



# God & You

Stop Blaming yourself

*A Journey to Healing with God's Love  
(For Kids and Preteens)*

*By Sub Rosa Trace Inc*

## *Introduction*

Dear Friend,

We're so glad you're here. This book is just for you because there's something really important we want you to know: what happened to you is not your fault. Life can be hard and confusing, but no matter what, you're not alone. God is right there with you—loving you, holding you, and wanting to help you heal.

As you go through these pages, we'll talk about big feelings, how to make sense of them, and how God's love is like a warm hug that never goes away. You're safe here. You're seen. And you are so deeply loved. Are you ready to take this journey together? Let's do this.

With love,  
The SRT Team

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## Chapter 1: Understanding What Happened

Sometimes, bad things happen that leave us feeling sad, hurt, or confused. You might wonder, "Could I have stopped it?" or "Did I do something wrong?" But here's the truth you need to hear: it's not your fault.

When someone hurts us, it's because of their choices—not because of anything you did. God knows everything you've been through, and He wants you to feel safe, seen, and deeply loved. He understands your pain, and He cares about every tear, every fear, and every question in your heart.

No matter what, God is right there with you. He promises to hold your hand and help you through each hard moment. You are not alone.

### Activity:

Close your eyes and imagine what God's love feels like. Is it like a warm hug? A soft, cozy blanket? A gentle hand holding yours? Now, grab some crayons or markers and draw a picture of how you see God holding you close when you feel sad.

When hard things happen, you might feel a lot of different emotions—scared, angry, confused, or even numb. That's okay. Every feeling you have is important, and God understands them all. He doesn't want you to push them down or hide them. Instead, He wants to comfort you, to sit with you in your sadness, and to remind you that brighter days are ahead. The Bible says, "The Lord is close to the brokenhearted." (Psalm 34:18) That means He is right by your side, always ready to listen, love, and help. Whenever you feel sad or afraid, you can talk to Him. He hears you. He cares. And He will never, ever leave you.

## Chapter 2: God's Big, Big Love for You

Did you know that no matter what happens, God's love for you never changes? It's true! You are His precious child, and He will always be right there with you. Even when life feels scary or uncertain, God's love is like a warm, cozy blanket wrapped around you, keeping you safe.

The Bible tells us that nothing—not fear, not sadness, not anything in the whole world—can ever separate us from God's love (Romans 8:38-39). Isn't that amazing? His love is bigger, stronger, and more unshakable than anything you'll ever face. God loves you just the way you are. You don't have to change, be perfect, or try to earn it. He made you exactly as you are, and His love for you is deeper than the ocean and wider than the sky. No matter what you go through, His love will always be there.

### Activity:

Close your eyes and imagine what God's love looks like. Maybe it's a warm, glowing light, a giant hug, or a big, colorful rainbow. Grab some crayons or markers and draw a picture of how you see God's love surrounding you!

There might be times when you feel alone, but the truth is—you're never truly alone. God is always with you, even in your hardest moments. When you feel sad or scared, think of His love like a bright light shining in the darkness, guiding you forward.

In fact, God's love is so powerful that it can help you feel brave. When you're afraid, you can pray and ask Him to remind you how much He cares. No matter what, you can always talk to Him—He's always listening, always loving, and He will never, ever leave you.

Reflection Question:

How does knowing that God loves you make you feel? Take a moment to write or draw what's in your heart. Let yourself feel wrapped in His love.

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## Chapter 3: Forgiveness and Letting Go

When someone hurts us, it's natural to feel sad, angry, or even confused. Those feelings are real, and it's okay to have them. But holding on to that hurt for too long can feel like carrying a heavy backpack everywhere you go. It weighs you down, making everything feel harder. That's why God gives us a special gift: forgiveness.

Forgiving someone doesn't mean that what they did was okay or that you have to forget about it. It just means you're choosing to let go of the heavy feelings and give them to God. When you do that, your heart becomes lighter, and you make space for peace instead of pain. God promises to take care of those feelings for you. You don't have to carry them alone.

### Activity:

Take a moment to write a prayer asking God to help you forgive. It can be as simple as this:

"Dear God, please help me forgive and let go of the heavy feelings in my heart. I trust You to take care of me. Thank You for Your love and strength. Amen."

Forgiving doesn't mean pretending the hurt never happened. And it doesn't mean that the person who hurt you shouldn't be held responsible. It simply means you're choosing not to let that pain control your heart anymore. You're choosing peace over bitterness, and that is a brave and beautiful thing.

God knows that forgiveness can be hard, but He promises to help you through it. In Ephesians 4:32, the Bible reminds us to "Be kind and forgive one another, just as God has forgiven you." If forgiveness feels too big to handle on your own, ask God to help you. He will give you the strength you need.

And remember—you're never alone in this. God is always walking beside you, ready to hold your heart and help you heal.

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## Chapter 4: You Are Not to Blame

When something bad happens, it's easy to wonder, Could I have stopped it? Did I do something wrong? But the truth is—you are not to blame. You didn't cause the hurt, and you couldn't have prevented it. The enemy tries to whisper lies that make you feel guilty, but God wants you to know the truth: it was never your fault.

God doesn't want you to carry the weight of blame. He wants you to let go of it and give it to Him. In 1 Peter 5:7, the Bible says, "Give all your worries to God, because He cares for you." That means you can talk to Him about anything that's bothering you, and He will take care of it. You don't have to hold onto the heavy feelings anymore.

### A Promise from God

It's important to remember that you are not responsible for what others do. People make their own choices, and when someone hurts you, that is their decision—not yours. God sees your heart. He knows you, and He wants you to be free from any guilt or shame. You are innocent. You are loved. Whenever you feel weighed down by sadness or worry, you can pray and ask God to take those feelings away. He promises to help you feel safe again. His love surrounds you like a shield, protecting you from lies that try to steal your peace.

## Reflection:

Close your eyes for a moment. Imagine handing all your worries and heavy feelings to God. Picture Him taking them from you and replacing them with His peace. How does that feel?

If you'd like, write a short prayer telling God how you feel and asking Him to remind you of His truth whenever you start to doubt.

You are never alone in this. God is right beside you, holding you close and reminding you: this was never your fault.

## Chapter 5: Healing Takes Time

Healing is a journey, not something that happens overnight. Just like a scraped knee takes time to scab over and fully heal, your heart needs time too. But here's the good news—God is with you every step of the way. He knows your pain, and He promises to heal your heart little by little. God's love is like a warm, gentle hug for your soul. He holds you close, whispering, "You are not alone. I am healing you." Even when you don't feel it right away, He is working in you. Every day, He is helping you grow stronger, even if it's just a little at a time.

### Trusting God's Timing

Sometimes, healing feels slow. You might wish you could feel better right now. But just like flowers take time to bloom, your heart needs time to mend. And that's okay. God isn't in a hurry—He is patient, kind, and gentle with your heart. He is making something beautiful out of your story. The Bible says in Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to give you hope and a future." That means that no matter what you've been through, God has something wonderful ahead for you.

### Reflection Activity

Take a deep breath and close your eyes. Picture your heart as a broken puzzle, and imagine God gently putting each piece back together, making it whole again. How does that make you feel? If you'd like, write down one small way you've noticed healing in your life. Maybe you smiled more today, or maybe you felt a little less afraid. Even the smallest steps matter!

You are God's precious creation, and your future is full of hope and joy. Keep trusting Him—He is making all things new. ❤️

## Chapter 6: Prayers for Hope and Strength

Sometimes, we don't have the right words to say when we feel sad, scared, or alone. But that's okay—God understands your heart even when you can't find the words. He is always listening, ready to bring you comfort and peace.

Here are some simple prayers you can say whenever you need hope and strength:

### Prayer for Peace

"Dear God, sometimes my heart feels heavy. Please help me feel calm and safe. I know You love me, and I trust You to take care of me. Thank You for always being near. Amen."

### Prayer for Strength

"God, there are times when I feel small and weak. But I know that You are strong. Please help me feel brave, even when things seem scary. Fill my heart with courage and remind me that I am never alone. Amen."

God loves it when you talk to Him. You don't have to use fancy words—just speak from your heart. You can pray anytime, anywhere, and about anything. He is always listening, just like a loving best friend.

Whenever you need hope, remember: God is holding you close, and He will never let you go. ❤️

# Conclusion

Dear Friend,

As you reach the end of this book, we want you to carry with you one very important truth: God's love is always with you. Through every high and low, every happy moment and every tough one, God will never leave your side. His love for you is deeper and stronger than you could ever imagine.

Whenever you feel scared or alone, remember to talk to God. He is always listening, and He cares about you more than words can express. You are special, precious, and uniquely made by God. He has a beautiful plan for your life, and He is walking with you, guiding you every step of the way.

Take the time you need to heal—and know that it's okay to feel however you feel. Healing doesn't happen all at once, but God is with you, helping you through it one day at a time. You are His beloved child, and nothing, nothing, can ever change that.

With love,

The SRT Team 



# End Letter

Dear Amazing Reader,

Thank you for taking this journey with us. You are so brave, and we're proud of you for learning about God's love and how He can help you heal. Remember, His love is with you every day, and you are never alone.

Whenever you feel sad or scared, take a deep breath and know God is right there, ready to hold you close. You are strong, special, and deeply loved by Him. We hope this book helps remind you of that every day. Keep shining your light and know that wonderful things are ahead for you. We'll be praying for you always.

With love,

The SRT Team



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