

“Guard your heart above all else, for it determines the course of your life.”

— Proverbs 4:23

THE FREEDOM SERIES — VOLUME 1

I Gave Everything... Now What?

*Finding Yourself After Loving Someone
Who Couldn't Love You Well*

SAHAR SNELL

Faith • Healing • Purpose

THE FREEDOM SERIES
VOLUME 1

I Gave Everything... Now What?

*Finding Yourself After Loving Someone Who Couldn't Love
You Well*

BY SAHAR SNELL

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THE FREEDOM SERIES WITH SAHAR SNELL

Faith • Healing • Purpose

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*This book is dedicated to every person who has ever questioned
their worth because of the way they were treated.*

To those who stayed too long.

To those who gave more than they had.

*To those who loved deeply and were left carrying the weight of
disappointment, rejection, and heartbreak.*

*May you discover that your value has never been determined by
someone else's ability to recognize it.*

May you find the courage to choose peace.

May you find the strength to heal.

And may you always remember that you are deeply loved by God.

This book is also dedicated to my children.

*May you always know your worth, protect your peace, and walk
boldly in the purpose God has for your life.*

With love,
Sahar Snell

A LETTER BEFORE YOU BEGIN

Welcome Letter from Sahar

Dear Friend,

If you're reading this, chances are you've experienced the kind of hurt that changes you.

Maybe you've loved someone deeply and watched the relationship fall apart. Maybe you've spent years trying to hold together something that was slowly breaking you. Maybe you've found yourself caught between loving people and protecting your own peace.

I understand.

The inspiration for this guide comes from my own journey through difficult relationships. I've navigated nearly three decades of marriage and partnership. I've experienced the pain of toxic family relationships. I've faced the difficult reality that sometimes the people we love the most are the very people who can cause us the deepest wounds.

I've also learned that some relationships cannot be walked away from so easily. As a parent, there are times when we must continue to love, guide, and pray for our children while also setting boundaries that protect our emotional, mental, and spiritual well-being. Those lessons were some of the hardest lessons of my life.

When people ask me what season of life taught me these lessons, my answer is simple: every season.

Each chapter of my life has taught me something different about love, loss, forgiveness, boundaries, and healing. Some lessons came through heartbreak. Others came through disappointment. Many came through prayer.

What I discovered is that healing is not about becoming hard. It is not about becoming bitter. It is not about proving someone wrong.

Healing is about becoming whole.

For a long time, I believed that being a good person meant enduring anything. I thought love meant staying no matter what. I thought strength meant carrying burdens that were never mine to carry.

God showed me something different.

He showed me that it is okay to walk away from what is destroying your peace.

He showed me that protecting your heart is not selfish.

He showed me that boundaries are not rejection, they are wisdom.

Most importantly, He showed me that He never intended for His children to lose themselves while trying to save everyone else.

If there is one thing I hope you take away from this guide, it is this:

It is okay to walk away.

It may hurt.

You may grieve.

You may question yourself.

But God desires freedom, peace, and healing for His children.
Anything that consistently pulls you away from Him, from your purpose, from your peace, and from the person He created you to be deserves honest evaluation.

During my healing journey, God revealed one truth that changed everything:

I am loved.

Not because of what someone else thinks about me.

Not because someone stayed.

Not because someone left.

Not because I earned it.

I am loved because God says I am loved.

And when I finally understood that, I stopped looking for my worth in other people's opinions. God showed me something I had overlooked for years.

He showed me, me.

The woman He created.

The woman He loved.

The woman He never abandoned.

My prayer is that as you read these pages, you begin to see yourself through God's eyes too.

You are not broken.

You are not forgotten.

You are not defined by what happened to you.

You are loved.

And this may be the beginning of your freedom.

With love,

Sahar Snell

“

*“God showed me something I had overlooked
for years. He showed me, me.”*

FROM THE WELCOME LETTER

CHAPTER 1

One

When Love Costs You Yourself

Most people do not lose themselves overnight.

It happens slowly.

So slowly that we often don't recognize it until we look in the mirror one day and wonder where the person we used to be has gone.

We start with good intentions.

We love.

We support.

We forgive.

We give second chances.

Then third chances.

Then chances we never should have given.

Before long, our lives become centered around keeping everyone else comfortable while we quietly carry our own pain.

Many of us were taught that love means sacrifice.

And while there is truth in that, there is a difference between healthy sacrifice and self-abandonment.

Healthy love does not require you to lose your identity.

Healthy love does not demand that you constantly betray yourself to keep someone else happy.

Healthy love does not require you to shrink so someone else can feel bigger.

Yet many of us spend years doing exactly that.

We silence our voices.

We ignore our instincts.

We dismiss the warning signs.

We convince ourselves that if we just love harder, pray harder, stay longer, or give more, things will finally change.

Sometimes they do.

But often they don't.

And while we're waiting for someone else to change, we are changing too.

We become exhausted.

We become anxious.

We become disconnected from the person God created us to be.

One of the greatest lessons God taught me is this:

Love should never cost you your relationship with yourself.

God created each of us with purpose.

He gave us gifts, dreams, talents, and a unique calling.

When a relationship consistently pulls us away from those things, we must stop and ask ourselves a difficult question:

“What is this relationship costing me?”

Not financially.

Not socially.

Emotionally.

Mentally.

Spiritually.

Is it costing you your peace?

Your confidence?

Your joy?

Your health?

Your relationship with God?

Those are important questions because sometimes the very thing we are trying so hard to save is the very thing draining the life out of us.

That realization can be painful.

Especially when the people involved are family members, spouses, children, or people we've loved for years.

But acknowledging the truth does not make you a bad person.

It makes you an honest one.

God never asked us to carry burdens that belong to Him.

He never asked us to save people who refuse to participate in their own healing.

And He never asked us to lose ourselves in the process of loving others.

In fact, Scripture reminds us:

“Guard your heart above all else, for it determines the course of your life.”

PROVERBS 4:23 (NIV)

Notice that God tells us to guard our hearts.

Not give them away without boundaries.

Not ignore them.

Not sacrifice them.

Guard them.

Because what is happening inside of you matters.

Your peace matters.

Your healing matters.

You matter.

The journey back to yourself begins when you recognize that God loves you too much to ask you to disappear for someone else's comfort.

And sometimes the first step toward freedom is simply admitting: "I've been losing myself, and I want to find my way back."

REFLECTION QUESTIONS

1. *In what ways have I been putting everyone else's needs before my own?*
2. *When was the last time I felt truly at peace?*
3. *What parts of myself have I neglected?*
4. *What is one thing I can do this week to reconnect with who God created me to be?*
5. *What is this relationship costing me emotionally, mentally, and spiritually?*

PRAYER

Father,

Help me see myself the way You see me. Show me where I have been sacrificing my peace, my joy, and my identity in unhealthy ways. Give me wisdom to recognize what is helping me grow and what is holding me back. Teach me how to love others without losing myself. Help me trust that protecting my heart is not selfish but wise.

In Jesus' name, Amen.

“

*“Healing doesn’t begin when they come back.
Healing begins when you stop waiting.”*

FROM CHAPTER 5 — HEALING DOESN'T BEGIN WHEN THEY COME
BACK

CHAPTER 2

Two

The Day I Realized I Was Disappearing

There was no dramatic moment.

No flashing sign.

No single event made me stop and say, “I’ve lost myself.”

Instead, it happened slowly.

So slowly that I didn’t notice it at first.

I was busy being everything for everyone else.

I was focused on holding relationships together, keeping the peace, helping others, and carrying responsibilities that seemed to belong to everyone but me.

Like many women, I believed that love meant sacrifice.

I believed that if I loved hard enough, stayed long enough, forgave enough, and gave enough, things would eventually get better.

So I kept giving.

And giving.

And giving.

Until one day I realized there wasn't much left of me.

The woman who once had dreams was exhausted.

The woman who once laughed freely was carrying pain she rarely talked about.

The woman who once knew exactly who she was had become consumed by everyone else's needs, problems, expectations, and opinions.

Let me tell you a real-life story I experienced. Around 2015, I had earlier examples, of course, but this was one of the first moments that truly opened my eyes.

I opened my first brick-and-mortar in 2010. Within a few years, close friends had lied to me and tried to destroy my business.

A few years later, we decided to move to Georgia.

My family members from Jersey decided they wanted to move there as well.

I was ecstatic, to say the least!

I had been away from family since 2004, in Alabama, around people who literally have no concept of family.

At least when it came to me and my children.

So, I was happy that I would finally have some help.

However, when you fast forward to 2015-2018.

I had created businesses, about 5 to be exact.

I was financially funding them and advising them for family.

All while trying to run my own business, which I had to, to fund dreams of others.

When I fell short, of course I was doing too much for my children, or a shopaholic, controlling, and selfish, etc.

Was assisting them with their bills and habits.

All while paying them to babysit my children, crazy right?

I wasn't living.

I was surviving.

Looking back, I can see that I spent much of my life trying to be what other people needed me to be.

A wife.

A mother.

A daughter.

A sister.

A cousin.

A peacemaker.

A helper.

A fixer.

And while there is nothing wrong with serving others, there is something dangerous about forgetting yourself in the process.

The more I focused on saving everyone else, the less attention I gave to my own healing.

The more I tried to carry other people's burdens, the heavier my own became.

The more I ignored my own needs, the more disconnected I became from the person God created me to be.

One day I found myself asking a difficult question:

“Who am I when I'm not taking care of everyone else?”

That question stopped me in my tracks.

Because I wasn't sure I knew the answer anymore.

For years, my identity had been connected to what I could do for others.

How much I could help.

How much I could give.

How much I could endure.

But God never intended for my identity to be found in my usefulness.

My identity was always meant to be found in Him.

That realization changed everything.

I began to understand that I could love people without losing myself.

I could help people without carrying responsibility for their choices.

I could pray for people without allowing their behavior to control my peace.

I could set boundaries and still be loving.

I could walk away from unhealthy situations and still be compassionate.

I could choose myself without betraying God.

In fact, I realized that sometimes choosing healing is one of the most faithful things we can do.

The truth is, many of us are taught to feel guilty for protecting ourselves.

We're told that good people stay.

Good people sacrifice.

Good people endure.

But nowhere does God ask us to abandon the person He created us to be.

Nowhere does He ask us to sacrifice our peace, our purpose, or our relationship with Him so that someone else can remain comfortable.

The day I realized I was disappearing was also the day I started coming back to life.

Not because everything around me suddenly changed.

But because something inside me changed.

I stopped measuring my worth by how much I could carry.

I stopped believing that my purpose was to rescue everyone.

I stopped chasing approval from people who could never give me what only God could provide.

And little by little, I began to find myself again.

Not the version shaped by pain.

Not the version shaped by fear.

But the version God had known all along.

The woman He created.

The woman He loved.

The woman He never lost sight of, even when she lost sight of herself.

REFLECTION EXERCISE

Take a moment to answer these questions honestly:

- *When did I begin putting my needs last?*
- *What parts of myself have I neglected?*
- *What dreams, goals, or passions have I placed on hold?*
- *Do I know who I am apart from the roles I play for others?*
- *What would it look like to prioritize my healing?*

JOURNAL PROMPT

Finish this sentence:

The version of me I want to reconnect with is...

Write without overthinking. Let your heart answer.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

EPHESIANS 2:10 (NIV)

PRAYER

Father,

Thank You for never losing sight of me, even when I lost sight of myself. Help me reconnect with the person You created me to be. Show me where I have allowed fear, guilt, or unhealthy relationships to pull me away from my purpose. Give me the courage to choose healing and the wisdom to walk in freedom. Remind me that my identity is found in You alone.

In Jesus’ name, Amen.

“

*“Protecting your peace is not selfish. It is
wisdom.”*

FROM CHAPTER 6 — BUILDING A NEW LIFE

CHAPTER 3

Three

The Difference Between Love and Self-Sacrifice

For most of my life, I thought love and sacrifice were the same thing.

I believed that loving someone meant putting their needs before my own.

For many years, I was in a relationship where my partner put their family before me.

Let me give you a real life example.

If a family member called, or disrespected me verbally, or even to them and not to me.

He would say things like: “They said you need a better job.”, or “Your just crazy, that’s how family is.”, or “They didn’t mean it that way, you always do this.”, mind you nothing was wrong with me. I later realized he just didn’t care enough about me to stand up for me.

Honestly, even stand up for himself.

I believed that if I truly loved someone, I would continue to give, continue to forgive, continue to stay, and continue to endure no matter how much it hurt.

The problem was that somewhere along the way, sacrifice turned into self-abandonment.

And I didn't realize there was a difference.

Many of us were taught that being loving means being available all the time.

We answer every call.

We solve every problem.

We carry every burden.

We rescue people from the consequences of their own choices.

We give until we are exhausted and then feel guilty when we have nothing left to give.

We call it love.

But often it isn't love.

It's fear.

Fear of disappointing people.

Fear of rejection.

Fear of being misunderstood.

Fear of being called selfish.

The truth is that healthy love and unhealthy self-sacrifice look very different.

HEALTHY LOVE	UNHEALTHY SELF-SACRIFICE
Healthy love gives without destroying itself.	Unhealthy self-sacrifice ignores personal needs.
Healthy love has boundaries.	It tolerates repeated disrespect.
Healthy love is honest.	It accepts treatment that damages emotional, mental, and spiritual well-being.
Healthy love respects both people in the relationship.	It believes that suffering is proof of love.
Healthy love allows others to be responsible for their own choices.	

But suffering is not proof of love.

Jesus sacrificed Himself for humanity, but even He demonstrated boundaries.

He stepped away to pray.

He rested.

He did not force people to follow Him.

He allowed people to make their own decisions.

He loved deeply without losing Himself.

That example changed the way I viewed relationships.

I began asking myself different questions.

Instead of asking “How much more can I give?” — I started asking
“Is this relationship healthy?”

Instead of asking “What do they need from me?” — I started asking
“What is God asking of me?”

Instead of asking “How do I keep the peace?” — I started asking
“What is costing me my peace?”

Those questions brought clarity.

I realized that I had spent years believing that enduring pain made
me loving.

But God showed me that love is not measured by how much hurt
we can tolerate.

Love is measured by truth.

Love is measured by wisdom.

Love is measured by obedience to God.

Sometimes obedience means staying.

Sometimes obedience means setting boundaries.

Sometimes obedience means stepping back.

And sometimes obedience means walking away.

One of the hardest lessons I learned was that I cannot heal people
by sacrificing myself.

I cannot change people who do not want to change.

I cannot save people from consequences God may be using to
teach them.

And I cannot pour from an empty cup.

At some point, I had to accept that my responsibility was not to carry everyone.

My responsibility was to love God, love people, and be a good steward of the life He entrusted to me.

That includes my heart.

My peace.

My purpose.

My future.

My relationship with Him.

Love should draw us closer to God.

Not further away.

Love should strengthen us.

Not continually drain us.

Love should help us grow.

Not keep us trapped.

When I finally understood the difference between love and self-sacrifice, I stopped feeling guilty for protecting my peace.

I stopped apologizing for boundaries.

I stopped believing that choosing myself meant rejecting others.

Instead, I learned that healthy love begins with understanding that God values me too.

My needs matter.

My healing matters.

My future matters.

And yours does too.

REFLECTION QUESTIONS

- *Have I confused love with self-sacrifice?*
- *What boundaries do I struggle to maintain?*
- *Do I feel guilty when I put my needs first?*
- *What relationships leave me feeling emotionally drained?*
- *What would healthy love look like in my life?*

JOURNAL EXERCISE

Draw two columns. Label one column “Healthy Love” and the other “Unhealthy Self-Sacrifice.”

Write examples from your own life under each category.

Ask God to help you identify the difference.

“Above all, love each other deeply, because love covers over a multitude of sins.”

1 PETER 4:8 (NIV)

“There is a time for everything, and a season for every activity under the heavens.”

ECCLESIASTES 3:1 (NIV)

PRAYER

Father,

Teach me the difference between loving others and losing myself. Give me wisdom to recognize unhealthy patterns and the courage to establish healthy boundaries. Help me love people the way You intended, with truth, grace, and wisdom. Remind me that protecting my peace is not selfish and that my worth is not determined by how much I sacrifice for others.

In Jesus' name, Amen.

CHAPTER 4

Four

What God Says About Your Worth

For many years, I allowed other people to tell me who I was.

Not always with their words.

Sometimes it was through their actions.

Their rejection.

Their criticism.

Their absence.

Their inability to see my value.

Without realizing it, I began measuring my worth by how other people treated me.

If they loved me, I felt valuable.

If they approved of me, I felt accepted.

If they rejected me, I questioned myself.

If they walked away, I wondered what was wrong with me.

Maybe you've been there too.

Maybe you've spent years trying to prove your worth.

Trying to earn love.

Trying to gain acceptance.

Trying to become enough for people who had already decided not to see your value.

The problem with looking to people for validation is that people are inconsistent.

People change.

People disappoint.

People leave.

People project their own wounds onto others.

If your worth depends on what people think of you, your confidence will rise and fall with every opinion.

God never intended for us to live that way.

He never intended for our identity to be built on someone else's approval.

Our identity was always meant to be built on His truth.

One of the most powerful moments in my healing journey came when I stopped asking "What do they think about me?" and started asking "What does God say about me?"

That question changed everything.

Because God's opinion never changes.

His love never changes.

His promises never change.

The same God who created the heavens and the earth also created you.

And He was intentional when He did.

You are not an accident.

You are not a mistake.

You are not forgotten.

You are not unworthy.

You are not too damaged to be loved.

You are not defined by what happened to you.

You are not defined by who stayed.

You are not defined by who left.

You are defined by the One who created you.

The world will tell you to find your worth in your appearance.

Your achievements.

Your relationships.

Your success.

Your income.

Your status.

But all of those things can change.

God's love cannot.

The truth is that God loved you before you accomplished anything.

Before you succeeded.

Before you failed.

Before you got your heart broken.

Before you made mistakes.

Before anyone else ever had an opinion about you.

He loved you then.

And He loves you now.

That realization freed me.

Because I stopped trying to earn what had already been given.

I stopped chasing validation.

I stopped begging people to see my value.

I stopped shrinking myself to fit into places where I no longer belonged.

Instead, I began seeing myself through God's eyes.

Not perfectly.

Not overnight.

But little by little.

I began believing that I was worthy of peace.

Worthy of respect.

Worthy of healthy relationships.

Worthy of healing.

Worthy of joy.

Not because I earned those things.

But because I am a daughter of God.

And so are you.

When God showed me who I was, He also showed me who I wasn't.

I wasn't the names people called me.

I wasn't the mistakes I made.

I wasn't the rejection I experienced.

I wasn't the pain I carried.

I wasn't the labels others placed on me.

I was His.

And that was enough.

When you truly understand your worth in Christ, something beautiful happens.

You stop chasing people.

You stop settling for less.

You stop accepting treatment that dishonors who God created you to be.

You stop looking outside yourself for confirmation of what God has already declared.

You begin walking differently.

Speaking differently.

Thinking differently.

Living differently.

Because confidence rooted in God is not arrogance.

It's agreement.

It's agreeing with what God already says about you.

WHAT GOD SAYS ABOUT YOU

According to Scripture:

- *You are loved. (Jeremiah 31:3)*
- *You are chosen. (1 Peter 2:9)*
- *You are fearfully and wonderfully made. (Psalm 139:14)*
- *You are forgiven. (Ephesians 1:7)*
- *You are God's masterpiece. (Ephesians 2:10)*
- *You are never alone. (Deuteronomy 31:6)*
- *You are more than a conqueror. (Romans 8:37)*
- *You are redeemed. (Isaiah 43:1)*
- *You are valuable. (Matthew 10:31)*
- *You are a child of God. (John 1:12)*

REFLECTION QUESTIONS

- Where have I been looking for validation?
- How has rejection affected the way I see myself?
- Which of God's truths about me is hardest for me to believe?
- What would change if I fully accepted God's view of me?

JOURNAL EXERCISE

Write this statement at the top of a blank page: "God says I am..."

Complete the sentence at least ten times using Scripture and the truths you learned in this chapter.

SCRIPTURE FOCUS

"I have loved you with an everlasting love; I have drawn you with unfailing kindness."

JEREMIAH 31:3 (NIV)

"I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well."

PSALM 139:14 (NIV)

PRAYER

Father,

Thank You for loving me with an everlasting love. Help me stop measuring my worth by the opinions of others. Teach me to see myself through Your eyes. Remind me that I am chosen, valued, loved, and created with purpose. Heal the places in my heart that still seek validation from people instead of You. Give me the confidence to walk in the truth of who You say I am.

In Jesus' name, Amen.

CHAPTER 5

Five

Healing Doesn't Begin When They Come Back

For a long time, I believed healing would begin when certain things happened.

When I got an apology.

When someone finally understood the pain they caused.

When the relationship was restored.

When justice was served.

When the person who hurt me changed.

When the people I loved finally treated me the way I deserved to be treated.

I told myself that once those things happened, I would finally have peace.

But they didn't happen.

At least not the way I hoped they would.

And that's when God showed me something that changed my life.

Healing doesn't begin when they come back.

Healing begins when you stop waiting.

For so long I waited for results, from myself and others.

When it didn't happen, I had to start moving myself towards peace.

And honestly, the more I waited, the more disrespectful they got.

The disrespect became bold and undeniable.

As if I could see it all along.

The assumption that I would keep believing the lies was enough
for me to go to jail!

So, I decided:

Waiting can be one of the most painful places to live.

Waiting for an apology.

Waiting for closure.

Waiting for accountability.

Waiting for understanding.

Waiting for someone to become who you need them to be.

Waiting for them to love you correctly.

Waiting for them to see your worth.

Waiting for them to choose you.

The problem is that while we're waiting for someone else to
change, our own lives are standing still.

Our joy is delayed.

Our peace is delayed.

Our growth is delayed.

Our future is delayed.

We unknowingly hand someone else the keys to our healing.

And many times, they don't even realize they're holding them.

One of the hardest truths I had to accept was this:

Some people will never give you the closure you deserve.

Some people will never apologize.

Some people will never understand the damage they caused.

Some people will never take responsibility for their actions.

And some people will never become the person you hoped they would be.

That truth hurt.

But it also set me free.

Because once I accepted that reality, I stopped waiting for someone else to participate in my healing.

I gave that responsibility back to God.

I stopped asking "Why won't they change?" and started asking "What does God want to do in me right now?"

That question shifted my focus.

Instead of looking backward, I began looking forward.

Instead of waiting for someone else's breakthrough, I focused on my own healing.

Instead of hoping someone would finally see my value, I started believing what God already said about me.

The truth is that healing is a decision.

Not a feeling.

A decision to move forward even when your heart still hurts.

A decision to trust God when you don't understand.

A decision to release what you cannot control.

A decision to stop chasing what God may be asking you to surrender.

Healing doesn't mean you stop loving people.

It doesn't mean you stop caring.

It doesn't mean you become cold or bitter.

It simply means that your peace is no longer dependent on someone else's choices.

That was a lesson I had to learn repeatedly.

Especially when it came to family.

Especially when it came to people I deeply loved.

Especially when it came to relationships I never wanted to lose.

God showed me that I could love people from a distance if necessary.

I could pray for them without carrying them.

I could forgive them without reconnecting.

I could wish them well without giving them access to my peace.

Forgiveness and access are not the same thing.

Read that again.

Forgiveness and access are not the same thing.

You can forgive someone and still maintain healthy boundaries.

You can forgive someone and still choose distance.

You can forgive someone and still protect your heart.

Forgiveness is about freeing yourself from the burden of carrying bitterness.

It is not an obligation to return to unhealthy situations.

One of the most beautiful parts of healing is realizing that God is enough.

Not because people don't matter.

But because God's love fills places that people never could.

His peace reaches places that human apologies cannot.

His presence heals wounds that conversations cannot fix.

His truth restores what rejection tried to destroy.

The day I stopped waiting for people to change was the day I finally gave God room to transform me.

And that transformation was worth more than any apology I never received.

REFLECTION QUESTIONS

- *Am I waiting for someone to apologize before I allow myself to heal?*
- *What am I hoping another person will give me?*
- *How has waiting affected my peace?*
- *What would change if I gave my healing to God today?*
- *Is there someone I need to forgive, even if reconciliation isn't possible?*

JOURNAL EXERCISE

Complete these statements:

I have been waiting for
_____.

The cost of waiting has been
_____.

Today I choose to release
_____.

I trust God with _____.

SCRIPTURE FOCUS

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”

ISAIAH 43:18–19 (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest.”

MATTHEW 11:28 (NIV)

PRAYER

Father,

Today I release the people, situations, and outcomes I cannot control. Forgive me for placing my healing in the hands of others when it has always belonged in Yours. Help me stop waiting for apologies, explanations, and changes that may never come. Teach me to trust You with my heart, my future, and my peace. Give me the courage to move forward and the wisdom to know when it is time to let go. Thank You for being the source of healing that never fails.

In Jesus’ name, Amen.

CHAPTER 6

Six

Building a New Life

One of the biggest misconceptions about healing is that it ends when the pain goes away.

The truth is that healing is not just about recovering from what happened.

It's about creating something new.

For many years, I focused on surviving.

I was trying to make it through difficult relationships.

Trying to hold things together.

Trying to manage disappointments.

Trying to carry burdens that often felt too heavy.

When I finally began healing, I realized something surprising.

God wasn't only healing my past.

He was preparing my future.

For so long, I had been focused on what I lost.

Lost relationships.

Lost time.

Lost opportunities.

Lost versions of myself.

But healing invited me to ask a different question:

“What am I building now?”

That question shifted my perspective.

Because God never intended for my story to end with heartbreak.

He never intended for my identity to remain attached to pain.

He never intended for my future to be defined by what happened to me.

He was calling me forward.

And He is calling you forward too.

Building a new life doesn't happen overnight.

It happens one choice at a time.

One prayer at a time.

One boundary at a time.

One step of faith at a time.

The beautiful thing about rebuilding is that you get to be intentional.

You get to decide what stays.

You get to decide what goes.

You get to decide what deserves your time, energy, and attention moving forward.

For me, rebuilding meant reconnecting with God.

It meant spending time in prayer.

It meant reading Scripture with fresh eyes.

It meant learning how to trust Him even when I didn't have all the answers.

It also meant reconnecting with myself.

The version of me that existed before fear.

Before disappointment.

Before heartbreak.

I began asking myself questions I had ignored for years.

What brings me joy?

What dreams has God placed inside me?

What gifts have I neglected?

What kind of life do I want to create?

The answers didn't come immediately.

But they came.

Little by little.

As I healed, I discovered that purpose often grows in places where pain once lived.

The experiences that nearly broke me became lessons that helped me help others.

The struggles that once made me feel isolated became opportunities to encourage someone else.

The wounds that once felt permanent became reminders of God's faithfulness.

That doesn't mean life became perfect.

It didn't.

Challenges still came.

Disappointments still happened.

Some relationships remained difficult.

But I was different.

I no longer allowed those things to define me.

I no longer allowed them to determine my worth.

I no longer allowed them to steal my peace.

One of the most important things I learned during this season was that peace must be protected.

Not everyone deserves access to your life.

Not every invitation deserves a yes.

Not every relationship deserves unlimited access.

Not every opinion deserves your attention.

Protecting your peace is not selfish.

It is wisdom.

God gave you one life.

One mind.

One heart.

One purpose.

Steward them well.

As you move forward, remember that building a new life is not about becoming someone else.

It's about becoming who God created you to be.

The strongest version of yourself.

The healthiest version of yourself.

The most authentic version of yourself.

The version that no longer lives for approval.

The version that trusts God more than fear.

The version that chooses peace over chaos.

The version that understands that healing is not the end of the journey.

It is the beginning.

Today, you may still be carrying pain.

You may still be grieving.

You may still be healing.

That's okay.

Growth and healing can exist at the same time.

You do not have to wait until everything is perfect to start living again.

You can begin today.

One decision.

One prayer.

One step at a time.

And before you know it, you'll look back and realize something incredible.

You didn't just survive what happened.

You built a life beyond it.

ACTION STEPS

Take a few moments and write your answers to these questions:

One Thing I Need to Release

What am I still carrying that God is asking me to surrender?

One Thing I Want to Start

What new habit, goal, or dream do I want to pursue?

One Truth I Choose to Believe

What truth from this book do I need to remind myself of daily?

One Step I Can Take This Week

What practical action can I take toward healing and growth?

REFLECTION QUESTIONS

- *What does my ideal future look like?*
- *What habits support my healing?*
- *What relationships support my growth?*
- *What boundaries do I need to strengthen?*
- *How is God calling me forward?*

SCRIPTURE FOCUS

“See, I am doing a new thing! Now it springs up; do you not perceive it?”

ISAIAH 43:19 (NIV)

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

JEREMIAH 29:11 (NIV)

PRAYER FOR A NEW BEGINNING

Father,

Thank You for bringing me this far. Thank You for carrying me through seasons I never thought I would survive. Help me release what belongs in the past and embrace the future You have prepared for me. Give me wisdom to make healthy decisions, courage to walk in freedom, and faith to trust You with every step ahead. Help me build a life that honors You and reflects the person You created me to be. Teach me to choose peace over chaos, purpose over fear, and faith over doubt. Thank You for reminding me that my story is not over. The best chapters are still being written.

In Jesus' name, Amen.

FINAL THOUGHT

You are not defined by what happened to you.

You are not defined by who left.

You are not defined by who stayed.

You are not defined by your mistakes, your disappointments, or your pain.

*You are defined by the God who created you, loves you, and walks beside you
every step of the way.*

This is not the end of your story.

This is the beginning of your freedom.

A GUIDED PRACTICE

30-Day Healing Challenge

WEEK 1 *Acknowledging the Pain*

- 01 Write a letter to the person who hurt you. Say everything you need to say. Do not send it.
- 02 List five things you love about yourself.
- 03 Read Psalm 23 and write down what stands out to you.
- 04 Take a 20-minute walk and spend the time talking to God.
- 05 Write about a time God carried you through a difficult season.
- 06 Identify one unhealthy relationship pattern you want to break.
- 07 Write three things you are grateful for.

WEEK 2 *Rebuilding Your Identity*

- 08** Write 10 qualities that make you unique.
- 09** Read Psalm 139:13-14.
- 10** List three accomplishments you are proud of.
- 11** Write down three lies you have believed about yourself.
- 12** Replace each lie with a truth from Scripture.
- 13** Do something that brings you joy.
- 14** Spend 15 minutes in prayer and reflection.

WEEK 3 *Releasing What No Longer Serves You*

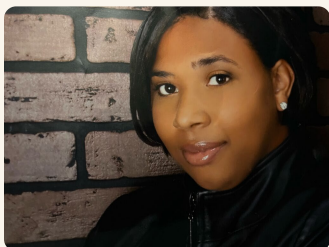
- 15 Write down what you need to forgive.
- 16 Read Matthew 11:28.
- 17 Identify one boundary you need to establish.
- 18 Remove one thing from your life that drains your peace.
- 19 Write about your ideal future.
- 20 Pray for the people who hurt you.
- 21 Celebrate how far you've come.

WEEK 4 *Walking Forward*

- 22* Create a vision for the next year.
- 23* Write five goals for your future.
- 24* Read Jeremiah 29:11.
- 25* Do one thing that scares you.
- 26* Reach out to someone who encourages you.
- 27* Write about your purpose.
- 28* List the blessings God has brought into your life.
- 29* Write a letter to your future self.
- 30* Reflect on everything you've learned and thank God for your journey.

ABOUT THE AUTHOR

Sahar Snell



Sahar Snell is an accountant, entrepreneur, author, speaker, and faith-based mentor who is passionate about helping people heal, grow, and discover the purpose God has for their lives.

After navigating decades of personal challenges, relationship struggles, family dynamics, and life's unexpected seasons, Sahar discovered that true healing begins when we stop looking for our worth in others and start seeing ourselves through God's eyes.

She holds a Master's degree in Accounting and has spent years serving individuals, families, and small business owners through tax preparation, education, and coaching. Through her writing, speaking, and online platforms, she encourages people to embrace healing, establish healthy boundaries, and walk confidently in their God-given purpose.

When she's not writing, teaching, or creating content, Sahar enjoys reading, learning, helping others, and sharing messages of hope, healing, and faith.

CONNECT WITH SAHAR

Website: TaxHelpBySahar.com

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Faith • Healing • Purpose

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Thank you for reading Volume 1 of The Freedom Series.

If this guide encouraged you, there is more to come.

<i>Volume 2</i>	The Prayer That Helped Me Let Go
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<i>Volume 3</i>	7 Signs You're Ready to Stop Chasing People Who Don't Choose You
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<i>Volume 4</i>	Sometimes People Leave...Here's How to Keep Your Heart
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<i>Volume 5</i>	The Healing Doesn't Begin When They Come Back
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<i>Volume 6</i>	Becoming Her Again
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<i>Volume 7</i>	God Didn't Forget About You
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<i>Volume 8</i>	Your Glow Up Starts Within
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REMEMBER

You are loved.

You are chosen.

You are worthy.

You are not defined by your past.

You are not defined by your pain.

You are not defined by who stayed or who left.

You are defined by the God who created you.

This is not the end of your story.

It's the beginning of your freedom.

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