



Example CHEW Question for Struggling with Anxiety

If I really believed God's peace is available right now, how would that change my next breath?

- I would consciously slow my breathing, letting go of shallow, anxious breaths.
- My shoulders might drop, and I'd notice tension leaving my body.
- I might pause to take a deep, calming breath, reminding myself that I am safe in this moment.
- Instead of rehearsing worries, I'd gently redirect my thoughts to God's presence and peace.
- I'd remind myself that peace isn't something I have to earn—it's a gift Jesus offers me right now (John 14:27).
- My next thought would be less about "What if?" and more about "God is with me."
- I'd allow myself to feel comforted, even if my circumstances haven't changed.
- I might notice a sense of hope or reassurance rising, crowding out some of the dread or fear.
- I'd give myself permission to rest, even if only for a moment, in the reality of God's care.
- I'd remember that God's peace "surpasses all understanding" (Philippians 4:6–7)—it's not dependent on my situation.
- I'd trust that God is holding me, even when I don't feel in control.
- I'd silently pray, "Thank You, Lord, for Your peace. Help me breathe it in right now."
- I might pause to repeat a calming verse or phrase: "Peace I leave with you; my peace I give to you."
- I could jot down a quick prayer or gratitude in my journal, anchoring my mind in God's promises.
- I'd consider reaching out to a friend or group for support, knowing I don't have to face anxiety alone.



- Over time, each “next breath” taken in faith could retrain my mind and body to expect God’s peace, not just anxiety.
- I’d begin to build a habit of turning to God’s presence first, rather than my fears.
- My trust in God’s peace would grow, even in the midst of life’s storms.

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.