

THE FREEDOM SERIES

VOLUME 2

The Prayer That Helped Me LET GO

7 Days of Healing,
HOPE, AND SURRENDER

HEALING
BEGINS
WITH SURRENDER.
PEACE BEGINS
WITH PRAYER.
FREEDOM BEGINS
WITH GOD.

"Cast all
your anxiety
on Him
because
He cares for you."
1 PETER 5:7



I CHOOSE
FAITH
OVER
FEAR



HEALING ♥ HOPE ♥ SURRENDER ♥ FREEDOM

SAHAR SNELL

FAITH. HEALING. PURPOSE.

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VOLUME 2

The Prayer That Helped Me Let Go

7 Days of Healing, Hope, and Surrender

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 stayed too long because they
loved deeply.

To those who cried themselves to sleep while asking God why.

To those who kept praying when nothing seemed to change.

To those who questioned their worth because someone else failed to recognize it.

To the parents carrying burdens for their children.

To the sons and daughters longing for healthy families.

To the husbands and wives grieving broken promises.

To the friends who were betrayed.

To those who have silently battled fear, loneliness, disappointment, and
heartbreak.

I dedicate this book to you.

But above all, I dedicate it to Jesus Christ.

The One who carried what I could not.

The One who never abandoned me.

The One who taught me that freedom doesn't begin when life becomes easy; it
begins the moment we place our lives into His hands.

Every page of this book is a testimony of His grace.

May these words remind you that no matter what you've endured, your story is
not over.

Welcome Letter from Sahar

Before you read another page, I want you to know something.

I'm not writing to you as someone who has had all the answers.

I'm writing to you as someone who has spent years asking questions.

I've known what it feels like to love people who didn't always know how to love me back.

I've experienced seasons where I prayed the same prayers repeatedly, hoping that tomorrow would somehow be different.

I've wrestled with disappointment.

I've carried burdens that were never mine to carry.

I've tried to fix people that only God could change.

I've waited for apologies that never came.

I've searched for answers that never arrived.

And somewhere along the way, I realized I wasn't just carrying pain.

I was carrying people.

God gently reminded me that He never asked me to do that.

He simply asked me to trust Him.

That lesson changed my life.

This book wasn't written because I've lived a perfect life.

It was written because I've experienced a faithful God.

Over the next seven days, I'm inviting you to walk beside me.

We'll open God's Word together.

We'll ask difficult questions.

We'll celebrate small victories.

We'll pray honest prayers.

Some pages may make you cry.

Others may make you smile.

My hope is that every page reminds you of one unchanging truth:

You are deeply loved by God.

No relationship defines your value.

No betrayal can erase your purpose.

No disappointment can cancel God's plan for your life.

If you've picked up this book while your heart feels heavy, I pray you finish it feeling lighter.

Not because all your circumstances have changed.

But because you've discovered that Jesus is willing to carry what you no longer can.

Thank you for trusting me enough to walk this journey with you.

Now...

Take a deep breath.

Open your heart.

And let's begin walking toward freedom together.

GETTING STARTED

How to Use This Book

This isn't a race.

You don't have to finish this book in seven consecutive days.

Move at the pace your heart needs.

Some chapters may take an hour to read.

Others may stay with you for a week.

That's okay.

Before each chapter, ask the Holy Spirit to prepare your heart.

Keep a journal nearby.

Write honestly.

Don't worry about perfect words.

God isn't looking for polished prayers.

He listens to honest ones.

At the end of every chapter, you'll find:

- Reflection questions to help you process what you've read.
- A guided prayer to help you surrender your heart to God.
- A practical challenge that allows you to live out what you've learned.
- A Freedom Declaration to remind you of God's truth.
- A Freedom Notes page where I'll share one final encouragement before we continue.

Don't rush through those sections.

Often, that's where the deepest healing begins.

If a chapter brings up painful memories, pause.

Pray.

Give yourself permission to feel.

Healing doesn't happen because we ignore our wounds.

Healing happens when we invite Jesus into them.

Above all, remember this:

This book is not about becoming a perfect Christian.

It's about becoming a person who learns to trust a perfect Savior.

A DAILY PRACTICE

Sit With Jesus

Before you turn the page, close this book for a few minutes.

Find a quiet place.

Take a slow, deep breath.

Ask the Lord one simple question:

"Jesus, what do You want me to hear today?"

Don't rush to fill the silence.

Simply sit with Him.

Sometimes the greatest healing doesn't happen through the words we read.

PREPARING YOUR HEART

Before We Begin...

Can I ask one thing of you?

Please don't rush through this book.

I know how tempting it is to turn page after page hoping to find the sentence that makes everything better.

I've done that.

I've searched for the perfect sermon.

The perfect podcast.

The perfect Bible verse.

The perfect conversation.

The perfect answer.

But healing rarely happens because of one sentence.

Healing happens because of one surrendered heart.

As you read these pages, you'll notice something.

I'm not going to pretend that life is easy.

I'm not going to tell you that if you pray once, you'll never struggle again.

I'm not going to promise that everyone who hurt you will suddenly apologize.

Because those things aren't promised in Scripture.

What Scripture does promise is something even greater.

God promises His presence.

He promises His peace.

He promises His strength.

He promises never to leave you.

Those promises have carried me through seasons when I didn't know how to carry myself.

My prayer is that they will carry you too.

So if you need to cry...

Cry.

If you need to stop reading and pray...

Pray.

If you need to read one page five different times...

Do it.

There is no finish line.

There is only Jesus.

And every step toward Him is a step toward freedom.

There are some prayers we pray with confidence.

"Lord, bless my family."

"Help me make the right decision."

"Provide for my needs."

"Give me wisdom."

Those prayers come easily.

Then there are the prayers we avoid because we already know what God might ask of us.

For me, the hardest prayer wasn't asking God to bless me.

It was asking Him to help me let go.

I didn't realize how tightly I had been holding on.

Holding on to expectations.

Holding on to memories.

Holding on to people.

Holding on to conversations that never happened.

Holding on to the hope that someone would become the person I believed they could be.

At first, I called it faith.

Looking back, much of it was fear.

Fear of losing.

Fear of starting over.

Fear of being alone.

Fear that if I let go, everything I had invested would have been wasted.

Maybe you've felt that way too.

Maybe you've spent years trying to save a relationship that only one person was fighting for.

Maybe you've waited for someone to become the person they kept promising they would become.

Maybe you've believed that if you could just love harder, forgive faster, pray longer, or sacrifice more, everything would finally change.

I understand.

Because I have been there.

One day I realized something that completely changed the way I understood freedom.

God wasn't asking me to stop loving people.

He was asking me to stop carrying responsibilities that belonged to Him.

There is a difference.

Love trusts.

Control clings.

Love releases.

Fear grips tighter.

Love obeys.

Fear manipulates.

When I finally prayed, "Lord, help me let go," I thought God was going to change everyone around me.

Instead...

He began changing me.

That wasn't the answer I expected.

But it became the miracle I needed.

This book is the story of that miracle.

Not because everything around me suddenly became perfect.

But because Christ taught me how to find peace in the middle of imperfect circumstances.

Over the next seven days, we'll walk together through some of the most difficult steps in healing.

We'll learn how to surrender what we cannot control.

How to forgive without becoming foolish.

How to wait without becoming discouraged.

How to trust God with a future we cannot yet see.

And ultimately...

How to walk in the freedom Jesus died to give us.

If you're reading these words today, I don't believe it's an accident.

I believe God brought you here.

Not because I have every answer.

But because I know the One who does.

So before we continue, I'd like to invite you to pray one simple prayer.

Not a long prayer.

Not a complicated prayer.

Just this:

"Jesus...

I'm willing.

Teach me how to be free."

If that's the only prayer you pray today...

It's enough.

You are deeply loved by God.

FROM THE WELCOME LETTER

DAY 1

One

Giving God What You Can't Carry

“Cast all your anxiety on Him because He cares for you.”

1 PETER 5:7 (NIV)

A Moment of Honesty

Before we begin, I want to ask you a few questions.

Have you ever felt responsible for fixing someone else's life?

Have you ever stayed awake long after everyone else was asleep because your mind wouldn't stop racing?

Have you ever carried guilt for things you didn't cause?

Have you ever believed that if you just loved harder, prayed longer, or sacrificed more, everything would finally get better?

If you answered yes to any of those questions, you're not alone.

For many years, I believed being strong meant carrying everything.

I carried the emotional weight of people I loved.

I carried responsibility for problems I couldn't solve.

I carried disappointment when relationships didn't turn out the way I had hoped.

I carried fear about the future.

I carried hurt that I never gave myself permission to grieve.

I didn't realize it then, but I had become exhausted, not because God had given me too much to carry, but because I had picked up burdens He never asked me to hold.

Maybe you've done the same.

Maybe you've confused love with responsibility.

Maybe you've confused compassion with control.

Maybe you've mistaken constant worry for faithfulness.

The truth is, God never asked us to carry what only He can hold.

Today isn't about learning how to become stronger.

It's about learning how to surrender.

PRAYER

Father,

As I begin this journey, I come to You exactly as I am.

You know every burden I have carried.

You know the fears I have hidden behind a smile.

You know the prayers I have whispered through tears.

Today I choose to stop pretending that I can do everything on my own.

Teach me what it means to trust You.

Show me what I have been carrying that belongs in Your hands instead of mine.

Give me the courage to release my fears, my expectations, and even the people I love into Your care.

Help me believe that Your hands are stronger than mine and that Your plans are better than my own.

In Jesus' name,

Amen.

When Strength Becomes a Burden

For most of my life, people described me as "strong."

At first, I wore that description like a badge of honor.

I believed strong people didn't complain.

Strong people held families together.

Strong people fixed problems.

Strong people stayed even when things became difficult.

Strong people sacrificed.

Strong people endured.

Those qualities can be beautiful when they are rooted in God's strength.

But somewhere along the way, I began depending on my own strength instead of His.

Without realizing it, I started believing that if something was falling apart, it was my responsibility to hold it together.

If someone I loved was making destructive choices, I felt responsible for changing them.

If relationships were strained, I believed it was my job to make peace, even if I was the only one trying.

I wasn't just carrying my own cross.

I was trying to carry everyone else's too.

No wonder I was exhausted.

Maybe you've experienced that same exhaustion.

Not the kind that sleep fixes.

The kind that settles deep in your soul.

The kind that comes from carrying emotional weight you were never created to bear.

Jesus never asked us to become the Savior.

He already filled that role.

Our calling is not to replace Him.

Our calling is to trust Him.

That truth changed everything for me.

The day I realized I could stop trying to be everyone's rescuer was the day I began to experience the freedom that only Christ can give.

And perhaps today, God is inviting you into that same freedom.

What 1 Peter 5:7 Really Means

"Cast all your anxiety on Him because He cares for you."

1 PETER 5:7 (NIV)

This verse has comforted believers for generations. You may have heard it quoted in sermons, written on greeting cards, or shared by a friend during a difficult season. Yet sometimes, because we've heard it so often, we can miss the depth of what Peter was saying.

Let's slow down and look at it together.

Peter wasn't writing to people whose lives were easy.

He was writing to Christians who were facing hardship, uncertainty, and persecution because of their faith. Many were wondering what tomorrow would bring. Some had lost relationships. Others had lost security. They needed more than encouraging words; they needed hope rooted in God's character.

Peter didn't tell them to pretend everything was fine.

He didn't tell them to ignore their fears.

He pointed them toward the One who could carry those fears.

The invitation begins with one simple word:

Cast.

To cast means to throw something onto another. It is an intentional act.
No one can cast your burdens for you.

Sometimes we think we're trusting God when, in reality, we're only talking to Him about our worries while still carrying them ourselves.

Have you ever prayed about a situation and then spent the rest of the day trying to control the outcome?

I know I have.

I've prayed, "Lord, I trust You," while mentally replaying conversations, imagining worst-case scenarios, and searching for ways to fix what was beyond my control.

I had spoken words of trust, but my heart was still gripping the burden tightly.

Peter reminds us that surrender isn't passive. It requires a decision.

Every day, sometimes many times a day, we choose whether we'll continue carrying the weight ourselves or place it into God's hands.

Notice what Peter says next:

 *"...all your anxiety..."*

He doesn't say "some."

He doesn't say "only the spiritual concerns."

He says all.

The burdens that keep you awake at night.

The family situation that seems impossible.

The financial pressure.

The unanswered prayer.

The painful memories.

The disappointment you rarely talk about.

The future you're afraid to face.

Nothing is too small for God, and nothing is too heavy for Him.

Sometimes we hesitate because we think our struggles aren't important enough.

Other times we hesitate because we think they're too big.

Neither is true.

God invites us to bring everything to Him.

Then Peter gives the reason:

| *"...because He cares for you."*

Those five words change everything.

God doesn't invite us to surrender because He is distant or indifferent.

He invites us because He loves us.

He is not irritated by your prayers.

He is not exhausted by your questions.

He is not surprised by your tears.

He isn't keeping score of how many times you've come to Him with the same struggle.

He welcomes you.

Again and again.

That doesn't mean He always answers our prayers in the way we expect.

Sometimes He changes our circumstances.

Sometimes He changes us.

Often, He does both over time.

I've learned that God's greatest gift isn't always an immediate solution.

Sometimes His greatest gift is His presence while we wait.

When I began to understand that, my prayers started to change.

Instead of asking, "Lord, how can I fix this?"

I found myself praying,

"Lord, teach me to trust You with what I cannot fix."

That simple shift changed the direction of my heart.

Surrender didn't happen all at once.

It happened one prayer, one decision, and one day at a time.

Perhaps that's where you are today.

You don't have to have enough strength for the rest of your life.

You only need enough faith to place today's burden into God's hands.

And tomorrow, when new burdens appear, His invitation will still be waiting.

"Cast all your anxiety on Him because He cares for you."

That invitation has never expired.

The Day I Realized I Couldn't Save Everyone

There was a time in my life when I believed love meant carrying everything.

If someone I loved was hurting, I hurt with them.

If someone was making destructive choices, I believed it was my responsibility to help them find their way.

If relationships were falling apart, I felt like it was my job to hold them together.

I wasn't trying to be a hero.

I simply loved deeply.

But somewhere along the journey, love quietly became a burden.

Without realizing it, I had taken on responsibilities that belonged to God.

I prayed.

I encouraged.

I forgave.

I waited.

I hoped.

And I kept believing that if I just loved a little harder, sacrificed a little more, or found the right words to say, things would finally change.

Sometimes they did.

Many times, they didn't.

For a long time, I measured my success by other people's choices.

If they were doing well, I felt peace.

If they weren't, I carried guilt.

That is an exhausting way to live.

The turning point didn't come all at once.

It came through many quiet moments with God.

As I read Scripture, I began noticing something.

Jesus loved people perfectly.

Yet not everyone followed Him.

He healed many.

Still, some walked away.

He taught with wisdom.

Still, some rejected His words.

Even Jesus, in His perfect love, allowed people to make their own decisions.

That realization humbled me.

If Jesus didn't force people to change, why was I trying to?

The answer wasn't that I thought I was stronger than God.

The answer was that I hadn't fully trusted Him.

I believed He was able.

I just struggled to believe He would take care of the people I loved as well as I wanted Him to.

Looking back, I can see that my worry often grew from fear.

Fear that everything would fall apart.

Fear that someone would be hurt.

Fear that if I stopped trying to hold everything together, no one else would.

But fear is a heavy foundation on which to build a life.

God was inviting me to something stronger.

Trust.

Trust doesn't mean we stop loving.

It means we stop trying to control outcomes that belong to God.

Trust means praying faithfully while recognizing that every person has been given the freedom to choose.

Trust means loving without losing yourself.

Trust means setting healthy boundaries without closing your heart.

Trust means believing that God is still at work even when you cannot see what He is doing.

One day, during prayer, I sensed the Lord asking me a question that I will never forget.

"Do you trust Me with the people you love?"

At first, I wanted to answer, "Of course."

But the Holy Spirit gently showed me something.

If I truly trusted Him, why was I carrying burdens He had never asked me to carry?

Why was I lying awake trying to solve problems that only He could solve?

Why was I assuming responsibility for decisions that belonged to someone else?

That moment changed the way I prayed.

Instead of saying,

"Lord, help me fix this,"

I began praying,

"Lord, help me trust You with this."

It sounds like a small change.

But it transformed my heart.

I didn't become indifferent.

I didn't stop caring.

I simply stopped believing that everything depended on me.

That freedom didn't happen overnight.

Some days I picked the burden back up.

Some days I worried again.

Some days I found myself trying to rescue people from consequences that God was using to teach them.

Each time, the Lord patiently reminded me of His invitation.

"Cast your cares on Me."

Not because He was tired of hearing from me.

But because He loved me enough to carry what I never could.

Today, I still care deeply about people.

I still pray.

I still encourage.

I still believe God changes lives.

The difference is this:

I no longer believe that I am responsible for changing anyone.

Only God can transform a heart.

My responsibility is to love faithfully, speak truth with grace, pray consistently, and trust God with the results.

If you're anything like I was, that may feel uncomfortable.

You may wonder if letting go means giving up.

It doesn't.

Giving up says, "I don't care anymore."

Letting go says, "I care enough to place this into God's hands."

There is a world of difference.

Friend, if you've been carrying people, relationships, disappointments, or fears that were never yours to carry, I want to remind you of something that changed my life.

God never asked you to be someone else's savior.

He already sent one.

His name is Jesus.

And He is far better at carrying burdens than we will ever be.

Lessons from Moses and Jethro

God Never Asked You to Carry It All

"What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."

EXODUS 18:17-18 (NIV)

One of my favorite things about the Bible is that it doesn't hide the struggles of the people God used.

Sometimes we imagine biblical heroes as people who never became overwhelmed.

But when we slow down and read their stories, we discover something different.

They were human.

They grew tired.

They became discouraged.

They made mistakes.

And in their weakness, God met them with wisdom and grace.

Moses is one of those people.

When we first meet him, he's reluctant to lead. He questions his abilities and wonders why God would choose someone like him. Yet God faithfully equips him, and Moses becomes the leader who guides Israel out of slavery in Egypt.

What an incredible calling.

But even someone called by God can carry more than God ever intended.

After the Israelites left Egypt, thousands of people came to Moses with their questions, disputes, and problems. From morning until evening, he listened, decided cases, and tried to meet every need.

Imagine the weight of that responsibility.

Every disagreement.

Every complaint.

Every difficult decision.

Day after day.

Morning until night.

At first, Moses probably believed he was simply being faithful.

He wanted to help.

He cared about the people.

He wanted to honor God.

Those are good desires.

Yet good desires can still lead us into unhealthy patterns when we forget that we have limits.

Then Jethro, Moses' father-in-law, arrived.

He watched Moses work.

He observed the endless line of people waiting for help.

He noticed the exhaustion on Moses' face.

And he spoke words that changed everything.

"What you are doing is not good."

Those words surprise us.

After all, Moses wasn't doing something sinful.

He was serving.

Helping.

Leading.

Listening.

How could that be "not good"?

Because even good work becomes harmful when we try to carry it alone.

Jethro continued:

"You and these people who come to you will only wear yourselves out."

Notice that exhaustion wasn't affecting only Moses.

The people suffered too.

When one person tries to do everything, everyone eventually feels the strain.

God's design has always included shared responsibility.

Jethro encouraged Moses to appoint capable leaders to help bear the load.

Moses wasn't abandoning his calling.

He was learning to fulfill it wisely.

That lesson reaches far beyond leadership.

It speaks to parents who feel responsible for holding their families together.

It speaks to caregivers who never take time to rest.

It speaks to friends who carry everyone else's pain.

It speaks to husbands and wives trying to save a marriage without mutual effort.

It speaks to adult children who feel responsible for fixing their parents.

It speaks to anyone who believes love means never putting the burden down.

Perhaps you've believed that if you stop carrying everything, you're being selfish.

I understand that feeling.

But Scripture paints a different picture.

Healthy boundaries are not the opposite of love.

They create space for love to flourish.

Even Jesus withdrew to quiet places to pray.

He did not heal every person in Israel during His earthly ministry.

He did not meet every expectation placed upon Him.

He lived in complete obedience to the Father, not in slavery to the demands of people.

If the Son of God recognized the importance of resting, praying, and entrusting people to the Father's care, we should not feel guilty for doing the same.

There is another lesson in Moses' story that often goes unnoticed.

Moses listened.

He could have responded with pride.

He could have insisted that no one understood the weight he carried.

Instead, he received wise counsel and changed the way he led.

Humility made room for healing.

Sometimes God answers our prayers through His Word.

Sometimes through quiet moments with the Holy Spirit.

Sometimes through trusted people who lovingly tell us what we need to hear.

The challenge is having a heart willing to listen.

As I reflected on Moses' story, I realized something about my own life.

I had been praying for God to remove my exhaustion.

But perhaps He first wanted to change the way I was carrying it.

That realization changed the questions I asked.

Instead of saying,

"Lord, why am I so overwhelmed?"

I began asking,

"Lord, what have I picked up that You never asked me to carry?"

That question is one I still return to.

And almost every time, the Holy Spirit gently reveals something.

Sometimes it's unrealistic expectations.

Sometimes it's fear.

Sometimes it's the opinions of others.

Sometimes it's responsibilities that belong to someone else.

Each time He reveals another burden, He offers the same invitation:

"Give it to Me."

Friend, you don't have to earn God's love by exhausting yourself.

You don't have to prove your faithfulness by carrying the weight of the world.

You don't have to rescue everyone.

God has not asked you to be everything for everyone.

He has simply asked you to be faithful where He has placed you and to trust Him with the rest.

There is tremendous freedom in that truth.

The strongest people are not those who carry the heaviest loads.

The strongest people are those who know when to place those loads into the hands of God.

Today, before you move on, ask yourself one simple question:

What burden have I been carrying that belongs to God?

Sit quietly.

Be honest.

Then, one by one, begin laying those burdens before Him.

You may be surprised how much lighter your heart feels when you stop carrying what was never yours to hold.

What Does This Look Like in Everyday Life?

One of the questions I hear most often is:

"I know I'm supposed to give my burdens to God, but what does that actually look like?"

It's a fair question.

Surrender can sound beautiful on a Sunday morning.

It can even feel inspiring while we're reading a book like this.

But then Monday comes.

The phone rings.

A relationship becomes strained.

A bill arrives in the mail.

Someone says something hurtful.

A child makes a decision that breaks your heart.

You receive news you weren't expecting.

Suddenly, the burden feels just as heavy as it did before.

So how do we actually cast our cares on God?

Let's begin with something important.

Surrender is not denial.

God never asks us to pretend that life doesn't hurt.

Jesus Himself stood at the tomb of His friend Lazarus and wept.

He knew resurrection was coming, yet He still entered into the grief of that moment.

If Jesus made room for tears, we don't have to be ashamed of ours.

Surrender also isn't pretending that everything is okay.

Some of us grew up believing faith meant hiding our pain.

We learned to smile while our hearts were breaking.

We answered, "I'm fine," even when we weren't.

But throughout Scripture we see men and women bringing their honest emotions to God.

David cried out in the Psalms.

Hannah poured out her anguish before the Lord.

Job questioned God in the middle of unimaginable loss.

Honesty isn't the opposite of faith.

Sometimes honesty is where faith begins.

Surrender means telling God the truth.

The truth about your fears.

The truth about your disappointments.

The truth about your anger.

The truth about your questions.

He already knows.

He's simply inviting you to bring those things into His presence instead of carrying them alone.

There was a season in my life when I believed I had to stay strong for everyone else.

I wanted to be the dependable one.

The encourager.

The problem solver.

The person others could count on.

Those are good desires, but I quietly reached the point where I didn't know how to admit that I needed help too.

One morning, during my prayer time, I finally stopped trying to sound strong.

I simply said,

"Lord, I'm tired."

Not physically.

Deep in my soul.

I was tired of trying to fix what I couldn't fix.

Tired of worrying about tomorrow.

Tired of carrying responsibilities that belonged to other people.

It wasn't a polished prayer.

It wasn't eloquent.

But it was honest.

And in that quiet moment, I sensed the Holy Spirit reminding me of something I had forgotten.

God never asked me to impress Him.

He invited me to trust Him.

That changed the way I prayed.

Instead of coming to God with speeches, I started coming to Him with my heart.

Sometimes my prayers became only a few words.

"Lord, help me."

"I don't understand."

"I'm afraid."

"I'm hurting."

"I'm grateful."

Those simple prayers became some of the most powerful conversations I have ever had with God.

Because they were real.

I wonder how many of us are exhausted not because life is difficult, but because we've spent so much energy pretending we're okay.

Friend, you don't have to perform for God.

You don't have to earn His attention.

You don't have to convince Him to care.

He cared before you ever whispered your first prayer.

That means surrender begins with honesty.

It continues with trust.

And it grows one day at a time.

Maybe today your act of surrender isn't solving every problem.

Maybe it's simply saying,

"Father, I can't carry this anymore."

That is not weakness.

That is faith.

It takes courage to admit that you need God.

And every time you do, you make room for His strength to meet you in your weakness.

Perhaps that's why the Apostle Paul wrote:

"My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9)

God isn't looking for people who never struggle.

He's looking for people who will bring their struggles to Him.

That's the invitation before you today.

Not perfection.

Presence.

Not performance.

Relationship.

Not control.

Trust.

And every small step you take toward trusting Him is a step toward freedom.

Reflection Time

Making Room for God to Speak

Before you continue reading, I want to invite you to slow down.

Don't rush to the next page.

Sit quietly for a few moments.

Take a deep breath.

Ask the Holy Spirit to search your heart with gentleness and truth.

There are no right or wrong answers to these questions.

This isn't a test.

It's an invitation.

God isn't asking you to impress Him.

He's inviting you to become honest with Him.

Sometimes the greatest breakthrough doesn't happen when we discover something new.

It happens when we finally admit what we've been carrying all along.

Take your journal and prayerfully reflect on the questions below.

Don't worry about writing perfect answers.

Write what is true.

That's where healing begins.

REFLECTION QUESTIONS

1 What burden have I been carrying that God never asked me to carry?

Be specific.

Is it someone else's happiness?

Someone else's healing?

Someone else's choices?

Is it guilt from your past?

Fear about your future?

Unrealistic expectations you've placed on yourself?

Write it down.

Naming a burden is often the first step toward releasing it.

2. Why have I been holding on to it?

Ask yourself honestly:

What am I afraid will happen if I let go?

Will someone be disappointed?

Do I fear losing control?

Do I worry that everything will fall apart?

Do I believe no one else will step in?

Many times we hold tightly to burdens because fear whispers that everything depends on us.

God gently reminds us that everything ultimately rests in His hands.

3. What has carrying this burden cost me?

Has it stolen your peace?

Your sleep?

Your joy?

Your physical health?

Your relationships?

Your time with God?

Sometimes we become so accustomed to carrying heavy loads that we forget how much they have been weighing us down.

4. What would trusting God look like today?

Not next year.

Not after everything changes.

Today.

Maybe trusting God means making one phone call.

Maybe it means choosing silence instead of arguing.

Maybe it means praying instead of worrying.

Maybe it means forgiving someone.

Maybe it means setting a healthy boundary.

Maybe it simply means resting.

Ask God to show you your next faithful step.

5. What truth from today's reading do I want to remember?

Choose one sentence that spoke to your heart.

Write it in your journal.

Place it somewhere you'll see it this week.

When worry returns, and it probably will, come back to that truth.

Let God's Word become louder than your fear.

PRAYER

Father,

Today I stop pretending that I can carry everything on my own.

You never asked me to become the savior of my family.

You never asked me to fix every broken relationship.

You never asked me to control every outcome.

You asked me to trust You.

So today I bring You every burden I've been carrying.

I place my fears into Your hands.

I place my unanswered questions into Your hands.

I place my disappointments into Your hands.

I place the people I love into Your hands.

Teach me to release what I cannot control without becoming fearful.

Teach me to love without trying to control.

Teach me to pray without becoming discouraged.

Teach me to trust Your timing even when I don't understand it.

*When I'm tempted to pick these burdens back up, gently remind me that
You are still holding them.*

Replace my anxiety with Your peace.

Replace my striving with Your rest.

Replace my fear with confident faith.

Thank You for caring about every detail of my life.

Thank You for loving me even when I struggle to let go.

Today I choose to trust You again.

In the powerful name of Jesus,

Amen.

Today's Freedom Challenge

For the next twenty-four hours, every time you notice yourself worrying about something you cannot control, pause before your thoughts continue.

Take one slow breath.

Then quietly pray:

"Father, this belongs in Your hands, not mine."

Don't worry if you have to pray that prayer ten times today.

Or fifty.

Every prayer is another act of surrender.

Every act of surrender strengthens your trust.

And every step of trust leads you closer to freedom.

Memory Verse

"Cast all your anxiety on Him because He cares for you."

1 Peter 5:7 (NIV)

Don't just memorize these words.

Carry them with you.

When fear whispers, answer it with Scripture.

When worry grows louder, let God's promises become louder still.

His Word is not only something to read.

It is something to stand on.

Today I declare that I am not alone.

God is with me.

I declare that I do not have to carry every burden.

*Jesus has invited me to place my cares into His loving
hands.*

*I declare that my worth is not measured by how much I
can fix, how much I can carry, or how much I can
endure.*

My identity is found in Christ.

I choose peace over panic.

*Trust over fear.
Faith over control.
Hope over despair.
Today I will release what I cannot change.
Today I receive the peace that only God can give.
Today I begin walking in freedom.*

FREEDOM NOTES

From My Heart to Yours

If I could sit across the table from you today, I probably wouldn't begin by giving you advice.

I'd simply ask,

"How is your heart?"

Not how your job is going.

Not how your family is doing.

Not how your finances look.

Your heart.

Because I've learned something over the years.

People can smile while carrying incredible pain.

They can attend church every Sunday while secretly wondering if God still hears their prayers.

They can encourage everyone around them while quietly feeling empty inside.

Maybe that's where you are today.

If so, I want you to know something.

I see you.

More importantly...

God sees you.

He sees every tear you've cried that no one else noticed.

He sees the nights when sleep wouldn't come because your mind wouldn't stop replaying conversations, disappointments, and unanswered prayers.

He sees the strength you've had to find just to get out of bed some mornings.

And He isn't disappointed in you because you're tired.

He's inviting you to rest.

One of the biggest lessons God has taught me is this:

There is a difference between carrying a burden and caring about someone.

For years, I thought they were the same thing.

They aren't.

You can love someone deeply without carrying responsibility for every decision they make.

You can pray faithfully without believing the outcome depends on you.

You can forgive someone without pretending what happened didn't hurt.

You can set healthy boundaries and still have a compassionate heart.

Jesus modeled that kind of love.

He loved perfectly.

Yet He never forced anyone to follow Him.

He spoke truth.

He showed mercy.

He extended grace.

And then He entrusted people to the Father.

I've been learning to do the same.

Some days I still have to remind myself.

Some days I catch myself picking up burdens that I had already given to God.

When that happens, I don't shame myself.

I simply pray,

"Lord, here I am again.

I'm trying to carry something that belongs to You.

Please help me let go."

Maybe you'll have days like that too.

That's okay.

Healing isn't measured by never struggling again.

Healing is measured by how quickly we return to Jesus when we do.

So if today wasn't perfect...

Don't quit.

If you struggled today...

Don't give up.

If you cried while reading this chapter...

Those tears are not wasted.

God is close to the brokenhearted.

He has never walked away from you.

And He isn't starting today.

Thank you for trusting me enough to spend this time together.

I'll be waiting for you in tomorrow's chapter.

Until then...

Be gentle with yourself.

Be patient with the process.

And remember...

The same God who is teaching you to let go is also teaching you how to live free.

With love,

Sahar

Sit With Jesus

Before you turn the page...

Don't rush.

Close this book for just a few minutes.

Find a quiet place where you won't be interrupted.

Take a slow, deep breath.

Now another.

Let your shoulders relax.

Release the tension you've been holding.

Remember that God is not in a hurry.

He delights in spending time with you.

As you sit quietly, imagine placing every burden you've been carrying into the hands of Jesus.

One at a time.

The relationship.

The fear.

The disappointment.

The unanswered prayer.

The financial pressure.

The future.

Don't rush this moment.

If another burden comes to mind, place that one in His hands too.

Now sit quietly.

You don't have to fill the silence.

You don't have to search for the perfect words.

Simply become aware of His presence.

If your thoughts begin to wander, gently return your attention to this simple prayer:

Jesus...I trust You.

Slowly.

One breath at a time.

Jesus...I trust You.

As you continue sitting with Him, ask one question:

"Lord, what do You want me to remember from today?"

Then listen.

Perhaps a Scripture will come to mind.

Perhaps you'll remember something you read in this chapter.

Perhaps you'll simply experience a peace that cannot be explained.

Whatever happens, don't judge the moment.

Just remain with Him.

The goal isn't to have an extraordinary spiritual experience.

The goal is to spend time with the One who loves you most.

Before you finish, pray these words:

"Father, thank You for meeting me here.

Thank You for reminding me that I was never created to carry the weight of the world.

Help me remember today's lesson when tomorrow's worries arrive.

Teach me to surrender quickly.

Teach me to trust deeply.

And teach me to recognize Your voice above every other voice.

In Jesus' name,

Amen."

When you're ready...

Turn the page.

Tomorrow is another step toward freedom.

DAY 2

Two

Releasing the Need for Answers

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

PROVERBS 3:5–6 (NIV)

A Moment of Honesty

Can I ask you something?

Have you ever found yourself asking God the same question over and over?

“Why?”

Why did this happen?

Why didn't they love me the way I loved them?

Why didn't my prayers seem to change anything?

Why did God allow this?

Why did the relationship end?

Why did the door close?

Why am I still waiting?

If you've asked those questions, welcome.

You're in good company.

The Bible is filled with people who asked God "why."

David asked.

Job asked.

Habakkuk asked.

Even Jesus, while hanging on the cross, cried,

"My God, my God, why have You forsaken Me?" (Matthew 27:46)

God is not offended by honest questions.

But there is a difference between bringing our questions to God and refusing to trust Him until He answers them.

That difference changed my life.

PRAYER

Father,

You know every question I've carried.

You know the conversations I've replayed.

You know the answers I've searched for.

Today, I'm asking You for something greater than explanations.

Give me a heart that trusts You even when I don't understand.

Help me believe that Your wisdom reaches beyond what I can see.

Teach me to rest in Your character when I cannot trace Your plan.

*In Jesus' name,
Amen.*

The Trap of "Why?"

For a long time, I believed healing would begin the moment I understood everything.

If I could just figure out why someone made the choices they made...

If I could understand why certain prayers seemed unanswered...

If I could make sense of every painful chapter...

Then maybe I could finally move forward.

But that's not how healing works.

Sometimes our search for answers becomes another form of control.

We convince ourselves that if we can explain the pain, we'll be able to master it.

Yet life doesn't always offer neat explanations.

There are moments when we simply don't know.

And if our peace depends on having every answer, we'll remain trapped in frustration.

God invites us into something deeper.

Not certainty about every circumstance...

But confidence in His character.

That is the heart of Proverbs 3:5-6.

The writer doesn't say,

"Understand everything."

He says,

"Trust in the Lord with all your heart."

Notice that trust comes before understanding.

That order matters.

Faith isn't built on having all the information.

Faith is built on knowing the One who holds the information we don't.

There have been seasons in my own life when I begged God to explain what He was doing.

Instead of giving me detailed answers, He reminded me of who He is.

His love hadn't changed.

His faithfulness hadn't changed.

His promises hadn't changed.

The circumstances were uncertain.

God was not.

That realization became an anchor for my soul.

When I stopped demanding explanations, I discovered something better.

His presence.

There is a peace that comes when we finally say,

"Lord, I may never understand everything that has happened.

But I trust that You are still good.

I trust that You are still working.

And I trust that You are still writing my story."

That kind of trust doesn't erase every question.

But it keeps the questions from becoming our master.

Sometimes the greatest freedom isn't finding the answer.

It's discovering that Jesus is enough even when the answer never comes.

Trust Before Understanding

A Deeper Look at Proverbs 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

PROVERBS 3:5-6 (NIV)

If you've been around church for any length of time, you've probably heard these verses.

They're often quoted during seasons of uncertainty.

Graduations.

New jobs.

Unexpected changes.

Major life decisions.

But I wonder if we've become so familiar with these words that we've stopped listening to them.

Let's slow down.

The first word is trust.

Not understand.

Not explain.

Not figure out.

Trust.

Trust means placing confidence in someone else's character.

Think about a child jumping into the arms of a loving parent.

The child doesn't calculate the angle.

They don't measure the distance.

They don't analyze every possibility.

They jump because they know who's waiting to catch them.

That's the kind of trust God invites us into.

Not a blind faith that ignores reality.

A confident faith rooted in His character.

Then Solomon writes,

 *"...with all your heart."*

Not part of your heart.

Not the comfortable parts.

Not only the places where life makes sense.

All your heart.

Including the broken pieces.

Including the disappointed pieces.

Including the fearful pieces.

Including the part of you that still has questions.

God isn't asking you to clean up your heart before bringing it to Him.

He's asking you to bring your whole heart.

Exactly as it is.

Then comes the hardest part.

"...lean not on your own understanding..."

This doesn't mean God is against wisdom.

Scripture repeatedly encourages us to seek wisdom.

What Solomon is warning against is making our own understanding the foundation of our lives.

Our perspective is limited.

We see today.

God sees eternity.

We see one chapter.

God sees the entire story.

We see what was lost.

God sees what He is preparing.

Have you ever looked back on something that once broke your heart and later realized God was protecting you?

I know I have.

At the time, I couldn't understand why certain doors closed.

Today I'm grateful they did.

Sometimes God's greatest blessings come disguised as disappointments.

Not because disappointment is good.

But because God is so good that He can redeem even the hardest seasons of our lives.

The next phrase is equally important.

"...in all your ways submit to Him..."

Notice the word all appears again.

God doesn't ask to lead only the spiritual parts of our lives.

He wants every part.

Our relationships.

Our finances.

Our careers.

Our parenting.

Our fears.

Our dreams.

Our disappointments.

Even our unanswered questions.

Submission isn't about losing freedom.

It's about trusting the right Leader.

When we submit our lives to Christ, we're placing ourselves into the hands of the One who loves us perfectly.

Finally, Solomon gives us a promise.

"...and He will make your paths straight."

Notice what he doesn't promise.

He doesn't promise an easy road.

He doesn't promise immediate answers.

He doesn't promise a life without tears.

He promises direction.

When we trust Him, He faithfully leads us.

Sometimes one step at a time.

Sometimes one day at a time.

Sometimes one prayer at a time.

I've discovered that God's guidance often comes gradually.

I wanted Him to hand me the entire map.

Instead, He usually gave me enough light for the next step.

At first, that frustrated me.

Now I see it as an invitation.

Every step required trust.

Every step drew me closer to Him.

Maybe that's why He doesn't always reveal the whole journey.

Because His greatest desire isn't simply to get us to the destination.

It's to walk with us along the way.

Friend, perhaps you've been asking God to explain everything before you'll trust Him.

Can I gently encourage you to reverse the order?

Trust Him first.

Understanding may come later.

Or it may not.

But you'll discover something even greater than explanations.

You'll discover the peace that comes from walking beside a faithful God.

And that peace is worth more than all the answers in the world.

When Heaven Is Silent

What Job Taught Me About Trust

There are few people in Scripture who understood unanswered questions more deeply than Job.

If anyone had a reason to ask "Why?" it was him.

In what seemed like a moment, Job lost almost everything.

His children.

His wealth.

His health.

His security.

The life he had known was gone.

If we were writing Job's story today, many of us would expect God to immediately explain everything.

We would expect chapter two to begin with God saying,

"Job, here's why all of this happened."

But that isn't what happened.

For chapter after chapter, Job wrestled with grief.

He questioned.

He cried.

He lamented.

He spoke honestly about his pain.

One of the most comforting things about Job's story is that God didn't reject him for bringing difficult questions.

Job wasn't pretending.

He wasn't hiding.

He brought his broken heart into God's presence.

There is something beautiful about that.

Too often we think faith means pretending we're never confused.

Yet the Bible paints a different picture.

Real faith tells God the truth.

It says,

"Lord, I don't understand."

"I'm hurting."

"I'm disappointed."

"I don't know what You're doing."

Those are not faithless prayers.

They're honest prayers.

And honest prayers have always been welcome before God.

As I reflected on Job's life, I realized something about my own journey.

For years, I believed my healing depended on understanding every painful chapter.

I wanted every loose end tied together.

Every conversation explained.

Every betrayal to make sense.

Every unanswered prayer to have a clear reason.

I thought closure would set me free.

Instead, God showed me something I never expected.

His presence could give me peace even when explanations never came.

That changed the way I read the book of Job.

Near the end of the story, God speaks.

But He doesn't answer every question Job asked.

Instead, He reminds Job of who He is.

He points to His wisdom.

His power.

His faithfulness.

His authority over creation.

In other words, God doesn't simply give Job information.

He gives Job Himself.

And somehow...

That becomes enough.

There are moments in life when we desperately want God to explain His plan.

Sometimes He does.

Sometimes, years later, we look back and understand why a door closed or why a season unfolded the way it did.

But sometimes the answer never comes.

At least not on this side of eternity.

That realization used to frighten me.

Now it gives me peace.

Because if my faith depended on understanding everything, it would always be fragile.

There would always be another question.

Another mystery.

Another disappointment.

But if my faith rests in the unchanging character of God, then even when life doesn't make sense, my foundation remains secure.

I think that's one of the greatest lessons Job teaches us.

God's silence is not the same as God's absence.

There are seasons when Heaven feels quiet.

Prayers seem unanswered.

Days become weeks.

Weeks become months.

Months become years.

And still we wait.

If you're in one of those seasons today, I want you to hear this:

God has not forgotten you.

His timing is not a reflection of His love.

His silence is not rejection.

His delay is not abandonment.

Sometimes the roots of our faith grow deepest in seasons when we cannot see what God is doing.

When I look back over my own life, I can now see that some of the greatest spiritual growth happened during seasons I would never have chosen.

Not because the pain was good.

Pain is painful.

Loss is real.

Grief leaves scars.

But God is able to meet us there.

He doesn't waste our tears.

He doesn't ignore our prayers.

He walks with us through every valley, even when we cannot yet see the mountaintop.

Friend, maybe today you have questions that no one can answer.

Maybe you've asked God the same "why" a hundred times.

Can I gently encourage you?

Keep bringing those questions to Him.

But don't wait for every answer before you continue walking with Him.

Sometimes faith means taking the next step while still carrying unanswered questions.

And that's okay.

Because your confidence isn't in your ability to understand.

Your confidence is in the God who understands everything.

One day, whether in this life or in eternity, every question will find its answer.

Until then, let your heart rest in this truth:

The God who holds the answers is also holding you.

My Story

The Peace I Found Without Every Answer

For a long time, I believed peace was waiting on the other side of understanding.

If I could just understand why people made the choices they made...

If I could understand why relationships changed...

If I could understand why some prayers seemed to go unanswered...

Then I thought my heart would finally be able to rest.

I spent years looking for explanations.

I replayed conversations in my mind.

I questioned my own decisions.

I wondered if I had missed something.

If I had said the wrong thing.

If I had loved too much.

If I hadn't loved enough.

I searched for reasons that would somehow make the pain easier to carry.

Maybe you've done that too.

Maybe you've found yourself lying awake at night, replaying memories like a movie you've seen a hundred times.

Hoping that somehow you'll notice something you missed before.

Hoping one more thought will finally bring peace.

But here's what I discovered.

The more I searched for answers that only God could provide, the more exhausted I became.

Eventually, during one of my quiet mornings with the Lord, I realized something.

I had spent more time asking God to explain people than I had spent asking Him to transform me.

That realization wasn't filled with condemnation.

It was filled with grace.

The Holy Spirit gently reminded me that my healing wasn't dependent on someone else's explanation.

My healing was rooted in Christ.

That changed the way I prayed.

Instead of saying,

"Lord, help me understand them,"

I began praying,

"Lord, help me understand You."

Everything began to shift.

Not because all my questions disappeared.

Some questions remain unanswered even today.

There are conversations that never happened.

Apologies that never came.

Dreams that unfolded differently than I expected.

Moments that I still don't completely understand.

But something greater happened.

I discovered that God's peace wasn't waiting for me at the end of every explanation.

His peace was available to me in the middle of the mystery.

That realization changed the way I read Scripture.

I noticed that many of God's people walked by faith long before they understood what He was doing.

Abraham left his homeland without knowing where he was going.

Joseph spent years in prison before seeing God's purpose unfold.

David was anointed king but waited through years of uncertainty before wearing the crown.

The disciples followed Jesus without fully understanding where He was leading them.

Again and again, God asked His people to trust Him before they understood Him.

Why should I expect my journey to be different?

One day I stopped asking,

"Why did this happen to me?"

Instead, I began asking,

"Lord, what are You teaching me through this?"

That one question changed everything.

It turned my focus away from the past and toward God's present work in my life.

I began noticing ways He was shaping my character.

Teaching me patience.

Growing my compassion.

Strengthening my faith.

Showing me that my identity wasn't built on the opinions or actions of other people.

It was built on being His daughter.

The pain didn't disappear overnight.

Healing rarely works that way.

But little by little, my heart became lighter.

Not because I received every answer.

But because I stopped believing I needed every answer to experience peace.

Friend, perhaps you're waiting for a conversation that may never happen.

Perhaps you're hoping someone will finally explain why they hurt you.

Perhaps you're waiting for an apology before allowing yourself to heal.

I understand.

Those desires are deeply human.

But don't let your future become dependent on something another person may never choose to give.

Your healing is too precious to leave in someone else's hands.

Place it in God's hands instead.

He knows the parts of your story you cannot see.

He understands what you cannot explain.

He is able to redeem what you thought was beyond repair.

And while He may not answer every question today, He will never leave you to walk through those questions alone.

Looking back now, I can honestly say that one of the greatest gifts God ever gave me was not an explanation.

It was Himself.

His presence became my peace.

His promises became my anchor.

His love became the answer my heart had been searching for all along.

If you're still waiting for answers today, let me encourage you with this:

Don't stop asking God honest questions.

But don't stop living while you wait for the answers.

Keep praying.

Keep trusting.

Keep growing.

Keep walking.

Because one day you'll discover what I did.

Sometimes the greatest miracle isn't finally understanding everything.

Sometimes the greatest miracle is discovering that Jesus is enough, even when you don't.

Living With Unanswered Questions

Choosing Peace Over Perfect Understanding

One of the hardest lessons I have ever learned is this:

Life does not always make sense.

Sometimes faithful people experience heartbreaking losses.

Sometimes good people are misunderstood.

Sometimes prayers seem to go unanswered.

Sometimes relationships end without closure.

Sometimes we never discover the reason.

If you're waiting for every unanswered question to be resolved before you allow yourself to experience peace, you'll spend your life waiting.

That realization can sound discouraging at first.

But I have discovered that it is actually incredibly freeing.

Why?

Because it changes where we look for peace.

For years I looked for peace in explanations.

If I could just understand why something happened...

If I could just hear the words I longed to hear...

If I could just receive the apology I deserved...

Then I believed my heart could finally rest.

But peace built on explanations is fragile.

There will always be another question.

Another disappointment.

Another mystery.

God offers us something far stronger.

He offers Himself.

There is a peace that comes from knowing that even when life doesn't make sense, God is still faithful.

The Apostle Paul understood this.

He experienced imprisonment.

Rejection.

Physical suffering.

Loneliness.

Yet he could still write,

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:7 (NIV)

Did you notice those words?

Transcends all understanding.

God's peace isn't dependent on understanding.

In fact, Scripture says His peace goes beyond it.

That means you can have peace before you have answers.

You can sleep before every problem is solved.

You can smile before every prayer is answered.

You can worship before every circumstance changes.

Not because life is easy.

But because God is trustworthy.

I remember a season when I realized I had spent more energy replaying painful conversations than meditating on God's promises.

My thoughts had become trapped in a cycle.

"What if?"

"Why?"

"If only..."

Those thoughts never brought healing.

They only brought exhaustion.

The Holy Spirit gently redirected my attention.

Instead of asking me to solve every mystery, He invited me to spend more time in His presence.

Little by little, my thinking changed.

Not because every question disappeared.

But because God's voice became louder than my fears.

Friend, what voice have you been listening to?

The voice of regret?

The voice of fear?

The voice of shame?

The voice of disappointment?

Or the voice of the Shepherd who says,

"My sheep listen to My voice; I know them, and they follow Me." (John 10:27)

Every day we choose which voice will shape our hearts.

The world says,

"You need more answers."

Jesus says,

"You need Me."

The world says,

"Figure it all out."

Jesus says,

"Follow Me."

The world says,

"Control every outcome."

Jesus says,

"Trust Me."

There is remarkable freedom in realizing that your future doesn't depend on knowing everything.

It depends on following the One who already does.

When I finally accepted that truth, I stopped demanding certainty.

Instead, I began asking for daily bread.

Daily wisdom.

Daily grace.

Daily strength.

Just enough for today.

That's how Jesus taught us to pray.

He didn't tell us to ask for twenty years of provision.

He taught us to pray,

"Give us today our daily bread."

God specializes in giving us what we need for today.

Tomorrow's grace will arrive tomorrow.

Tomorrow's strength will arrive tomorrow.

Today's invitation is simply this:

Trust Him today.

Walk with Him today.

Love Him today.

Rest in Him today.

One faithful step.

One surrendered prayer.

One day at a time.

Perhaps you've been carrying a question for years.

Maybe you'll receive an answer someday.

Maybe you won't.

Either way...

Jesus is enough.

His love is enough.

His grace is enough.

His presence is enough.

His promises are enough.

And when everything else feels uncertain, that is enough to keep moving forward.

One day you'll look back and realize that although God didn't answer every question, He faithfully answered the one that mattered most.

"Lord...will You stay with me?"

His answer has always been the same.

"Always."

Reflection Time

Bringing Your Questions to God

Before you move on, I want you to pause.

Don't rush through these questions.

This isn't about finding perfect answers.

It's about creating space for God to meet you where you are.

Find your journal.

Take a slow, deep breath.

Invite the Holy Spirit into this moment.

Remember, God is not intimidated by your questions.

He simply doesn't want your questions to become barriers to trusting Him.

REFLECTION QUESTIONS

1 What unanswered question have I been carrying the longest?

Write it down.

Don't edit it.

Don't try to make it sound spiritual.

Simply be honest.

God already knows what's on your heart.

2. How has waiting for an answer affected my life?

Has it made you fearful?

Has it made you hesitant to trust people again?

Has it kept you from moving forward?

Has it made you doubt God's goodness?

Be honest with yourself.

Healing begins where honesty begins.

3. What would change if I truly believed God is good, even without every explanation?

Take your time with this question.

Imagine living from trust instead of fear.

Imagine waking up tomorrow believing that God's love isn't dependent on your understanding.

What would look different?

4. What truth from today's chapter do I need to remember this week?

Perhaps it's:

"Trust comes before understanding."

Or...

"God's silence is not God's absence."

Or...

"Jesus is enough, even when I don't have every answer."

Choose one truth and write it somewhere you'll see it every day.

5. What is one step of trust I can take today?

Remember, faith usually grows through small acts of obedience.

Perhaps your next step is:

Praying instead of worrying.

Opening your Bible before opening social media.

Choosing gratitude instead of replaying painful memories.

Forgiving without receiving an apology.

Resting instead of striving.

Whatever God places on your heart, take that one step today.

Freedom in Practice

Today's exercise is simple, but powerful.

Draw a line down the center of a page in your journal.

On the left side, write:

Questions I Still Have

Write every question that's been weighing on your heart.

Don't censor yourself.

When you've finished, look at the list.

Now, on the right side of the page, write:

What I Know Is True About God

Under that heading, begin writing truths from Scripture.

God is faithful.

God is loving.

God is patient.

God is just.

God is near to the brokenhearted.

God never leaves His children.

God hears my prayers.

God is working, even when I cannot see it.

As you compare the two columns, you'll notice something.

Your questions may still be there.

But so is God's character.

And His character is strong enough to hold every unanswered question.

PRAYER

Father,

There are questions in my heart that I still don't understand.

Some have been with me for years.

You know every one of them.

Today I choose not to pretend they don't exist.

I bring them to You.

I release my need to understand everything before I trust You.

Teach me to rest in who You are.

When my mind races toward fear, bring me back to Your promises.

When I grow impatient, remind me that Your timing is perfect.

When I feel forgotten, remind me that You are near.

Thank You for never asking me to carry tomorrow.

Thank You for giving me grace for today.

Help me to walk by faith, even when I cannot see the whole path ahead.

I trust Your heart, even when I cannot understand Your hand.

In the name of Jesus,

Amen.

*You do not need every answer to experience God's
peace.*

*His character is more dependable than your
understanding.*

When questions remain, hold tightly to what you know:

God is good.

God is faithful.

God is with you.

And that is enough for today.

Today I choose trust over certainty.

I release my need to understand everything.

I believe that God is working, even when I cannot see it.

*I will not allow unanswered questions to keep me from
moving forward.*

My hope is anchored in Christ.

My peace is found in His presence.

My future is secure in His hands.

Today, I will walk by faith.

FREEDOM NOTES

From My Heart to Yours

If I could leave you with one thought today, it would be this:

Please don't put your life on hold while waiting for every answer.

Don't wait to laugh.

Don't wait to worship.

Don't wait to dream again.

Don't wait to believe that God still has good plans for your life.

There were seasons when I thought healing would begin after I understood everything.

Instead, healing began the day I decided to trust God with the things I might never understand.

That decision didn't erase every question.

But it gave me something much better.

Peace.

Not because life suddenly became easy.

But because Jesus became the place where my restless heart could finally rest.

If you're still waiting today, keep walking.

God is not finished with your story.

And neither are you.

I'll meet you in Day Three.

With love,

Sabar

Sit With Jesus

Before you continue...

Close your eyes.

Take a slow breath.

Picture yourself placing every unanswered question into Jesus' hands.

One by one.

Don't rush.

Now quietly pray:

┆ *"Jesus, I trust Your heart."*

Sit in silence for a few moments.

Let His love speak louder than your fears.

You don't have to force anything.

You don't have to figure everything out.

Simply remain with Him.

When you're ready, open your eyes.

Carry this peace with you into the rest of your day.



Jesus, help me trust Your heart when I cannot understand Your hand.

DAY 3

Three

Forgiving Without Reconciliation

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

EPHESIANS 4:32 (NIV)

A Moment of Honesty

Can I ask you something that may be difficult to answer?

Is there someone you have forgiven...

...but you still don't trust?

Maybe you've wondered if that makes you a bad Christian.

Maybe you've felt guilty because someone told you that if you truly forgave them, everything should go back to the way it was.

Maybe you've believed that loving someone means giving them unlimited access to your life.

For years, I wrestled with those same thoughts.

I wanted to obey God.

I wanted my heart to remain soft.

I wanted to forgive the people who had hurt me.

But I also knew that pretending nothing had happened wasn't honest.

I couldn't ignore broken trust.

I couldn't erase painful memories simply because I wanted peace.

One day I realized something that completely changed the way I understood forgiveness.

Forgiveness is not pretending the wound never happened.

Forgiveness is choosing not to seek revenge while placing justice into God's hands.

Those are two very different things.

PRAYER

Father,

Today I bring before You the people who have wounded my heart.

Some injuries are fresh.

Others have been with me for years.

You know every disappointment, every betrayal, every broken promise, and every tear.

Help me forgive as You have forgiven me.

Remove bitterness from my heart, but also give me wisdom.

Teach me the difference between forgiveness and reconciliation.

Help me walk in both grace and truth.

In Jesus' name,

Amen.

What Forgiveness Really Is

Forgiveness is one of the most beautiful gifts God has given us.

It sets our hearts free from the prison of bitterness.

It keeps resentment from taking root.

It allows us to move forward without dragging yesterday's pain into tomorrow.

But forgiveness has often been misunderstood.

Some people think forgiveness means forgetting.

Others believe it means excusing harmful behavior.

Still others think forgiveness requires immediate reconciliation.

Scripture teaches something different.

When Jesus forgave us, He offered us mercy freely.

But He also calls us to repentance.

Forgiveness was available.

Relationship required a response.

That pattern appears throughout the Bible.

God's grace is never earned.

Yet healthy relationship is built on truth, trust, repentance, and love.

Forgiveness changes our hearts.

Reconciliation changes a relationship.

One can happen without the other.

That truth brought tremendous freedom into my own life.

I realized I could sincerely pray for someone who had hurt me while also recognizing that rebuilding trust would take time—or, in some situations, might never happen.

That wasn't hatred.

That was wisdom.

God never asks us to ignore wisdom in the name of forgiveness.

He calls us to walk in both love and discernment.

Jesus Himself demonstrated this balance.

He loved everyone perfectly.

Yet He did not entrust Himself to everyone.

John's Gospel tells us that Jesus knew what was in people's hearts.

He extended compassion freely, but He also exercised discernment.

Love and wisdom walked together.

They still do.

Perhaps you've been carrying guilt because you've forgiven someone but still recognize the need for healthy boundaries.

Let me encourage you.

A boundary is not a wall built out of hatred.

A healthy boundary is often a door with wisdom standing beside it.

It allows love to remain in your heart while protecting what God has entrusted to your care.

Sometimes the most loving thing you can do is forgive completely while allowing God to determine what the future of that relationship should look like.

That requires humility.

It requires prayer.

And it requires trusting God more than your own emotions.

Friend, forgiveness is not weakness.

It is one of the strongest acts of faith a believer can make.

It says,

"I refuse to let someone else's sin determine the condition of my heart."

That is freedom.

And freedom is exactly what Christ came to give you.

Joseph's Story

Forgiveness With Wisdom

When I think about forgiveness, I often think about Joseph.

His story begins with dreams.

God gave Joseph a glimpse of a future filled with purpose.

But before those dreams came to pass, Joseph experienced betrayal in ways most of us can barely imagine.

The people who hurt him the most weren't strangers.

They were his own brothers.

The very people who should have protected him became the ones who rejected him.

They mocked him.

They stripped him of his robe.

They threw him into a pit.

Then they sold him into slavery as if his life had no value.

Can you imagine the questions Joseph must have carried?

"Why would my own family do this?"

"What did I do to deserve this?"

"Will I ever see home again?"

The years that followed were anything but easy.

Joseph served faithfully in Egypt.

He was falsely accused.

Wrongfully imprisoned.

Forgotten by people he had helped.

From a human perspective, Joseph had every reason to become bitter.

Yet bitterness never became the defining chapter of his life.

Why?

Because Joseph chose to keep trusting God, even while life made no sense.

Eventually, God elevated Joseph to a position of great authority.

Then came the moment no one could have predicted.

His brothers stood before him.

They didn't recognize him.

But Joseph recognized them immediately.

Think about that moment.

The people who had caused years of pain were suddenly standing within Joseph's reach.

He had the power to take revenge.

He had the authority to punish them.

No one would have questioned his decision.

Instead, Joseph did something remarkable.

He chose a different path.

But notice what he didn't do.

He didn't immediately announce who he was.

He didn't immediately restore the relationship as if nothing had happened.

He didn't ignore the past.

He tested their hearts.

Joseph wanted to know whether they had changed.

Years earlier, they had abandoned one brother without remorse.

Now, would they abandon another?

As the story unfolds, Joseph watched them protect Benjamin instead of sacrificing him.

He saw humility where there had once been pride.

He saw repentance where there had once been cruelty.

He saw compassion where there had once been jealousy.

Only then did Joseph reveal his identity.

This part of the story has taught me so much.

Joseph's forgiveness came before reconciliation.

His wisdom guided reconciliation.

Both mattered.

Sometimes people say,

"If you've really forgiven them, you should trust them again immediately."

Joseph's story says otherwise.

Trust is built over time.

Trust grows where repentance, honesty, and consistent change are present.

Forgiveness can be offered in a moment.

Trust is earned through faithful living.

That truth brought tremendous freedom into my own life.

I realized I could release bitterness without abandoning wisdom.

I could pray for people who had hurt me without pretending everything was suddenly healthy.

I could genuinely want God's best for someone while recognizing that the relationship might need new boundaries.

That isn't unforgiveness.

That is discernment.

There is another beautiful lesson in Joseph's story.

When Joseph finally spoke to his brothers, he said,

"You intended to harm me, but God intended it for good..." (Genesis 50:20, NIV)

Notice what Joseph did not say.

He didn't call evil good.

He didn't deny that he had been hurt.

He acknowledged the wrong honestly.

Then he proclaimed something even greater.

God's purpose was stronger than human sin.

That verse has become an anchor for me.

People's choices are real.

Pain is real.

Betrayal is real.

But none of those things are greater than God's ability to redeem.

Redemption does not erase the wound.

It gives the wound a new ending.

Friend, perhaps someone has wounded you deeply.

Maybe they have apologized.

Maybe they haven't.

Maybe reconciliation is possible.

Maybe it isn't.

Whatever your situation, remember Joseph.

His heart was free from bitterness.

His mind remained full of wisdom.

His hope remained rooted in God.

That is the kind of forgiveness Christ invites us into.

A forgiveness that releases revenge.

A wisdom that exercises discernment.

A faith that believes God can redeem what people meant for harm.

And a heart that refuses to let yesterday's pain define tomorrow's purpose.

Forgiveness releases the past.

Wisdom protects the future.

*You can extend grace without abandoning
discernment.*

You can love without ignoring truth.

*You can forgive without pretending trust no longer
matters.*

*Ask God to help you walk in both compassion and
wisdom today.*

The Day I Learned That Forgiveness Was for Me Too

My Personal Journey

There was a time when I believed forgiveness was something I gave to other people.

I thought it was for their benefit.

I thought it meant releasing them so they could move forward.

What I didn't realize was that God was inviting me into freedom too.

For a long time, I carried wounds that were heavier than I admitted.

Some came from broken relationships.

Some came from disappointments I never expected.

Some came from dreams that ended differently than I had planned.

And some came from questions that only God could answer.

I loved deeply.

I prayed faithfully.

I hoped repeatedly.

Yet there were seasons when I found myself carrying hurt into each new day.

Outwardly, I smiled.

I worked.

I served.

I encouraged other people.

But inwardly, there were places in my heart that still needed healing.

I didn't want revenge.

I wasn't planning ways to get even.

But if I'm honest, I was still carrying the weight of what had happened.

I would replay conversations.

Wonder what I could have done differently.

Imagine different endings.

Search for explanations that never seemed to come.

Little did I know, every time I rehearsed the pain without releasing it to God, I was allowing yesterday to occupy today's peace.

One morning during prayer, the Holy Spirit gently impressed something on my heart.

"Sahar, you're asking Me to heal what you're still holding."

That sentence stopped me.

Not because God was condemning me.

But because He was lovingly revealing something I couldn't see on my own.

I had invited Jesus into many areas of my life.

But there were still rooms in my heart where I was clutching old hurts, hoping that one more thought, one more conversation, or one more answer would finally bring relief.

Instead, all it brought was exhaustion.

That day, I realized forgiveness wasn't about pretending the pain never existed.

It wasn't about saying what happened was acceptable.

It wasn't about forcing reconciliation before trust had been rebuilt.

Forgiveness was about opening my hands and placing every hurt into the hands of the only One who could carry it perfectly.

I remember praying something simple.

"Jesus, I don't want bitterness to become part of my story.

I don't want this pain to define me.

Help me release what I cannot change."

It wasn't dramatic.

There wasn't a flash of lightning.

The memories didn't instantly disappear.

But something shifted.

For the first time in a long time, I felt lighter.

Not because my circumstances had changed.

But because my heart had.

Over the weeks and months that followed, I noticed something beautiful.

The people who had once occupied so much space in my thoughts no longer controlled my peace.

I could pray for them sincerely.

I could wish them well without resentment.

I could trust God to handle justice far better than I ever could.

That doesn't mean every relationship was restored.

Some relationships remained distant.

Others came to a natural end.

And that was okay.

Because my healing was never dependent on every relationship returning to what it once was.

My healing was rooted in Christ.

That truth changed everything.

I also discovered that forgiveness isn't usually a one-time event.

Sometimes it's a daily decision.

There were mornings when old memories resurfaced.

Instead of allowing them to reopen the wound, I learned to bring them back to Jesus.

Again.

And again.

And again.

Not because forgiveness had failed.

But because healing often happens in layers.

Each time I surrendered the hurt, God replaced a little more fear with peace.

A little more sadness with hope.

A little more heaviness with freedom.

Looking back now, I can honestly say this:

Forgiveness did not erase my past.

It redeemed my future.

It made room for joy where bitterness once wanted to live.

It made room for peace where anxiety once lingered.

It made room for hope where disappointment had taken root.

Most importantly, it made more room for Jesus.

Friend, perhaps you've been waiting for someone else to change before allowing your own heart to heal.

Can I lovingly encourage you?

Don't postpone your freedom.

The person who hurt you may never fully understand the depth of your pain.

They may never apologize.

They may never acknowledge what happened.

But your healing does not have to wait for their response.

Jesus is ready to begin His work in your heart today.

Open your hands.

Release the burden.

Trust Him with justice.

Trust Him with the future.

Trust Him with your heart.

You don't have to carry what He has already invited you to lay at His feet.

And when you do, you'll discover what I did.

Freedom isn't found in holding on.

Freedom is found in surrendering everything to the One who has promised to make all things new.

Reflection Time

Is There Someone I Need to Release?

Take a few quiet moments before you answer these questions.

Don't rush.

Ask the Holy Spirit to search your heart with gentleness.

Remember, conviction leads us toward freedom, not condemnation.

God isn't asking you to relive every painful moment.

He's inviting you to release every burden you've been carrying alone.

REFLECTION QUESTIONS

1 Is there someone I need to forgive?

Write their name if you're comfortable.

If not, simply describe the situation.

Be honest.

God already knows the story.

2. What emotions surface when I think about this person?

Is it anger?

Sadness?

Fear?

Disappointment?

Grief?

Confusion?

Don't judge your emotions.

Simply acknowledge them before God.

Healing often begins when we stop pretending.

3. Have I confused forgiveness with reconciliation?

Ask yourself honestly:

Have I believed that forgiving someone meant I had to ignore wisdom?

Have I felt guilty for maintaining healthy boundaries?

What is God teaching me about the difference?

4. What burden have I been carrying that belongs to God?

Perhaps you've been carrying:

- The responsibility to change someone.
- The desire for revenge.
- The need for an apology.
- The pressure to fix every relationship.
- The fear of moving forward.

Write those burdens down.

Then picture yourself placing them into Jesus' hands.

5. What would freedom look like for me?

Imagine waking up tomorrow without bitterness weighing on your heart.

How would you think differently?

How would you pray differently?

How would you love differently?

Ask God to begin that work in you today.

Freedom in Practice

The Open Hands Exercise

Find a quiet place.

Open both of your hands in front of you.

Imagine each hurt, disappointment, betrayal, and unanswered question resting in your palms.

Don't rush this moment.

One by one, silently name each burden before the Lord.

Then pray:

"Jesus, these hurts are too heavy for me to carry. I release them into Your hands. Teach me to walk in forgiveness without abandoning wisdom. Guard my heart from bitterness, and fill it with Your peace. Amen."

Keep your hands open for a few moments.

Notice the posture.

Open hands cannot cling tightly to pain.

Open hands are ready to receive God's peace.

Whenever old hurts return, repeat this simple exercise.

Let your hands remind your heart that you no longer have to carry what you've surrendered to Christ.

PRAYER

Father,

Thank You for forgiving me through Jesus Christ.

Your mercy has changed my life.

Today I choose to extend that same mercy to others.

Not because what happened was acceptable.

Not because trust has automatically been restored.

But because I refuse to let bitterness take root in my heart.

Help me forgive those who have wounded me.

Help me bless those who have spoken against me.

Help me pray for those who have disappointed me.

At the same time, give me wisdom.

Teach me healthy boundaries.

*Help me recognize genuine repentance.
Lead me by Your Spirit in every relationship.
Protect my heart from resentment.
Protect my mind from endless replaying of the past.
Fill every wounded place with Your healing presence.
Thank You that my freedom is found in You.
In Jesus' name,
Amen.*

*Forgiveness is not pretending the wound never
happened.
Forgiveness is releasing the right to revenge and
trusting God with justice.
Wisdom is not the opposite of forgiveness.
Wisdom protects what God is healing.
Walk in both grace and truth.*

*Today I choose freedom over bitterness.
I release every offense into God's hands.
I will forgive as Christ has forgiven me.
I will walk in wisdom without guilt.
I refuse to allow yesterday's pain to determine
tomorrow's peace.
God is healing my heart.
God is renewing my mind.
God is leading my steps.
My future belongs to Him.*

Today, I choose freedom.

FREEDOM NOTES

From My Heart to Yours

If you've struggled with forgiveness, I want you to know something.

You're not failing because healing takes time.

Some wounds are deep.

Some betrayals leave lasting scars.

God understands that.

He is patient with you.

Don't measure your progress by whether painful memories still appear.

Measure it by what you do when they appear.

Do you return to bitterness?

Or do you return to Jesus?

Every time you bring your hurt back to Him, you're choosing freedom again.

That is spiritual growth.

One day you'll realize the people who once occupied your thoughts every hour now rarely cross your mind.

Not because you forced yourself to forget.

But because Jesus gently filled those spaces with His peace.

That is what He wants for you.

Keep walking.

Keep trusting.

Keep surrendering.

He's doing more than you can see.

With love,

Sahar

Sit With Jesus

Close your eyes.

Take a slow breath.

Picture yourself standing before the cross.

In your hands is every hurt you've been carrying.

One by one, place each burden at the feet of Jesus.

Watch Him receive them with compassion.

Hear Him whisper:

"You don't have to carry this anymore."

Remain there for a few moments.

Let His peace settle over your heart.

When you're ready, quietly say:

| *"Jesus, I trust You with my heart."*

Open your eyes.

Walk forward knowing that the One who carried the cross is more than able to carry what you've surrendered today.



Jesus, teach me to forgive with love and to walk with wisdom.

DAY 4

Four

Becoming Who God Created You to Be

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

2 CORINTHIANS 5:17 (NIV)

A Moment of Honesty

Have you ever looked in the mirror and wondered...

"Who am I now?"

Pain has a way of changing us.

Sometimes in good ways.

Sometimes in painful ways.

Maybe you've survived heartbreak.

Maybe you've walked through betrayal.

Maybe you've experienced disappointment that reshaped your life.

And now you're standing in a place you never expected, wondering what comes next.

Perhaps you've even asked God,

"Who am I after everything that's happened?"

If you've ever asked that question, you're not alone.

Many people spend so much time trying to recover who they used to be that they miss who God is creating them to become.

Healing is not about returning to the person you were before the pain.

Healing is about allowing God to shape you into the person He has always known you could become.

That truth changed everything for me.

PRAYER

Father,

Thank You for being the God who makes all things new.

Sometimes I miss the person I used to be.

Sometimes I grieve the dreams that didn't unfold the way I imagined.

But today I choose to trust that You are still writing my story.

Help me release the version of myself that no longer exists.

Teach me to embrace the person You are shaping me into.

Transform my heart.

Renew my mind.

Lead me into the purpose You prepared for me long before I understood it.

In Jesus' name,

Amen.

God Doesn't Waste Pain

One of the greatest lies we can believe is that pain has ruined God's plan for our lives.

The enemy would love for us to believe that our failures, losses, or disappointments have permanently disqualified us.

But Scripture tells a different story.

Again and again, God takes broken things and creates something beautiful.

Moses carried the weight of failure before God called him to lead Israel.

Rahab had a painful past before she became part of the family line of Jesus.

Peter denied Christ, yet Jesus restored him and entrusted him with caring for His people.

Paul persecuted Christians before becoming one of the greatest missionaries in history.

Notice the pattern.

God didn't ignore their past.

He redeemed it.

He transformed it into a testimony of His grace.

That same God is at work in your life.

Your pain is real.

Your losses matter.

Your tears have meaning.

But they do not have the final word.

God does.

There is a difference between being wounded and becoming defined by your wounds.

Wounds are experiences.

Identity is who God says you are.

The enemy wants your identity to be built on your worst day.

God wants your identity to be rooted in Christ.

You are not your biggest mistake.

You are not someone else's opinion of you.

You are not the betrayal you endured.

You are not the dream that fell apart.

If you belong to Christ, your identity begins and ends with Him.

That means every day you have a choice.

Will I define myself by what happened to me?

Or by what God says about me?

Healing begins to deepen when we stop introducing ourselves by our wounds and start living from our identity as God's beloved children.

That doesn't mean forgetting the past.

It means refusing to let the past become your primary identity.

Friend, perhaps you've been asking,

"Will I ever feel like myself again?"

May I lovingly offer a different question?

"What if God is inviting me to become someone even stronger, wiser, and more compassionate than I was before?"

Not because the pain was good.

But because God is good.

And He has always specialized in bringing beauty from ashes.

The cross itself is the greatest example.

What looked like defeat became the greatest victory in history.

If God can bring resurrection from a cross, He can certainly bring hope from the places where your heart has been broken.

So don't lose heart.

The chapter you're living today is not the end of your story.

The Author is still writing.

And He has never abandoned a story halfway through.

Bible Study

Gideon: Seeing Yourself the Way God Sees You

Primary Scripture: Judges 6:11-16 (NIV)

If you've ever struggled to believe God could still use you after disappointment, Gideon's story is for you.

When we first meet Gideon, he isn't standing boldly before an army.

He isn't leading a nation.

He isn't living like a mighty warrior.

He's hiding.

The Midianites had oppressed Israel for years. They stole crops, destroyed livelihoods, and filled God's people with fear. Gideon was threshing wheat in a winepress, not because it was the proper place to do it, but because he was trying to stay out of sight.

He was surviving.

Perhaps you know what that feels like.

Maybe life has left you hiding too.

Not necessarily behind walls, but behind fear.

Behind disappointment.

Behind self-doubt.

Behind the belief that you'll never be who you once were.

Then something remarkable happened.

The Angel of the Lord appeared to Gideon and said,

"The Lord is with you, mighty warrior." -Judges 6:12 (NIV)

Imagine hearing those words while feeling anything but strong.

Gideon looked at himself and saw fear.

God looked at Gideon and saw purpose.

Gideon saw limitations.

God saw potential.

Gideon saw weakness.

God saw a man He would empower.

This is one of the beautiful truths woven throughout Scripture:

God often calls us according to who He is shaping us to become, not merely who we appear to be today.

That doesn't mean God ignored Gideon's fear.

In fact, Gideon openly admitted it.

He questioned.

He doubted.

He asked for reassurance.

Yet God met him with patience.

God didn't shame Gideon for being afraid.

He invited him to trust.

Many of us spend years speaking over ourselves with words God never said.

"I'm damaged."

"I'm too old."

"I'm too broken."

"I'll never recover."

"I'll never trust again."

"I'll never fulfill my purpose."

But those aren't God's words.

God's Word says that in Christ you are loved, redeemed, forgiven, chosen, and made new.

Healing begins when we stop allowing our pain to name us.

Only our Creator has the authority to define our identity.

That doesn't happen overnight.

Gideon didn't suddenly become fearless after one conversation.

He grew in faith as he walked with God.

Likewise, your confidence doesn't come from pretending you have no fear.

It comes from remembering that God walks with you through it.

The same God who called Gideon also promises to be with His people today.

Your future isn't built on your strength alone.

It's built on God's faithfulness.

Friend, perhaps you've been looking in the mirror and seeing only your disappointments.

Can I encourage you to look through the eyes of Scripture instead?

You are not simply what you've survived.

You are someone deeply loved by God.

Someone He is still shaping.

Someone He still calls.

Someone He still has a purpose for.

When God looks at you, He sees the masterpiece He is continuing to form through His grace.

*Your circumstances do not define your identity.
Your fears do not determine your future.
God's calling is not cancelled by your past.
He is still writing your story, and His grace is greater
than your greatest disappointment.*

My Story

When I Stopped Letting My Past Introduce Me

There was a season in my life when I didn't realize how much my past was shaping the way I saw myself.

If someone had asked me who I was, I probably wouldn't have listed my accomplishments first.

Instead, I would have quietly thought about my disappointments.

The relationships that ended.

The prayers that seemed unanswered.

The mistakes I wished I could undo.

The dreams that unfolded differently than I imagined.

Even though I loved God, there were still moments when I allowed those experiences to become louder than His promises.

I wasn't saying those things out loud.

But I was believing them.

Every painful memory seemed to whisper a new identity.

"You're the one who was hurt."

"You're the one who failed."

"You're the one who lost."

"You're the one whose life didn't turn out the way you expected."

The enemy has a way of taking our experiences and trying to turn them into our identity.

But experiences are not identity.

They are chapters.

Identity belongs to the Author.

One morning during my quiet time with the Lord, I found myself reading 2 Corinthians 5:17:

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here."

I had read that verse many times before.

But that morning, it felt personal.

I sensed the Holy Spirit asking me a simple question:

"Whose words have you believed more, Mine or your past?"

That question stayed with me.

I realized I had spent years remembering what people had said about me,
while forgetting what God had already declared about me.

God called me forgiven.

I still called myself guilty.

God called me loved.

I still questioned my worth.

God called me His daughter.

I still introduced myself by my wounds.

No wonder my heart felt weary.

I was trying to live a new life while wearing old labels.

That day I began a new practice.

Whenever an old lie surfaced, I answered it with God's truth.

When fear said,

"You're alone,"

I answered with,

"The Lord will never leave me nor forsake me."

When shame whispered,

"You're not enough,"

I answered,

"My sufficiency is found in Christ."

When disappointment told me,

"Your best days are behind you,"

I answered,

"The One who began a good work in me will carry it on to completion."

Little by little, my thinking began to change.

Not because my past disappeared.

But because God's truth became louder.

I discovered that healing isn't just about recovering from what happened.

It's about renewing the way we think.

The more time I spent in God's Word, the less authority the old labels had over my life.

Eventually, I stopped introducing myself by what I had survived.

Instead, I began introducing myself by whose I am.

I belong to Jesus.

That single truth changed everything.

It didn't erase grief.

It didn't remove every scar.

But it gave those scars a new story.

Instead of reminding me only of pain, they became reminders of God's faithfulness.

Today, when I look back over my life, I don't see a collection of failures.

I see evidence of God's grace.

I see prayers He answered in ways I never expected.

I see doors He closed to protect me.

I see lessons He patiently taught me.

Most of all, I see a Savior who never walked away from me, even when I struggled to see myself the way He did.

Friend, perhaps you've been carrying labels that God never gave you.

Maybe someone else's words still echo in your heart.

Maybe you've allowed your worst day to become your identity.

Can I remind you of something?

Jesus didn't go to the cross so you could spend the rest of your life defined by your past.

He came to give you a new identity.

A new beginning.

A new heart.

A new future.

You are not what happened to you.

You are not every mistake you've made.

You are not every painful chapter you've lived through.

If you are in Christ, you are His.

And nothing, not your past, not your failures, not your disappointments, can separate you from His love.

That's the identity worth holding onto.

That's the identity worth living from.

And that's the freedom Jesus has been inviting you into all along.

Reflection Time

Who Does God Say I Am?

Before you answer these questions, take a moment to be still.

Ask the Holy Spirit to reveal anything you've believed about yourself that doesn't agree with God's Word.

Don't be afraid of what He shows you.

God never reveals a lie without offering His truth.

REFLECTION QUESTIONS

1 What labels have I been carrying that God never gave me?

Perhaps you've believed...

"I'm a failure."

"I'm unlovable."

"I'm too broken."

"I'll never change."

"I'm not enough."

"I'm damaged beyond repair."

Write every label that comes to mind.

Now ask yourself:

Did God say this...or did my pain?

2. What does Scripture say about my identity?

Open your Bible.

Read slowly.

Write down every truth that speaks to your heart.

Examples include:

- I am a child of God. (John 1:12)
 - I am a new creation. (2 Corinthians 5:17)
-

- I am chosen. (Ephesians 1:4)
- I am forgiven. (Colossians 1:13–14)
- I am deeply loved. (Romans 5:8)
- I am God's workmanship. (Ephesians 2:10)
- I am never alone. (Hebrews 13:5)

Circle the truth you need most today.

3. What lie has been shaping my decisions?

Sometimes the lies we believe quietly influence everything.

Perhaps you've avoided new relationships because you believed you were unworthy of love.

Perhaps you've hidden your gifts because you believed you had nothing to offer.

Perhaps you've remained stuck because you believed your past determined your future.

Ask God to expose every lie with His truth.

4. How would my life change if I truly believed what God says about me?

Imagine waking up tomorrow fully convinced that you are loved by God.

Chosen.

Forgiven.

Accepted.

Secure.

How would you speak differently?

Pray differently?

Love differently?

Serve differently?

Dream differently?

Write your thoughts.

5. What is one new identity statement I will carry this week?

Choose one.

Write it somewhere you'll see it every day.

Examples:

"I am God's beloved child."

"I am forgiven."

"I am being transformed."

"My past is not my identity."

"Jesus defines me."

Repeat it every morning this week.

Let God's truth become more familiar than your fears.

Freedom in Practice

Trading Lies for Truth

Draw two columns in your journal.

Title the first:

The Lies I've Believed

Title the second:

God's Truth

Now begin replacing every lie with Scripture.

For example:

Lie: I'm too broken.

Truth: God is making me new. (2 Corinthians 5:17)

Lie: I'll never change.

Truth: God is transforming me into the likeness of Christ. (2 Corinthians 3:18)

Lie: My past ruined my future.

Truth: God works for the good of those who love Him. (Romans 8:28)

Lie: I'm alone.

Truth: God will never leave me nor forsake me. (Hebrews 13:5)

Continue writing until every lie has a biblical answer.

Whenever those old thoughts return, don't argue with them.

Answer them with God's Word.

Jesus did this when He was tempted in the wilderness.

We can do the same.

PRAYER

Father,

Thank You for loving me before I ever understood how much I needed You.

Thank You for calling me Your child through Jesus Christ.

Forgive me for believing words that do not come from You.

Today I lay down every false label.

I release every identity rooted in fear, shame, failure, or rejection.

Teach me to see myself the way You see me.

Renew my mind through Your Word.

Help me recognize the lies of the enemy and answer them with Your truth.

When I forget who I am, remind me that my identity is secure in Christ.

Thank You that You are still shaping me.

Thank You that my story is not over.

Thank You that Your grace is greater than my past.

I receive the identity You have lovingly given me.

In Jesus' name,

Amen.

Your identity is not determined by your past.

It is anchored in Christ.

People may remember who you were.

God sees who you are becoming.

Live from His truth, not yesterday's labels.

Today I choose to believe God's Word over my fears.

I am a child of God.

I am loved.

I am forgiven.

I am chosen.

I am being transformed every day by His grace.

My past does not define me.

My failures do not own me.

My wounds do not name me.

Jesus is my identity.

His truth is my foundation.

His love is my security.

Today I will walk confidently as God's beloved child.

FREEDOM NOTES

From My Heart to Yours

For many years, I thought confidence came from achieving more, proving myself, or earning approval.

But the deepest confidence I've ever experienced came from resting in who God says I am.

There will always be voices trying to define you.

Some will come from your past.

Some from other people.

Some even from your own thoughts.

But there is one voice that matters above every other.

The voice of your Heavenly Father.

Learn to recognize it.

Spend time in His Word.

Listen for His truth.

When you do, you'll begin to notice something beautiful.

The old labels lose their power.

Not because you've become perfect.

But because you've become convinced that Jesus' opinion matters more than anyone else's.

That kind of confidence doesn't produce pride.

It produces peace.

And peace is one of the greatest gifts God longs to give His children.

With love,

Sabar

Sit With Jesus

Find a quiet place.

Close your eyes.

Take a slow breath.

Imagine Jesus standing before you.

In His hands are small pieces of paper.

Each one has a false label written on it:

"Failure."

"Rejected."

"Unworthy."

"Broken."

"Worthless."

Watch Him gently remove those labels.

Now imagine Him placing new ones in your hands.

"Beloved."

"Forgiven."

"Chosen."

"Redeemed."

"Mine."

Hold those words close.

Whisper them slowly.

Let them sink deep into your heart.

Remain with Jesus for a few quiet moments.

Allow His truth to become louder than every lie you've believed.

When you're ready, open your eyes.

Carry His identity with you today.



Jesus, help me see myself through Your eyes and live from Your truth.

DAY 5

Five

Your Story Still Has Purpose

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

2 CORINTHIANS 1:3-4 (NIV)

A Moment of Honesty

Have you ever wondered...

"Can God really use someone like me?"

Maybe you've looked at your past and thought,

"If people knew everything I've been through, they would never listen to me."

Or perhaps you've believed that your mistakes disqualified you from making a difference.

Many of us quietly believe that God only uses people with perfect stories.

But when we open the Bible, we discover something entirely different.

God specializes in using ordinary people with imperfect stories.

Abraham struggled with fear.

Moses doubted his ability.

David experienced failure.

Peter denied Jesus.

Paul persecuted Christians before becoming one of the Church's greatest missionaries.

Their pasts did not become their qualifications.

God's grace did.

Perhaps you've been asking God to erase your story.

What if, instead, He wants to redeem it?

Not so your pain becomes your identity.

But so His faithfulness becomes your testimony.

PRAYER

Father,

Thank You for never wasting the work You do in our lives.

*Thank You that Your grace reaches into our broken places and brings
healing, hope, and new life.*

Sometimes I wonder if my past has disqualified me.

Sometimes I question whether my story could ever encourage someone else.

Today I choose to believe that You are the God of redemption.

Take every lesson You've taught me.

*Every tear You've collected.
Every place You've healed.
Use it for Your glory.
Help me never point people to myself.
Help me always point them to Jesus.
May my life become a testimony of Your faithfulness.
In His name I pray,
Amen.*

God Doesn't Waste What He Redeems

One of the most beautiful truths in Scripture is that God is a Redeemer.

A redeemer doesn't pretend something broken never existed.

A redeemer restores.

He brings new life where there once was loss.

He brings hope where despair once lived.

He brings purpose where people only see pain.

Think about Joseph.

The pit became part of his testimony.

Think about Ruth.

Her season of grief became part of God's larger story of redemption.

Think about Peter.

His failure became part of the testimony of God's restoring grace.

None of these men and women were defined by their lowest moments.

Neither are you.

When God redeems our lives, He doesn't erase our history.

He transforms the meaning of it.

The places where you once cried may become the places where you now encourage someone else.

The prayers you once prayed through tears may become the words that strengthen another believer.

The lessons God patiently taught you may become exactly what someone else needs to hear.

Notice that this doesn't mean we rush to tell every painful detail.

Wisdom matters.

Discernment matters.

Not every part of your story belongs in every conversation.

But when God opens a door, your testimony can become a powerful reminder that He is still at work in the lives of His children.

The goal is never to make much of ourselves.

The goal is to make much of Jesus.

People don't need to see how strong we are.

They need to see how faithful He is.

That's the heart of every testimony.

Not,

"Look what I did."

But,

"Look what God has done."

Friend, maybe you're still in the middle of your healing.

That's okay.

You don't have to have every chapter figured out before God begins using you.

Sometimes the most powerful words we can say are,

"I'm still walking this journey, but Jesus has been faithful every step of the way."

There is humility in that.

There is hope in that.

And there is room for God to receive all the glory.

Your story still has purpose.

Not because your pain was good.

But because your God is good.

He is able to bring light into dark places.

Hope into hopeless places.

Healing into wounded places.

And when He does, someone else may discover that the same Savior who met you is ready to meet them too.

Your story is not the hero.

Jesus is.

Your testimony simply points people to Him.

Bible Study

The Samaritan Woman: When Your Story Points to Jesus

Primary Scripture: John 4:1-42 (NIV)

One of the most beautiful stories in the Gospels is found at a simple well.

Jesus was traveling through Samaria when He stopped to rest.

Around noon, a woman came to draw water.

On the surface, it looked like an ordinary meeting.

But Heaven had arranged a divine appointment.

This woman carried more than a water jar.

She carried shame.

Loneliness.

Disappointment.

Broken relationships.

Questions about worship and God.

She likely expected another ordinary day.

Instead, she met Jesus.

What amazes me most about this story is not that Jesus knew her past.

It's that He loved her completely while knowing it.

Jesus spoke truth with compassion.

He didn't ignore her history.

Neither did He define her by it.

He offered her something she had been searching for her entire life:

Living water.

He told her that whoever drinks the water He gives will never thirst in the same way again.

He wasn't speaking about physical water.

He was speaking about the life, hope, and satisfaction found in Him.

Like many of us, this woman had been searching for fulfillment in places that could never fully satisfy.

Jesus lovingly redirected her heart toward the only source that truly could.

Then something remarkable happened.

She left her water jar behind.

That detail might seem small at first.

But I think it tells us something important.

The reason she came to the well no longer mattered as much as the Person she had just met.

The woman who arrived carrying shame walked away carrying hope.

And what did she do next?

She went back to her town and said,

"Come, see a man who told me everything I ever did. Could this be the Messiah?" -John 4:29 (NIV)

Notice what she didn't say.

She didn't claim to have all the answers.

She didn't pretend to know everything about theology.

She didn't make herself the center of the story.

She simply pointed people to Jesus.

That is the beauty of a testimony.

It isn't about proving how much we know.

It's about inviting others to meet the One who changed us.

Many people in her town believed because of her invitation.

Later, after hearing Jesus for themselves, they declared that they now believed because they had encountered Him personally.

I love that.

Her testimony opened the door.

Jesus transformed their hearts.

That's the proper order.

Our stories may introduce people to Christ.

Only Christ can save them.

Friend, perhaps you've wondered whether your story matters.

Maybe you feel your past is too complicated.

Too messy.

Too painful.

Remember the Samaritan woman.

Jesus didn't wait until every part of her life was perfectly in order before using her to point others toward Him.

He met her where she was.

He changed her heart.

And her life became an invitation for others to come and see.

The same is true for us.

We don't need perfect lives to tell people about a perfect Savior.

We simply need honest hearts.

Humble spirits.

And a willingness to say,

"Come and see what Jesus has done in my life."

That invitation has changed lives for more than two thousand years.

It still does today.

When your testimony points people to Jesus instead of yourself, your story becomes a window through which others can see His grace.

And that's exactly what every testimony is meant to be.

Your testimony is not about proving your strength.

It is about proclaiming God's faithfulness.

You don't have to know everything.

You don't have to have every answer.

Simply point people to Jesus.

He is still changing lives, one heart at a time.

My Story

The Day I Realized My Pain Could Become Someone Else's Hope

For many years, I thought the hardest parts of my life were chapters I would rather forget.

If someone had asked me what I wanted God to do with those memories, I probably would have answered,

"Erase them."

I didn't want to revisit the pain.

I didn't want to remember the disappointments.

I certainly didn't imagine talking about them one day.

Like many people, I believed healing meant leaving the past behind forever.

But God began teaching me something different.

Healing doesn't erase our story.

Healing changes the way we carry it.

There came a season when people began sharing their own struggles with me.

Some were grieving broken relationships.

Some were overwhelmed with anxiety.

Some were carrying shame from decisions they regretted.

Others simply felt stuck.

As I listened, I realized something.

The encouragement God had given me during my own difficult seasons was becoming the very encouragement someone else needed to hear.

Not because I had all the answers.

But because I could honestly say,

"I've discovered that Jesus is faithful."

I didn't have to pretend that every wound had disappeared.

I didn't have to act as though I had never struggled.

I only needed to testify to what God had done, and was still doing, in my life.

That realization changed the way I viewed my story.

I stopped asking,

"Why did this happen to me?"

And I began asking,

"Lord, how can You use this for Your glory?"

That question opened my heart in a new way.

Instead of seeing only loss, I began seeing opportunities to encourage others.

Instead of focusing only on what had been taken from me, I began noticing what God was building within me.

Greater compassion.

Deeper patience.

A stronger dependence on Him.

A heart that wanted others to know the freedom found in Christ.

One day I realized that every lesson God had patiently taught me had become part of a larger testimony.

Not a testimony about my strength.

A testimony about His faithfulness.

That's why I write.

That's why I speak.

That's why I pray for people I may never meet.

Not because I believe I can fix anyone.

Only Jesus can do that.

My desire is simply to point people toward the One who met me in my own moments of weakness.

If someone finishes reading these pages and remembers my name but forgets Jesus, I've missed the point.

But if they finish this book loving Jesus more deeply, trusting Him more fully, and believing that freedom is possible through Him, then every page has served its purpose.

Friend, perhaps you're wondering whether your story has any value.

Maybe you've dismissed it because it doesn't seem extraordinary.

Can I encourage you?

You don't need a dramatic testimony to glorify God.

Sometimes the greatest testimony is a quiet life faithfully surrendered to Christ.

Sometimes it's choosing forgiveness.

Sometimes it's trusting Him through unanswered questions.

Sometimes it's getting up one more day and believing His mercies are new every morning.

Those moments matter.

God sees every one of them.

Your testimony is not measured by how dramatic your past was.

It is measured by how faithfully God has walked with you.

And He has been faithful.

Even in seasons when you couldn't yet see it.

So don't hide what God has redeemed.

Share it with humility.

Share it with wisdom.

Share it when He opens the door.

Not so people will admire you.

But so they will discover the Savior who never stopped pursuing you.

That's the story worth telling.

That's the story I've dedicated my life to sharing.

And that's why these pages exist.

Because somewhere, someone is wondering if freedom is still possible.

With all my heart, I want them to know the answer is yes.

Not because of me.

Because of Jesus Christ.

Reflection Time

How Can God Use My Story?

Before you answer these questions, take a moment to thank God.

Thank Him for every place He has been faithful.

Thank Him for every prayer He has answered.

Thank Him for every season He has carried you through.

Even if you're still healing, pause long enough to recognize that God has never stopped walking beside you.

Now ask Him this simple prayer:

"Lord, show me how You want to use my life for Your glory."

Listen quietly.

REFLECTION QUESTIONS

1 Where have I seen God's faithfulness in my life?

Think back over the journey.

Not just the mountaintop moments.

Look for His faithfulness in the valleys.

Where has He comforted you?

Provided for you?

Protected you?

Strengthened you?

Write down every example you can remember.

2. What lesson has God been teaching me through this season?

Perhaps He has been teaching you:

To trust Him.

To forgive.

To wait patiently.

To let go.

To rest.

To depend on Him.

To love people with wisdom.

Every lesson has value.

3. Who might need encouragement from what God has taught me?

Pray about this question.

Perhaps it's:

A family member.

A friend.

A coworker.

Someone at church.

A neighbor.

Or perhaps someone you've never met yet.

Ask God to prepare your heart to serve with humility.

4. Am I pointing people toward myself, or toward Jesus?

When you share your story, what do you want people to remember?

Your strength?

Or God's faithfulness?

A healthy testimony always points beyond ourselves to Christ.

He is the Hero of every redeemed story.

5. What is one simple way I can encourage someone this week?

It doesn't have to be dramatic.

Perhaps you'll:

Call someone who is hurting.

Write an encouraging note.

Pray with a friend.

Volunteer at church.

Serve a neighbor.

Share a verse that has strengthened you.

Small acts of faithfulness often become God's greatest opportunities.

Freedom in Practice

Build Your Testimony Around God's Faithfulness

Take out your journal.

Write three short lists.

Before God met me in this season...

What was your struggle?

How were you feeling?

What questions were you asking?

Keep the focus honest, but brief.

While God was working...

What did He teach you?

How did Scripture encourage you?

How did He provide?

What changed in your heart?

Today...

How is your life different?

What truth anchors you now?

What hope do you have today because of Jesus?

When you read these three sections together, notice something.

The center of your testimony isn't your pain.

It's God's faithfulness.

That's the story people need to hear.

PRAYER

Father,

Thank You for never wasting what You redeem.

Thank You for meeting me in both joyful and difficult seasons.

Thank You for Your patience as You continue shaping my heart.

Use my life to bring glory to You.

Give me wisdom to know when to speak and when to remain silent.

Help me never share my story for attention.

Help me always share it to honor Jesus.

Open doors for me to encourage those who are weary.

Give me compassion for people who are hurting.

May my words always reflect Your truth, Your grace, and Your love.

If even one person comes to know You more deeply because of the work

You've done in my life, I will give You all the praise.

In Jesus' name,

Amen.

*God's faithfulness is the center of your testimony.
Your story has value because it points to His grace.
You don't have to be perfect to encourage someone.
You simply need to be willing to let God use what He
has redeemed.*

Today I choose to make much of Jesus.

My life belongs to Him.

My story belongs to Him.

My gifts belong to Him.

My future belongs to Him.

*I will not hide the work God has done in my life.
With humility and wisdom, I will encourage others with
the comfort I have received from Christ.
May every word I speak point people toward my
Savior.
He alone deserves the glory.*

FREEDOM NOTES

From My Heart to Yours

If you've ever wondered whether your life matters, let me answer that with confidence.

It does.

Not because the world measures success by popularity, influence, or accomplishments.

Your life matters because you are deeply loved by God.

Never underestimate the impact of a faithful life.

A quiet prayer.

A kind word.

A handwritten note.

A patient conversation.

A simple act of obedience.

God has used ordinary people throughout history to accomplish extraordinary things.

He still does.

Perhaps no one will ever know all the ways God uses your faithfulness.

That's okay.

He knows.

And that's enough.

Keep loving.

Keep serving.

Keep trusting.

Keep pointing people to Jesus.

One day you'll discover that seeds planted in quiet faithfulness often produced fruit you never had the chance to see.

Nothing done for Christ is ever wasted.

With love,

Sit With Jesus

Find a quiet place.

Close your eyes.

Picture yourself walking beside Jesus.

Notice that He isn't rushing you.

He simply smiles and asks,

"Will you trust Me with your story?"

Take a deep breath.

Picture yourself placing every chapter of your life into His hands.

The joyful chapters.

The painful chapters.

The confusing chapters.

The hopeful chapters.

Watch as He gently gathers them together.

He isn't ashamed of your story.

He is redeeming it.

Now hear Him say:

"Follow Me, and let your life reflect My love."

Remain with Him for a few quiet moments.

Rest in His presence.

When you're ready, open your eyes.

Walk into your day knowing that the Author of your story is also the One who walks beside you.



Jesus, let my life always point people to You.

DAY 6

Six

Learning to Hope Again

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”

ROMANS 15:13 (NIV)

A Moment of Honesty

Can I ask you something?

When was the last time you allowed yourself to hope?

Not simply wish.

Not pretend.

Not force positive thinking.

I mean genuine, God-centered hope.

For some people, that answer comes quickly.

For others, the question brings tears.

Maybe disappointment taught you to stop expecting good things.

Maybe unanswered prayers slowly convinced you that hoping only leads to heartache.

Maybe you've quietly built walls around your heart, believing it's safer not to dream than to risk being hurt again.

If that's where you are today, I want you to know something.

You're not weak for feeling that way.

Disappointment can make even the strongest believer hesitant.

The Bible is filled with people who wrestled with waiting, uncertainty, and questions.

Yet again and again, God invited them to hope, not because every circumstance changed immediately, but because He remained faithful.

Biblical hope is different from worldly optimism.

Optimism says,

"Everything will probably work out."

Biblical hope says,

"Whatever happens, God will remain faithful."

That distinction changes everything.

Our confidence is not rooted in perfect circumstances.

It is rooted in a perfect Savior.

PRAYER

Father,

You are the God of hope.

*Yet if I'm honest, there have been seasons when disappointment made hope
feel dangerous.*

I've been afraid to dream again.

Afraid to trust again.

Afraid to believe that You still have good things ahead.

Today I bring those fears to You.

Heal the places where disappointment has stolen my confidence.

Teach me to hope, not in circumstances, but in You.

Renew my vision.

Strengthen my faith.

*Help me believe that because You are faithful, I can face tomorrow with
courage.*

Fill my heart with the hope that only Your Spirit can give.

In Jesus' name,

Amen.

Hope Is Rooted in God's Character

Hope is not pretending everything is fine.

Hope is not ignoring pain.

Hope is not denying reality.

Christian hope looks reality in the face and still declares:

"God is with me."

That is why hope survives even the darkest valleys.

Our hope is not based on what we can predict.

It is based on who God is.

Scripture tells us that God is faithful.

He is good.

He is merciful.

He is unchanging.

His promises remain secure.

His love never fails.

Those truths do not change when life becomes difficult.

Imagine trying to build a house on shifting sand.

Every storm would threaten its foundation.

Now imagine building on solid rock.

Storms still come.

Rain still falls.

Winds still blow.

But the foundation remains.

Hope works the same way.

If our hope rests on circumstances, it rises and falls with every disappointment.

If our hope rests on God, it remains steady because He remains steady.

That doesn't mean every prayer is answered the way we expect.

It doesn't mean every loss is immediately restored.

It doesn't mean life suddenly becomes easy.

It means we never walk through those seasons alone.

One of the greatest gifts God gives His children is not certainty about tomorrow.

It is His presence today.

And His presence changes everything.

Friend, perhaps you've stopped praying certain prayers because you're afraid of being disappointed again.

Perhaps you've stopped dreaming because it feels safer.

Can I gently encourage you?

Don't allow past disappointments to become permanent expectations.

God may not always work in the ways we imagine.

But He is always working.

He is still writing your story.

He is still forming your character.

He is still drawing you closer to Himself.

And because He is faithful, hope is never wasted.

Not because everything will happen exactly as we planned.

But because every step we take with Christ is held securely in His loving hands.

Hope grows wherever trust grows.

So today, take one small step.

Pray again.

Dream again.

Serve again.

Love again.

Not because there is no risk.

But because your future rests in the hands of the God who never changes.

That is the kind of hope that carries us through every season.

It is not fragile.

It is anchored in Christ.

Bible Study

Abraham and Sarah: Hope That Waits on God

Primary Scriptures: Genesis 12-21; Romans 4:18-21; Hebrews 11:11-12
(NIV)

Have you ever felt like God gave you a promise...

...and then asked you to wait?

If so, you're in good company.

Abraham and Sarah knew what it meant to live between a promise and its fulfillment.

God called Abraham to leave his homeland and promised that he would become the father of a great nation.

It was an extraordinary promise.

There was only one problem.

Abraham and Sarah had no children.

As the years passed, the promise seemed more difficult to believe.

They grew older.

The waiting grew longer.

The questions became harder.

Perhaps they wondered:

"Did we misunderstand God?"

"Has He forgotten us?"

"Will this promise ever come to pass?"

Scripture doesn't hide their struggle.

In fact, it honestly records the moments when they tried to solve the problem in their own strength.

Fear and impatience led them to choices that brought pain to their family.

How comforting it is that the Bible tells the truth about God's people.

It doesn't pretend they were perfect.

It shows us that even people of great faith sometimes wrestled with doubt, impatience, and waiting.

Yet their failures did not cancel God's faithfulness.

God remained true to His word.

At the appointed time, Isaac was born.

Not because Abraham and Sarah had perfect faith.

But because God keeps His promises.

That is one of the greatest lessons we can learn from their story.

Our hope is sustained by God's character, not by the strength of our emotions.

Some days Abraham probably felt confident.

Other days he likely felt discouraged.

God's faithfulness did not fluctuate with Abraham's feelings.

And it does not fluctuate with ours.

Romans 4 tells us that Abraham, "against all hope, in hope believed."

What a remarkable phrase.

Against all hope...

From a human perspective, the situation appeared impossible.

In hope believed...

Because God's promises were greater than what Abraham could see.

Biblical hope often looks like continuing to trust when circumstances suggest giving up.

It means praying when answers seem delayed.

It means obeying when the path is unclear.

It means believing that God remains good even while we wait.

Waiting does not mean God is absent.

Waiting does not mean God has forgotten you.

Waiting does not mean His promises have failed.

Sometimes waiting is one of the ways God shapes our hearts to trust Him more deeply.

That doesn't make waiting easy.

It simply reminds us that waiting is never wasted when it is spent with God.

Friend, perhaps you've been waiting for healing.

Or wisdom.

Or reconciliation.

Or direction.

Or an answered prayer.

I don't know how your story will unfold.

But I do know this:

The same God who walked faithfully with Abraham and Sarah is walking faithfully with you.

His timing may not always match your expectations.

His ways may not always match your plans.

But His character has never changed.

Hope doesn't mean demanding a specific outcome.

Hope means confidently resting in the God whose love and faithfulness never fail.

Even if the journey is longer than expected.

Even if the answers come differently than imagined.

Even if the waiting continues for a season.

God is still worthy of your trust.

He has never broken a promise.

He has never abandoned His children.

He has never stopped working for His glory and the good of those who love Him.

That is the foundation upon which Christian hope stands.

Waiting is not wasted when you are walking with God.

*Hope is not measured by how quickly circumstances
change.*

*Hope grows as you remember the unchanging
faithfulness of God.*

*Today, choose to anchor your heart in His promises
rather than in your timetable.*

My Story

The Day I Chose to Hope Again

There was a season in my life when hope felt almost impossible.

Not because I had stopped believing in God.

But because disappointment had quietly settled into my heart.

I still prayed.

I still opened my Bible.

I still went through the motions of faith.

Yet if I'm honest, part of me had become afraid to expect anything good.

It felt safer not to hope.

After enough disappointments, hope can begin to feel dangerous.

If you don't expect anything, you can't be disappointed.

At least that's what I told myself.

Looking back now, I realize I wasn't protecting my heart.

I was protecting my fear.

Without realizing it, I had begun measuring God's future by my past experiences.

Every unanswered prayer made me hesitate.

Every closed door made me question whether I should keep dreaming.

Every painful chapter tempted me to believe that perhaps this was simply how life would always be.

Then one morning during my quiet time, I came across the words of Romans 15:13:

"May the God of hope fill you with all joy and peace as you trust in Him..."

Those words stopped me.

Not because they promised me an easy future.

But because they reminded me of something I had forgotten.

God isn't merely the giver of hope.

He is the God of hope.

Hope is rooted in who He is.

Not in what I can predict.

That realization changed the way I prayed.

Instead of asking,

"Lord, will everything work out the way I want?"

I began praying,

"Lord, help me trust You no matter how the story unfolds."

That prayer felt different.

It released me from trying to control tomorrow.

It invited me to rest in the God who already held tomorrow.

Slowly, I noticed my heart changing.

I began smiling again.

Laughing again.

Planning again.

Serving again.

Not because every problem had disappeared.

But because I had stopped believing that disappointment would always have the final word.

The more I remembered God's faithfulness in the past, the easier it became to trust Him with the future.

I began making a habit of writing down the ways God had cared for me.

Small answers to prayer.

Unexpected encouragement.

Moments of peace.

Scriptures that arrived exactly when I needed them.

Looking back at those reminders strengthened my faith during difficult days.

It reminded me that God's faithfulness wasn't something I imagined.

It was something I had experienced.

Perhaps the greatest lesson I learned was this:

Hope is not pretending the future will be free from hardship.

Jesus never promised that.

He promised His presence.

And His presence is enough.

Today, I still don't know everything the future holds.

There are still prayers I'm waiting to see answered.

There are still dreams I hold with open hands before God.

There are still moments when uncertainty whispers old fears.

But now I know where to take those fears.

I bring them to Jesus.

Again.

And again.

And again.

Because hope grows every time I remember who He is.

Friend, maybe you're standing where I once stood.

Tired.

Discouraged.

Afraid to hope again.

Can I encourage you with something God gently taught me?

Don't let yesterday's disappointments become tomorrow's expectations.

The God who has carried you this far has not stopped being faithful.

He is still writing your story.

He is still working in ways you cannot yet see.

He is still worthy of your trust.

Perhaps the future won't look exactly the way you've imagined.

Mine certainly didn't.

Yet I can honestly say that God's goodness has met me in ways I never expected.

Sometimes His greatest gifts arrived in different packages than I had prayed for.

Sometimes His protection looked like a closed door.

Sometimes His mercy looked like a delay.

Sometimes His love looked like teaching me to depend on Him more deeply.

Looking back, I wouldn't describe my journey as perfect.

I would describe it as redeemed.

And that has made all the difference.

So today, I choose hope.

Not because I know every chapter ahead.

But because I know the Author.

I know His heart.

I know His faithfulness.

And I know He has never once failed me.

That is enough reason to keep walking forward.

One step at a time.

With hope.

Reflection Time

Choosing Hope Every Day

Before you begin, take a few slow breaths.

Quiet your heart.

Ask the Holy Spirit to remind you of God's faithfulness.

Not just in the big moments.

But in the ordinary moments.

The daily bread.

The unexpected encouragement.

The strength to keep going.

Sometimes hope grows as we remember where God has already been faithful.

REFLECTION QUESTIONS

1 Where have I allowed disappointment to replace hope?

Be honest.

Have you stopped praying for something?

Stopped dreaming?

Stopped believing God could still work?

Write it down.

There is no shame in bringing your disappointment before the Lord.

2. How has God been faithful to me in the past?

Think carefully.

Remember the answered prayers.

The unexpected provision.

The comfort during grief.

The peace during uncertainty.

The people God placed in your life at just the right time.

Write as many examples as you can.

Gratitude often strengthens hope.

3. What am I trusting God with today?

Perhaps it's your family.

Your health.

Your future.

A difficult relationship.

A financial need.

A decision.

Write it down.

Now place it before the Lord in prayer.

4. What fear is making it difficult for me to hope?

Fear of disappointment?

Fear of rejection?

Fear of failure?

Fear of another loss?

Ask God to meet you honestly in that place.

Remember:

Courage is not the absence of fear.

It is choosing to trust God while fear is still present.

5. What promise from Scripture will I hold onto this week?

Choose one verse.

Write it somewhere visible.

Read it every morning.

Speak it over your life.

Allow God's promises to shape your expectations more than your circumstances do.

Freedom in Practice

Build a Hope Journal

Today, begin a journal called:

"God Has Been Faithful."

Each evening, write down three ways you saw God's faithfulness that day.

They don't have to be dramatic.

Perhaps it was:

A Scripture that encouraged you.

A kind conversation.

Strength for a difficult task.

Unexpected peace.

A beautiful sunrise.

A prayer answered.

Over time, your journal will become a reminder that God has been walking with you all along.

When discouragement comes, and it will, you'll have a written record of His faithfulness to return to.

Hope grows as we remember.

PRAYER

Father,

Thank You for being the God of hope.

*Thank You that Your faithfulness never changes, even when my
circumstances do.*

*Forgive me for the times I've allowed disappointment to become stronger
than my trust in You.*

Today I choose to place my hope in Your character.

Not in perfect outcomes.

Not in my own understanding.

But in Your unfailing love.

Teach me to remember Your goodness.

Strengthen me when I grow weary.

Renew my courage when fear tries to take over.

Help me trust You with tomorrow while faithfully living today.

Thank You for walking beside me in every season.

Thank You for never leaving me.

Thank You that my future is secure in Christ.

Fill my heart with hope that overflows into every part of my life.

In Jesus' name,

Amen.

Hope is not the absence of uncertainty.

*Hope is confidence in the God who remains faithful
through uncertainty.*

*Your future is safest in the hands of the One who
already knows it.*

Walk forward with confidence.

Not because you know every answer.

But because you know the One who does.

Today I choose hope.

I will not allow fear to define my future.

I will not allow disappointment to silence my faith.

My hope is anchored in Jesus Christ.

God has been faithful.

God is faithful.

God will remain faithful.

I trust His heart.

I trust His timing.

I trust His promises.

*No matter what today brings, I know I will never walk
alone.*

My future belongs to God.

And that is enough.

FREEDOM NOTES

From My Heart to Yours

If I could sit across from you with a cup of coffee today, I'd probably tell you this:

Please don't quit hoping.

I know disappointment can be exhausting.

I know waiting can feel endless.

I know unanswered questions can wear on your heart.

I've walked through those seasons too.

But I've also learned that God's faithfulness is often easiest to recognize when we look back.

There were prayers I thought He hadn't answered.

Years later, I realized He had answered them in wiser ways than I could have imagined.

There were closed doors that felt heartbreaking at the time.

Later, I saw His protection in them.

There were delays that frustrated me.

Later, I discovered He had been preparing me for something I wasn't yet ready to receive.

I don't understand every chapter of my story.

Perhaps I never will on this side of eternity.

But I know this:

The God who carried me yesterday will carry me tomorrow.

He will do the same for you.

So keep walking.

Keep praying.

Keep trusting.

Hope is not foolish when it is placed in Jesus.

With love,

Sabar

Sit With Jesus

Close your eyes.

Take a deep breath.

Picture yourself walking along a quiet path with Jesus.

The road ahead bends around a hill, and you can't see what is beyond it.

For a moment, that uncertainty feels familiar.

Then notice something.

Jesus is walking beside you.

He isn't asking you to know every turn in the road.

He is simply inviting you to trust Him for the next step.

Listen as He gently says,

"Do not let your heart be troubled. Trust in God; trust also in Me." (John 14:1)

Take His hand.

Walk with Him a little farther.

Feel the peace that comes from knowing you do not have to face the future alone.

When you're ready, open your eyes.

Carry that peace with you today.



Jesus, You are my hope today, tomorrow, and always.

DAY 7

Seven

Walking in Freedom Every Day

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

GALATIANS 5:1 (NIV)

A Moment of Honesty

Can I ask you one last question?

After everything you've read this week...

What will you do now?

Will these pages simply become another book you've finished?

Or will they become the beginning of a different way of living?

Freedom isn't found in reading about Jesus.

Freedom is found in walking with Him.

Every single day.

Some mornings you'll wake up full of joy.

Other mornings you'll still feel the weight of old memories.

Some days surrender will come easily.

Other days you'll need to release the same burden again.

That doesn't mean you've failed.

It means you're human.

Walking with Jesus has never been about perfection.

It's about relationship.

He isn't asking you to have everything figured out.

He is simply inviting you to keep taking the next faithful step.

One day at a time.

PRAYER

Father,

Thank You for walking with me through these past seven days.

Thank You for every truth You've planted in my heart.

Thank You for every place where You've brought healing.

Today I don't want this journey to end.

I want it to continue.

Teach me what it means to walk closely with You every day.

Help me surrender quickly.

Forgive freely.

Trust completely.

Love deeply.

*Serve faithfully.
And follow Jesus wholeheartedly.
May my life reflect the freedom You have given me through Christ.
Keep my heart close to Yours.
In Jesus' name,
Amen.*

Freedom Is a Daily Walk

Sometimes we imagine freedom as a destination.

We think,

"One day I'll arrive, and I'll never struggle again."

But Scripture paints a different picture.

Freedom is not a finish line.

It is a way of walking.

The Apostle Paul encouraged believers to stand firm in the freedom Christ had already given them.

Why?

Because he knew there would always be temptations to return to old ways of thinking.

Old fears.

Old patterns.

Old wounds.

Old lies.

Freedom is choosing, day after day, to believe what God says is true.

It is waking up each morning and saying,

"Jesus, today I belong to You."

Some days that prayer will feel effortless.

Other days you'll pray it through tears.

Both are acts of faith.

Walking in freedom doesn't mean temptation disappears.

It doesn't mean grief never visits again.

It doesn't mean you'll never have another difficult season.

It means you now know where to take every burden.

Back to Jesus.

Again.

And again.

And again.

That's not weakness.

That's discipleship.

As you continue following Christ, you'll notice something beautiful.

The things that once controlled your heart begin to lose their grip.

Fear gives way to trust.

Bitterness gives way to forgiveness.

Shame gives way to grace.

Hopelessness gives way to hope.

Not because of your own strength.

But because the Holy Spirit is faithfully transforming you from the inside out.

That transformation often happens quietly.

Almost imperceptibly.

Until one day you realize...

The burden that once consumed your thoughts no longer defines your days.

The wound that once felt unbearable has become a testimony of God's faithfulness.

The person who once felt trapped is now walking in peace.

That is the work of God's grace.

Friend, if you remember only one thing from this entire book, let it be this:

Jesus never asked you to carry your life alone.

He has always invited you to walk with Him.

Every prayer.

Every tear.

Every victory.

Every disappointment.

Every question.

Every joy.

He is present in them all.

And because He is with you, you never walk alone.

So keep walking.

One prayer at a time.

One act of obedience at a time.

One surrendered day at a time.

Freedom is not found in striving harder.

Freedom is found in staying close to Jesus.

That is the invitation He extends to every one of us.

Today.

Tomorrow.

And for the rest of our lives.

Final Blessing

A Letter From My Heart to Yours

If you've read every page of this book, I first want to say...

Thank you.

Thank you for trusting me enough to walk this seven-day journey together.

More importantly, thank you for allowing God to meet you wherever you are.

My prayer has never been that you would finish this book with all the answers.

My prayer has been that you would finish it knowing the One who holds every answer more deeply than before.

As we've walked through these seven days, we've talked about surrender.

We've talked about trust.

We've talked about forgiveness.

We've talked about identity.

We've talked about purpose.

We've talked about hope.

And finally, we've talked about walking daily with Jesus.

Perhaps some pages made you smile.

Perhaps others made you cry.

Perhaps certain chapters reminded you of people, places, or seasons you thought you had left behind.

If that's true, I pray those memories have become places where God's healing can continue to work.

Remember this:

Healing is rarely instant.

Most often, it is a lifelong journey of returning to Jesus.

Again.

And again.

And again.

Don't become discouraged if some days feel harder than others.

Growth isn't always dramatic.

Sometimes it looks like choosing to pray instead of panic.

Choosing forgiveness instead of resentment.

Choosing truth instead of lies.

Choosing hope instead of fear.

Choosing Jesus one more time.

Those small choices matter.

Over time, they shape our hearts more than we realize.

If you find yourself struggling again months from now, don't think you've failed.

Simply come back to Jesus.

His mercy will still be new.

His grace will still be sufficient.

His love will still be unfailing.

The same Savior who met you today will still be waiting for you tomorrow.

One of the greatest lessons God has taught me is this:

Freedom isn't about reaching a place where we no longer need Him.

Freedom is discovering the joy of needing Him every day.

That's the life I want.

Not a life built on my own strength.

Not a life free from every challenge.

But a life deeply rooted in Christ.

My prayer for you is simple.

May you know the love of God more deeply than ever before.

May His peace guard your heart.

May His wisdom guide your decisions.

May His Word become your daily foundation.

May His Spirit strengthen you when you feel weak.

May your home be filled with His presence.

May your relationships reflect His grace.

May your testimony always point people toward Jesus.

May you continue growing into the person He created you to be.

And whenever life becomes difficult...

Remember what we've learned together.

Lay your burdens before Him.

Trust Him when you don't understand.

Forgive with wisdom.

Live from your identity in Christ.

Allow your story to glorify Him.

Choose hope.

Keep walking.

Most of all...

Never forget that you are deeply loved by the God who created you.

Nothing in your past can separate you from His love.

Nothing in your present can keep Him from being near.

Nothing in your future will surprise Him.

He has been faithful.

He is faithful.

He will always be faithful.

So as you close this book, don't think of it as an ending.

Think of it as an invitation.

An invitation to wake up tomorrow morning and simply pray:

"Jesus...

Help me walk with You today."

One day at a time.

One prayer at a time.

One step at a time.

Until the day we see Him face to face.

May the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you always.

With love,

Sahar Snell Founder, The Freedom Series

A FINAL PRAYER

A Final Prayer for You

Heavenly Father,

Thank You for every person who has read these pages. You know their story completely, the joys they celebrate, the burdens they carry, the questions they still have, and the hopes they hold close to their hearts.

I ask that You would continue the work You have begun in them. Where there is fear, replace it with Your peace. Where there is hurt, bring Your healing. Where there is uncertainty, provide Your wisdom. Where there is weariness, renew their strength.

Help them remember that they never walk alone. Remind them each day that Your presence goes before them, walks beside them, and remains with them through every season of life.

May they continue to surrender what they cannot control, trust You when they cannot see the way ahead, forgive as You have forgiven them, and find their identity in Christ alone.

Let their lives become living testimonies of Your grace.

Use their words to encourage others.

Use their faith to strengthen those who are struggling.

Use their story to bring glory to Your name.

Keep them close to You until the day they see You face to face.

We ask all of this in the powerful and loving name of Jesus Christ.

Amen.

“Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

EPHESIANS 3:20-21 (NIV)

ABOUT THE AUTHOR

Sahar Snell

Sahar Snell is an accountant, tax professional, speaker, and Christian author with a passion for helping people discover the freedom found in Jesus Christ. Through both seasons of joy and seasons of deep personal pain, she has learned that true healing is not found in having all the answers, it is found in walking daily with the One who does.

Her heart is to encourage others to surrender their burdens to God, embrace their identity in Christ, forgive with wisdom, and live with hope rooted in the unchanging character of God. Whether she is teaching, writing, or serving others, Sahar's desire is that every conversation points people toward the love, grace, and truth of Jesus.

She is the founder of The Freedom Series, a collection of Christ-centered books created to help readers experience healing, spiritual growth, and lasting freedom through God's Word.

When she isn't writing or serving others, Sahar enjoys studying Scripture, encouraging people in their faith, and helping individuals grow with practical wisdom and biblical truth.

Her prayer is simple:

"May every page I write lead someone one step closer to Jesus."

FAITH • HEALING • PURPOSE

Healing is possible.

Peace is possible.

Freedom is possible.

THE FREEDOM SERIES WITH SAHAR SNELL