



In-the-Moment CHEW Journal Page

Chew on God's Love. Live Transformed. Multiply Hope.

Purpose: A quick reset during stress, temptation, or busyness to swap anxiety or distraction for God's love. (1–3 minutes)

Date: _____ **Time:** _____

Confess:

What am I feeling or facing right now? (Bring your struggle into the light, knowing you're already loved.)

Hear:

What Scripture or Gospel truth speaks to my situation? (What truth or promise do I need to remember right now?)

Pause for Awe: Take a breath and linger for 10 seconds. Let yourself feel it. Write a word, phrase, or just notice your heart—even if you don't feel anything.



Exchange:

If I really believed God's love is [truth or characteristic], how would that change [my situation, feeling, or response]? (Write your honest answer. Be specific.)

Walk:

What is one small step I can take, trusting His love? (Write the action you'll take, even if it's just a shift in attitude.)

Result: What changed in me after this CHEW? (Notice any shift in your heart, mind, or body.)

Why this matters: (Reflect briefly on why this shift in seeing God's love matters for your life or faith.)

Celebrate: Every honest pause and shift as a win. You don't have to be perfect—just real. God meets you in the process.



This template can be printed, saved, or used digitally for quick access throughout your day. It is intentionally concise to fit busy, real-life moments, helping you move God’s love from head to heart—right when you need it most.

Chew on God’s love day and night with CHEW On This™:

Get The Daily CHEW™—a daily email with Scripture, thoughtful questions, and guidance to help you grow in Christlikeness, experience healing, and return love to God with a purer heart. Sign up here.

Transparency Note:

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