



## 30 Ways to Personalize CHEW Questions

### Why Expand the CHEW Question Formula?

The power of the CHEW on This™ framework is in its ability to move God's truth from head to heart—and then into every corner of your life. The classic formula ("If I really believed [truth], how would that change [my life]?") is just the beginning. By personalizing your questions, you can let God's love reshape your past, your fears, your relationships, your habits, and more.

Use these 30 prompts to help you or your group go deeper, discover new freedom, and experience transformation in every season.

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### 30 Ways to Personalize Your CHEW Questions

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Original Formula: "If I really believed [truth], how would that change [my life]?"

Ideas for personalizing:

1. How I see my past

"If I really believed God's love redeems all things, how would that change how I view my past?"

2. How I handle regret

"If I really believed God's forgiveness is complete, how would that change my regrets?"



3. How I respond to fear  
“If I really believed God’s love casts out fear, how would that change my next step when I’m anxious?”
  
4. How I make decisions  
“If I really believed God’s wisdom is available to me, how would that change my choices today?”
  
5. How I spend my time  
“If I really believed God’s love makes every moment meaningful, how would that change my schedule?”
  
6. How I use my gifts  
“If I really believed God delights in my unique design, how would that change the way I serve?”
  
7. How I handle criticism  
“If I really believed God’s affirmation is enough, how would that change my response to criticism?”
  
8. How I view my identity  
“If I really believed I am God’s beloved child, how would that change my self-talk?”



9. How I treat my body

“If I really believed my body is a temple of the Holy Spirit, how would that change my habits?”

10. How I deal with temptation

“If I really believed God’s love is stronger than my desires, how would that change my choices when tempted?”

11. How I forgive others

“If I really believed God has forgiven me, how would that change my willingness to forgive?”

12. How I ask for help

“If I really believed God’s love welcomes my weakness, how would that change my willingness to reach out?”

13. How I handle loss

“If I really believed God’s love is my comfort, how would that change my grief?”



14. How I dream about the future

“If I really believed God’s love has good plans for me, how would that change my hopes and dreams?”

15. How I respond to success

“If I really believed my worth is secure in Christ, how would that change my attitude toward achievement?”

16. How I spend money

“If I really believed God’s provision is enough, how would that change my generosity or spending?”

17. How I rest

“If I really believed God’s love invites me to rest, how would that change my approach to Sabbath or downtime?”

18. How I handle conflict

“If I really believed God’s love brings peace, how would that change my response in an argument?”

19. How I parent or lead

“If I really believed God’s love is patient and wise, how would that change my approach to parenting or leadership?”



20. How I view suffering

“If I really believed God’s love is present in pain, how would that change my endurance?”

21. How I relate to authority

“If I really believed God’s love is sovereign, how would that change my attitude toward those in charge?”

22. How I handle loneliness

“If I really believed God is always with me, how would that change my sense of isolation?”

23. How I respond to waiting

“If I really believed God’s timing is perfect, how would that change my patience in seasons of waiting?”

24. How I use my voice

“If I really believed God’s love empowers me, how would that change my courage to speak up or encourage others?”



25. How I approach spiritual disciplines

“If I really believed God delights in meeting with me, how would that change my desire for prayer or Bible study?”

26. How I handle envy or comparison

“If I really believed God’s love is unique for me, how would that change my jealousy of others?”

27. How I respond to failure

“If I really believed God’s grace is bigger than my failure, how would that change my willingness to try again?”

28. How I show hospitality

“If I really believed God’s love welcomes all, how would that change how I open my home or heart?”

29. How I view my purpose

“If I really believed God’s love gives me purpose, how would that change my sense of calling?”

30. How I handle everyday routines

“If I really believed God’s love is present in the ordinary, how would that change my attitude toward chores and daily tasks?”



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## How to Use This List

- Pick one area each day or week: Focus your CHEW practice on that topic.
- Journal your answers: Write out how God's love could reshape that part of your life.
- Pray through your question: Ask God to help you believe and live out this truth.
- Discuss with others: Share your chew question in a group or with a friend for encouragement and perspective.