



Example CHEW Question For When You're Overwhelmed

If I really believed Jesus offers rest for my soul, how would that change my willingness to pause and receive it?

- I would feel less guilty about taking breaks, knowing rest is a gift from God, not a sign of weakness.
- I'd be more likely to set aside time each day for quiet reflection or prayer, trusting that God values my well-being.
- I would stop equating my worth with my productivity, allowing myself to rest without shame.
- I'd ask God for help when I feel overwhelmed, instead of trying to push through on my own.
- I'd prioritize Sabbath or intentional downtime, believing it honors God and renews me.
- I'd be more compassionate with myself when I need to slow down, remembering that Jesus invites me to rest.
- I'd encourage others to rest too, modeling a healthier, more trusting way to live.

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.