

Step	Question to Ask	Example
Confess	What am I feeling or facing right now?	“God, I’m anxious about this meeting.”
Reflect	If I truly believed you love me as much as you love Jesus, what would change in me right now?	“I’d relax and trust you.”
Pause for Awe	Let yourself feel it, even for a few seconds. Whisper “thank you,” or notice your heart.	—

# CHEW in 30 Seconds

1. Ask Yourself: *If I really believed God loves me as much as He loves Jesus, what would change in me right now?* \_\_\_\_\_  
\_\_\_\_\_
2. Let Yourself Answer: Pause for a moment and answer honestly—even if it’s just a word, a feeling, or a simple thought. \_\_\_\_\_  
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3. Notice: Pay attention to how your answer lands in your heart. \_\_\_\_\_  
\_\_\_\_\_
4. Celebrate: Every honest moment of awareness is a win. \_\_\_\_\_  
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## Core CHEW Question

If I really believed God loves me like He loves Christ, how would that change my struggle/longing?

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