving help, and continuing to walk.

◆ Bible in real life

1 John 1:9 declares that if we confess our sins, God is faithful and just to forgive us and to cleanse us. Forgiveness and purification walk together: grace that welcomes and grace that transforms.

◆ Honesty check-in

- ☐ I need to stop confusing a fresh start with an emotional promise.
- ☐ I need to define a concrete next step.
- ☐ I need to confess to God without hiding important details.
- ☐ I need to seek help instead of trying alone once again.
- ☐ I need to believe that Christ is sufficient to forgive and transform.

◆ Mission 7 - Write your next faithful step

Complete: my next faithful step in the next 24 hours will be...

Then complete: to continue in the next 7 days, I need...

◆ Short prayer

Christ, You are sufficient. Help me to begin again with truth, responsibility, and hope. May my fall not have the last word. Form new paths in me by Your grace. In Jesus' name, Amen.

◆ 7-day practice: breaking the cycle with small steps

This practice does not exist to prove that you are strong. It exists to help you observe, depend on God, and build different responses. Do it simply. If you forget one day, do not give up. Start again the next day.

◆ Day 1 - Observe without condemning yourself

Write down your main triggers from the last weeks. Ask: what normally happens before the fall?

◆ Day 2 - Name the real need

When a strong urge arises, complete: "At this moment, perhaps I am needing..."

◆ Day 3 - Practice the pause

Use the 10-minute rule at least once, even if the impulse seems small.

◆ Day 4 - Change the environment

Remove an access point, adjust a schedule, leave a vulnerable place, or keep your phone far away during a critical period.

◆ Day 5 - Speak with God without a mask

Pray with simple and truthful words. Do not try to look spiritual. Speak the truth before the Lord.

◆ Day 6 - Seek a safe person

Send a short message asking for prayer, conversation, or support. Do not tell everything to everyone; tell something real to someone mature.

◆ Day 7 - Write your restart plan

Define three responses for the next crisis: one spiritual action, one practical action, and one support person.

◆ My simple interruption plan

◆ Complete sincerely

When I am most vulnerable, it will usually be because of: _____

My first warning sign is usually: _____

The negotiating phrase that most often appears in my mind is: _____

My first interruption action will be: _____

The safe person I can reach out to is: _____

The verse I want to remember is: _____

◆ Truth to carry

You do not overcome merely by making stronger promises after the fall. You grow by learning to walk with Christ before, during, and after the battle.

◆ Final prayer

Lord Jesus,

I recognize that there are cycles in my life that I no longer want to feed. Many times I promised to change, but I kept walking through the same places, with the same triggers, the same inner negotiations, and the same shame after the fall.

Today I do not want to hide. I want to bring my struggle into Your light. Help me understand my patterns without justifying my sin. Help me take responsibility without destroying myself. Help me recognize triggers, ask for help, change environments, wait when the urge comes strongly, and start again when I fail.

Teach me to depend on You in a practical way. May Your grace not be only a beautiful idea, but the power that lifts me, instructs me, corrects me, comforts me, and transforms me. May I learn to flee from what destroys me and run toward what nourishes life.

When I fall, call me back. When I am weak, sustain me. When I am confused, guide me. When I feel shame, remind me of the cross. When I take small steps, help me to persevere.

I do not want to live trapped in the same cycle. I want to learn new paths in Christ. Form within me a true, humble, and persevering freedom.

In Jesus' name, Amen.

◆ FINAL WORD - YOU ARE NOT YOUR CYCLE

Perhaps you began these pages asking why you keep going back. By the time you arrive here, the question may change: “At what point along the path can I begin choosing differently?” That change matters. It takes you out of fatalism and places you again before God, responsibility, and hope.

A repeated cycle can create deep ruts, but it does not need to become destiny. In Christ, freedom is not only being able to say “no” in a moment of crisis. It is learning a new way of living: recognizing real needs, dealing with emotions without running away, receiving grace without using grace as an excuse, building boundaries, asking for help, cultivating fellowship, and choosing again what produces life.

Restoration also reveals potential. As patterns of fear, control, escape, isolation, or shame stop ruling, gifts that were trapped can mature. Your energy can return to serve; your sensitivity can become compassion; your strength can become protection; your intelligence can become wisdom; your perseverance can become faithfulness. Christ does not work only to remove something from your life—He forms character and restores purpose.

Do not wait until you feel completely ready to continue. Choose the next faithful step. Deep freedom is usually built through the repetition of small decisions made in the light, accompanied by the grace of God and by safe people.

Keep walking. The grace of Christ does not end where your strength ends.

◆ Continue the journey

This workbook was an entry point. If you recognized cycles, triggers, impulses, relapses, or shame, do not stop at understanding alone. Choose a path of continuity. The next step does not need to be huge, but it does need to be real, supported, and practical.

Transformation matures when truth, practice, discipleship, accountability, and grace walk together. The resources below were prepared for different needs; choose the one that best responds to what God revealed in this journey.

◆ 10 STEPS TO FREEDOM

If you realized that your struggle involves repeated cycles, areas of bondage, relapses, or destructive habits, this is the next resource most directly connected to this workbook. It leads a structured journey of truth, responsibility, boundaries, discipleship, spiritual restoration, and continuity in Christ.

◆ FREE TO LIVE

A journey especially accessible for young people, connecting Bible, emotions, impulses, choices, shame, relationships, and concrete practices of restoration. It is a resource for those who need to learn freedom in language close to real life.

◆ BEYOND THE MASKS

It helps you understand how personality, motivations, fears, wounds, and protective strategies influence your cycles. The goal is not to label, but to discover how Christ can redeem patterns, purify gifts, and develop the potential of a personality surrendered to Him, with Zones of the Soul, Action Buttons, and a 30-day plan.

◆ Contact

To learn more, request materials, receive guidance about next steps, or discover the complete collection, get in touch:

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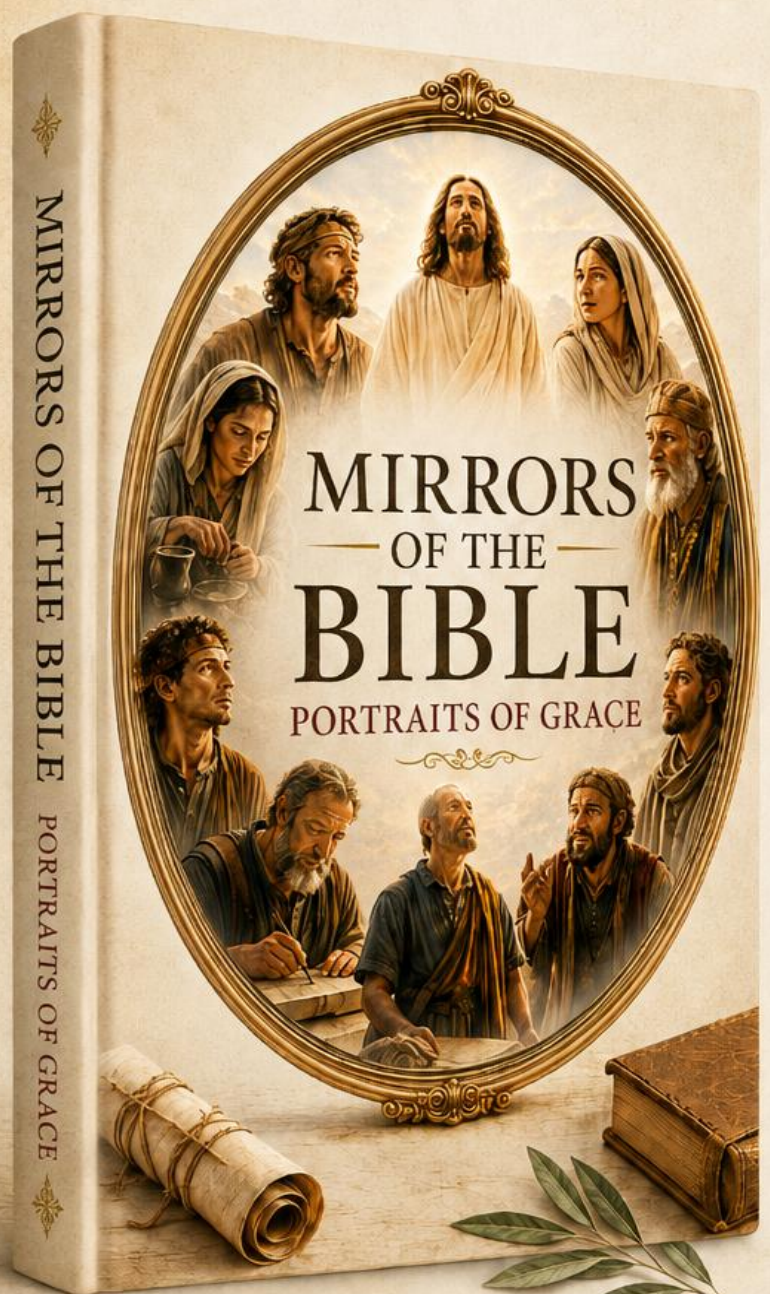
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MIRRORS — OF THE — BIBLE

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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Understand your motivations, strengths, and weaknesses.



Recognize emotional patterns and areas of restoration.



Strengthen relationships and decision-making.



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A book to
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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.



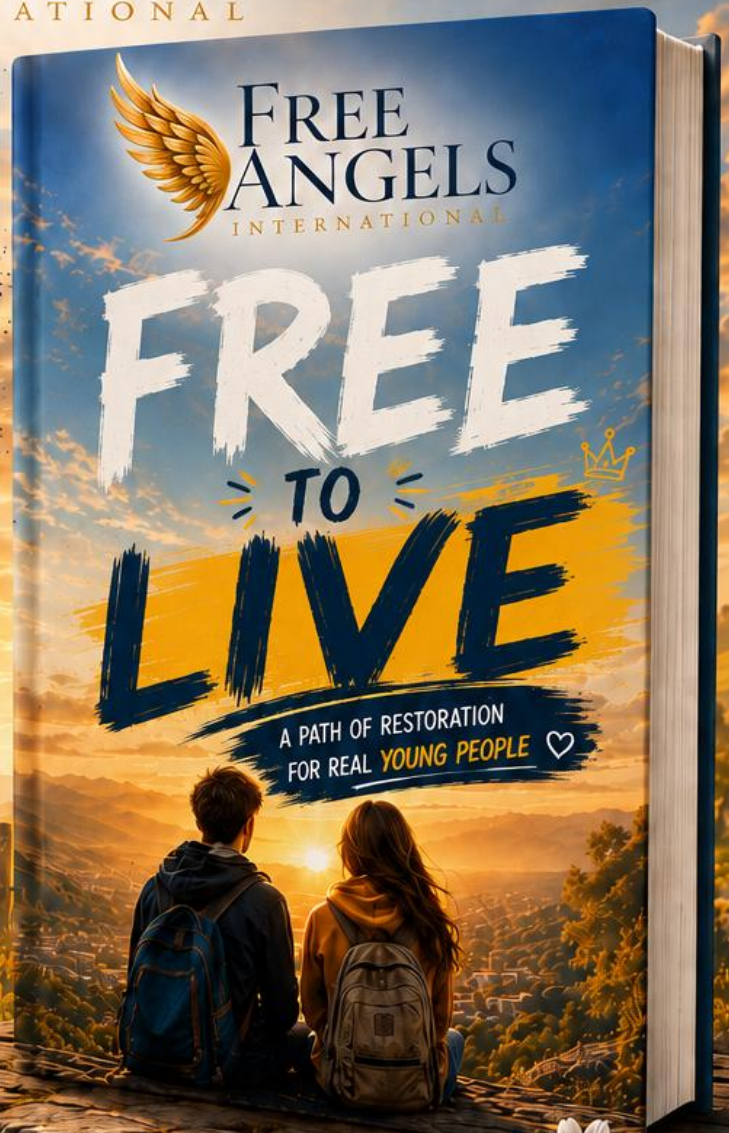
"Free to Live" is an invitation to walk with Christ toward restoration, freedom, and inner healing.



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



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*God transforms
stories and writes
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