



Restarting CHEW Checklist

Steps to Restarting Your CHEW Practice

☐ Receive God's Grace—No Shame, No Guilt

- ☐ Remember: God's love for you isn't measured by your consistency.
"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning." (Lamentations 3:22-23)
 - ☐ Let go of guilt or shame about missing days, weeks, or even months. You're not behind—you're invited.
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☐ Reflect on What Interrupted Your Rhythm

- ☐ Gently ask:
"What got in the way? Was it busyness, discouragement, a change in season, or something deeper?"
 - ☐ If you're not sure, spend a few minutes journaling or talk with a friend or mentor.
 - ☐ If you discover a root issue (like discouragement, perfectionism, or feeling unworthy), bring it to God and form a CHEW question around it.
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☐ Set a Simple, Achievable Restart Plan

- ☐ Start small: "I'll CHEW for five minutes after breakfast," or "I'll ask one CHEW question before bed."
 - ☐ Use reminders: Set an alarm, put a sticky note on your mirror, or pair CHEW with an existing habit.
 - ☐ Invite accountability: Ask a friend or group to check in or restart with you.
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☐ Celebrate Every Step Forward

- ☐ Thank God for every day you remember to CHEW, no matter how brief.
 - ☐ Reflect on any changes you notice—more peace, patience, or hope—even if they're small.
 - ☐ Share your restart story with someone else. Your honesty can encourage them to begin again too.
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☐ Practice a Growth Mindset

- ☐ See every restart as progress, not failure.
“For though the righteous fall seven times, they rise again.” (Proverbs 24:16)
 - ☐ Learn from what didn't work, and adjust your plan as needed.
 - ☐ Remember: Paul, Peter, and every disciple had to start over many times. God is patient and persistent.
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Sample CHEW Restart Prayer

“Father, thank You that Your love is new every morning. I confess I've fallen out of rhythm, but I want to begin again. Show me what I need, help me let go of shame, and give me the courage to take one small step today. Thank You that You're more committed to my growth than I am. Amen.”

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.



Encouragement Card - Feel free to cut out and put in a place where you will see it

You're never too far gone to start again. God's love is waiting for you—right here, right now. Every time you restart, you're building resilience, deepening your roots, and growing in grace. Don't give up. The next step is always the most important one.

"The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness." (Lamentations 3:22-23)