



Example CHEW Question On Forgiving Yourself

If I really believed God's forgiveness is complete, how would that change the way I see my past?

- I would stop replaying old mistakes in my mind, knowing they are fully covered by God's grace.
- I would let go of the shame and guilt I've been carrying, trusting that Jesus already paid the price.
- I would see my story as a testimony of God's mercy, not as a list of failures.
- I would talk about my past with honesty, not hiding or pretending, because I know I am forgiven.
- I would treat myself with more kindness, recognizing that God doesn't hold my sins against me.
- I would have more hope for the future, believing that my past no longer defines me.
- I would feel freer to help others who struggle, sharing how God's forgiveness changed my life.
- I would thank God more often for His amazing grace, instead of dwelling on regret.
- I would step into new opportunities with confidence, knowing I am not disqualified by what's behind me.
- I would remind myself that God sees me as clean and beloved, not as damaged or unworthy.

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.