



Example CHEW Question For When you Feel Distant In Your Marriage

If I really believed God can restore what's broken, how would that change my hope for reconnection?

- I would feel less hopeless and more willing to try again, even after disappointment.
- I'd be more open to small acts of kindness or reaching out, trusting that God can use them to rebuild trust.
- My prayers would shift from desperation to expectation, believing God is at work behind the scenes.
- I'd be less likely to give up or withdraw, knowing restoration is possible with God.
- I might be more patient with the process, understanding that healing takes time but is worth pursuing.
- I'd be more willing to seek help (counseling, support groups, wise friends) because I'd believe change is possible.
- I would look for signs of progress, however small, and celebrate them as evidence of God's faithfulness.
- I'd be able to forgive more easily, trusting that God can redeem even the hardest parts of our story.
- I'd find courage to be vulnerable, knowing God can use honesty to bring us closer.
- My hope would be anchored in God's power, not just in our own efforts or past failures.

Transparency Note: This resource is crafted in collaboration with advanced AI tools and thoughtfully finalized by the 1st Principle Group staff to ensure biblical faithfulness and practical relevance for our readers.