

THE 1ST PRINCIPLE TRANSFORMATION FRAMEWORK

PRACTITIONER'S GUIDE

BECOMING WHOLE
BY RETURNING
TO GOD'S LOVE

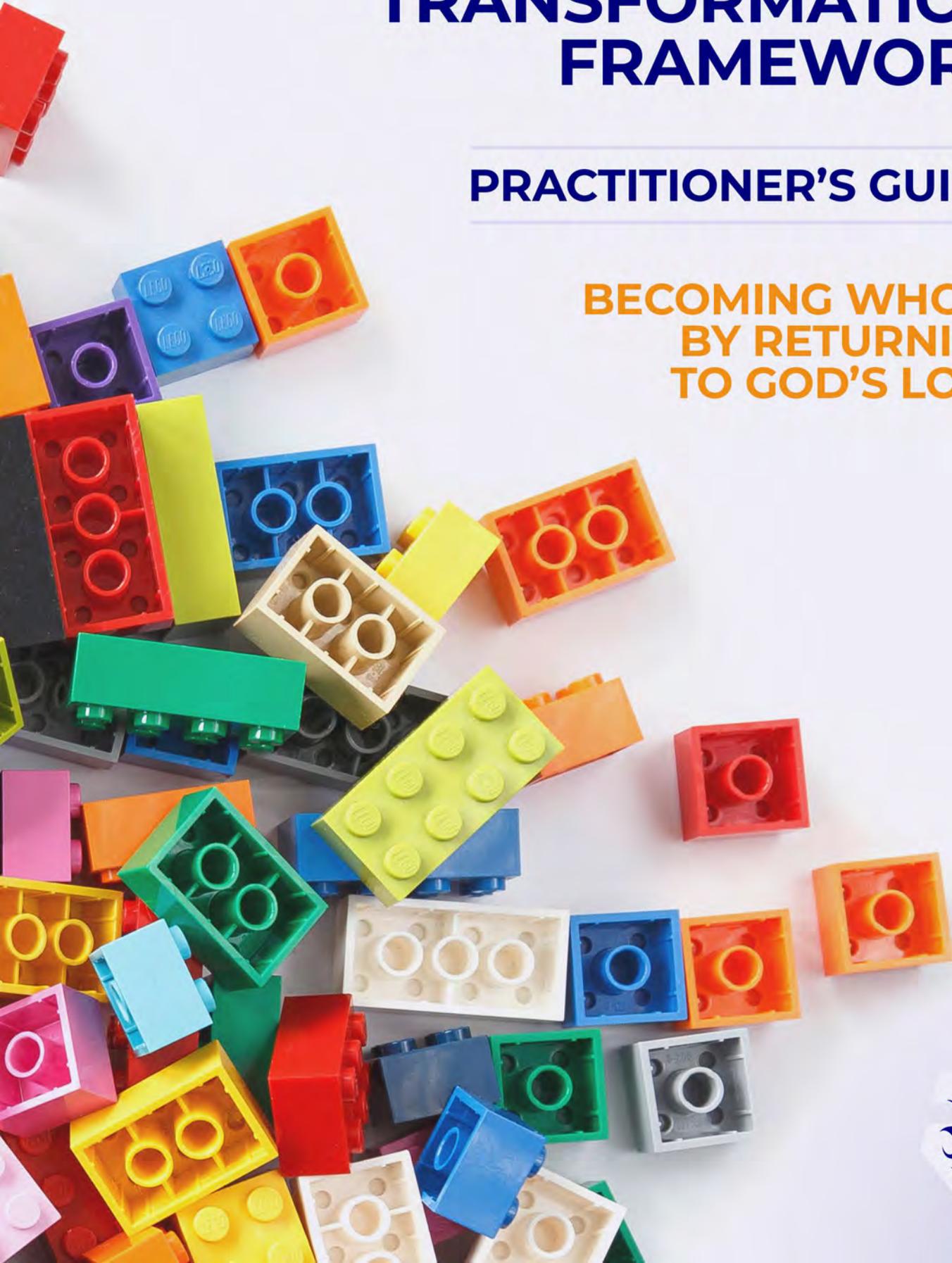




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Section 1: Vision & Foundations – God’s Love in Jesus, Received through the Gospel, as the Source, Power, and Purpose of Change

Why Does Everything Begin and End with God’s Love in Jesus?

All authentic and lasting change—personal, relational, organizational, or communal—depends on the steadfast love of God. This love is made fully known in the person and work of Jesus Christ and received by believing the Gospel message¹:

“God shows his love for us in that while we were still sinners, Christ died for us.” (Romans 5:8, ESV)

The cross is not just a symbol but the ultimate act of God’s costly, sacrificial, and victorious love. In Jesus, we discover our deepest dignity, hope, and motivation for transformation—all rooted in a love that can never be earned or lost.

What Does “God’s Love in Jesus” Mean?

To say “God’s love in Jesus” is to anchor love in who Jesus is and what He did through His life, substitutionary death, resurrection, and ongoing reign. Through believing the Gospel—that God himself has acted for us in Christ—we receive and are changed by this love². “In Jesus” signals that real love is defined, demonstrated, and delivered concretely in the Son of God, not by passing feeling or cultural fashion.

This prevents love from drifting into abstraction: it is personal, historic, and transformative.



The Holy Spirit: Making God’s Love Real and Effective

God’s love never remains distant. The Holy Spirit pours this love into our hearts (Romans 5:5, ESV), enabling us to believe the Gospel, trust Jesus, obey His commands, and persevere—especially through suffering, temptation, and spiritual battle. It is the Spirit who animates prayer, awakens faith, and strengthens resolve, making true change possible every day.

Growing in God’s Love: The Role of Ordinary Means

God’s love finds its richest expression and nourishment as we engage the “ordinary means of grace”—especially prayer, the reading and hearing of God’s Word, participating in worship, celebrating baptism and the Lord’s Supper, and living life together in the local church. In these practices, the Spirit deepens our assurance, sharpens our hope, and equips us to love and serve others with discernment and joy (Acts 2:42–47; Hebrews 10:24–25, ESV).

God’s Love: Comfort, Correction, Call—and Perseverance through Suffering

This love welcomes us unconditionally, yet refuses to leave us unchanged. It comforts the weary, heals the broken, exposes the proud, and calls us into repentance, Spirit-enabled obedience, and resilient hope. In suffering, setbacks, or spiritual opposition, God’s love is neither absent nor weak, but forms the context where we are refined, comforted, and equipped for endurance (Romans 8:35–39; James 1:2–4, ESV).

Every Longing and Struggle Finds Its Answer in God’s Love in Jesus

We all seek security, worth, and belonging, but settle for achievement, approval, or control—each destined to disappoint. God’s love, revealed in Jesus and offered through the Gospel, anchors identity in what God has accomplished—not what we achieve. Only



this secure, God-given love is a true foundation for enduring growth and courageous love for others (Ephesians 2:4–7, ESV).

The Nature and Work of God’s Love in Jesus

- **Costly, Not Cheap:** At the cross, Jesus absorbs the cost of reconciliation, loving us sacrificially, not sentimentally (1 John 4:9–10, ESV).
- **Transforming, Not Passive:** Real love in Jesus exposes our pride and fear, liberates us to honest repentance and wholehearted growth (Ezekiel 36:26–27, ESV).
- **Certain and Unbreakable:** “Nothing will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:39, ESV). Our security rests not on feelings or performance but on secure, God-given love.

Why “In Jesus” and “Through the Gospel” Are Central

Scripture always locates God’s love in the historical acts of Jesus—His incarnation, cross, resurrection, and return—so that love is never defined by culture or emotion, but by God Himself. Only through believing the Gospel is this love received—a living, active reality into which we are personally invited and by which we are continually remade².

True Love, Obedience, and God’s Definition—Discernment Against Counterfeits

God alone defines love (1 John 4:8–10, ESV). Jesus says, “If you love me, you will keep my commandments” (John 14:15, ESV). Real love responds in Spirit-enabled obedience. The world, flesh, and devil distort love: the world redefines it as shallow affirmation, the flesh twists it into selfishness, and the enemy offers lies or half-truths. In suffering, temptation, and confusion, anchored obedience protects and reorients us.



Coaching, Counseling, Consulting: All Built on God's Love in Jesus

Discipline	How God's Love in Jesus Anchors and Empowers the Discipline
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Coaching	Frees from performance anxiety, empowers courageous, lasting growth
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Counseling	Both heals and redirects, addressing wounds and wrongs by Christ's transforming love
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Personal Consulting	Grounds identity, choices, and purpose on secure, God-given love and wisdom
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Organizational Consulting	Cultivates resilient and trustworthy cultures modeled on Christlike, Gospel-shaped love
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Transformation in every sphere—personal or organizational—springs not from technique or will, but from secure, God-given love in Jesus, poured out by the Spirit and received through the Gospel.

Growth: Daily Return to God's Love in Jesus—In Battle, Rest, and Community

Change is a continuing journey. We return repeatedly to Christ's love—confessing wounds and wrongs, receiving His mercy, and relying on the Spirit. Suffering, spiritual attacks, and setbacks are not detours, but arenas where God's love and resilient hope are tested and proven (Colossians 2:6–7; 1 John 1:8–9; Romans 8:35–39, James 1:2–4, ESV).



In worship, prayer, the Scriptures, sacraments, and church fellowship, God nourishes our faith, deepens our hope, and empowers our obedience.

Community, Obedience, and God's Ultimate Purpose—His Glory

God's love nowhere remains private—it overflows in families, congregations, teams, and organizations. Growth is rooted in mutual encouragement, forgiveness, and truth—shaped by regular engagement with the church and its means of grace (Hebrews 10:24–25, ESV). Above all, the aim is not just personal or organizational change, but the glory of God—His beauty and grace displayed in every sphere.

Call to Engagement

Our invitation is simple: Receive, return to, and express this love daily. Let every decision, relationship, and practice be shaped by the love of God in Jesus, poured into our hearts by the Holy Spirit, and shared in community—for the glory of God everywhere, in suffering or strength.

“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, ESV)

Endnotes

1. Romans 5:8, ESV; 1 John 4:9–10, ESV.
2. John 14:9–10, ESV; Colossians 1:15–20, ESV; Romans 1:16–17, ESV; 1 Corinthians 15:3–4, ESV.
3. John 14:15, ESV; 1 John 4:8–10, ESV; Genesis 3:1–6, ESV; 2 Corinthians 11:14, ESV; Ezekiel 36:26–27, ESV; Romans 12:1–2, ESV; Ephesians 2:4–7, ESV; Romans



8:35–39, ESV; 1 Peter 1:6–9, James 1:2–4.

4. Romans 5:5, ESV; Galatians 4:4–7, ESV; Acts 2:42–47, ESV; Powlison, D. (2019). *Safe & Sound: Standing Firm in Spiritual Battles*. Crossway; Welch, E. T. (2000). *When People Are Big and God Is Small*. P&R Publishing; Garland, D. B., & Hodges, S. (2020). “Transformative Encounters with God’s Love: The Role of Pastoral Care.” *Pastoral Psychology*, 69(1), 17–36; Johnson, S. M. (2004). “Attachment Theory: A Guide for Healing Relational Trauma.” *Journal of Psychology and Christianity*, 23(1), 22–28.



Section 2: The Process and Practice of Transformation—Experiencing and Expressing God’s Love

God’s Love: The Heart of All Transformation

Every step of true transformation begins, proceeds, and ends in the steadfast love of God. Scripture teaches that change is not our independent project but the work of God’s love poured out through Jesus and made real by the Holy Spirit¹. “We love because He first loved us” (1 John 4:19, ESV). This love re-creates us—“If anyone is in Christ, he is a new creation” (2 Corinthians 5:17, ESV)—and continually draws us deeper into the life of Christ.

Transformation in the Christian life is always a journey further into God’s love:

- **Spiritual rebirth:** By grace, through the Gospel, we are welcomed as beloved children—not for what we do, but for what Christ has done (John 3:16–17; Romans 5:5)².
- **Ongoing change:** God’s loving commitment remakes us after Jesus’ image (“We are being transformed...from one degree of glory to another. For this comes from the Lord who is the Spirit,” 2 Corinthians 3:18, ESV)³.

Repentance and Faith: Returning Again and Again to God’s Love

Repentance and faith are not occasional but daily movements, drawn by God’s persistent love. Repentance is powered by the assurance of God’s embrace, not the fear of rejection (Romans 2:4). Faith is dependence on the love already given in Christ,



not our ability to generate change (Galatians 2:20)⁴. Both lead us to turn from lesser, counterfeit loves and re-anchor ourselves in the love of God. In every return, we discover again that God’s love is enough to cover, restore, and empower new life.

“Transformation is not a quest for self-improvement but the ongoing story of God’s love drawing us out of self, into deeper trust and likeness to Christ—in every relationship and situation.”

The Holy Spirit: The Personal Power of God’s Love

The Holy Spirit pours God’s love into our hearts (Romans 5:5), making the Gospel real, awakening faith, and producing the fruit of love in us⁵. The Spirit not only unites us to Christ but points us back to the story of love in Scripture, empowers us to love in return (Galatians 5:22–23), and intercedes for us in weakness. Without the Spirit, all practice is empty; with Him, even our faltering steps are suffused with God’s love.

Ordinary Means, Sacraments, and Community: The Shared Life of Love

God’s love grows through the “ordinary means” He provides—prayer, the hearing of Scripture, worship, the sacraments (baptism and the Lord’s Supper), and life in the local church. In word and sacrament, we do not merely hear about love; we encounter and enact it⁶:

- Prayer keeps us close to our loving Father.
- Scripture reveals the unbroken story of redemption by love.
- Worship and the sacraments (baptism and the Lord’s Supper) unite us tangibly to the love of Christ—washing us clean in baptism and feeding our assurance at the Lord’s Table.



- Community is where love is shared, tested, confessed, forgiven, and celebrated together (Hebrews 10:24–25).

A Christian struggling with guilt might dread the Lord's Table—until, surrounded by fellow believers, he hears again, “This is my body given for you...this cup is the new covenant in my blood” (Luke 22:19-20). The sacrament becomes God's personal assurance: “My love covers your deepest shame. Come, eat, and be made whole.”

Suffering and Spiritual Battle: Love That Holds and Humbles

God's love is strongest and most transforming where it is tested. Suffering does not separate us from love but deepens our dependence on it (Romans 8:35–39). In spiritual trials and warfare, the “armor of God” is, at its core, armor given by and soaked with love—truth, righteousness, faith, gospel peace, and hope of salvation (Ephesians 6:10–18). God's love both keeps us secure and forms us to fight sin and discouragement with holy perseverance rather than complacency or despair.

God's Love in Coaching, Counseling, and Consulting

Discipline	How God's Love Shapes Transformation
Coaching	Encourages growth not from pressure or fear, but from the freedom of being beloved
Counseling	Offers hope and healing rooted in unsurpassed love, even amid pain and brokenness
Personal Consulting	Guides decisions anchored in the identity and wisdom bestowed by God's love



**Organizational
Consulting**

**Fosters cultures where love—seen in Christ—shapes
trust, values, and perseverance**

**In every context, God’s love is not just a backdrop to change—it is the power, context,
and agenda of all real transformation.**

Call to Engagement: The Practice of God’s Love

Transformation means growing deeper into God’s love in every aspect of life.

Return daily to the love of Jesus, poured into your heart by the Spirit, and renewed in prayer, Scripture, worship, sacraments, and community. In each challenge, longing, or decision, recall and receive God’s love as enough. Let His love—not guilt, pride, or self-help—shape your hopes, habits, and relationships, personally and collectively. In all things, let the ordinary rhythms of Christian life keep you rooted in love, for the glory of God.

Summary Table: Transformation Through God’s Love

Context	Focus of Transformation by God’s Love
Coaching	Spirit-empowered, Gospel-shaped growth in being beloved
Counseling	Healing and hope anchored in Christ’s steadfast love
Personal Consulting	Guidance rooted in secure, God-given identity and calling
Organizational Consulting	Love-led culture: trust, patience, and service patterned after Christ



“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” (2 Corinthians 3:18, ESV)

Endnotes

- 1. 2 Corinthians 5:17, ESV; 1 John 4:19, ESV.**
- 2. John 3:16–17, ESV; Romans 5:5, ESV.**
- 3. Romans 12:2, ESV; 2 Corinthians 3:18, ESV.**
- 4. Romans 2:4, ESV; Galatians 2:20, ESV.**
- 5. Romans 5:5, ESV; Galatians 5:22–23, ESV; John 14:16–17, ESV.**
- 6. Acts 2:42–47, ESV; Luke 22:19–20, ESV; Hebrews 10:24–25, ESV.**
- 7. Romans 8:35–39, ESV; James 1:2–4, ESV; Ephesians 6:10–18, ESV.**
- 8. Powlison, D. (2019). *Safe & Sound: Standing Firm in Spiritual Battles*. Crossway; Garland, D. B., & Hodges, S. (2020). "Transformative Encounters with God's Love: The Role of Pastoral Care." *Pastoral Psychology*; Welch, E. T. (2000). *When People Are Big and God Is Small*. P&R Publishing.**



Section 3: Obstacles to Transformation—Receiving God’s Love Amid Confusion, Idols, and Brokenness

God’s Love: The Lens for Understanding All Barriers

All true obstacles to change are, at bottom, distortions, doubts, or rejections of God’s love. Scripture consistently teaches that every sin, deep wound, or idol is either a refusal of God’s loving goodness or an attempt to replace it with a false substitute (Jeremiah 2:13; Romans 1:21–25). The battle for transformation is always a battle to believe, receive, and remain grounded in the love of God in Jesus—by the Spirit, in the company of His people, and through the means He provides¹.

Recognizing the Barriers: Love Lost, Twisted, or Forgotten

Obstacles can be external and internal, seen and unseen. The Bible names these with pastoral precision:

- **Idols of the heart:** We seek security, fulfillment, or identity in relationships, approval, control, success, or pleasure—counterfeit loves that leave us empty (Ezekiel 14:3; 1 John 2:15–17).
- **Disbelief and spiritual blindness:** Doubt, despair, and self-sufficiency block trust in God’s love (2 Corinthians 4:4; Hebrews 3:12–13).
- **Deep wounds and shame:** Trauma, relational betrayal, and losses can make God’s love seem unreal or inaccessible, fostering self-protective walls (Psalm 34:18; Isaiah 61:1–3).



- **Worldly reinterpretations:** The world, the flesh, and the devil persistently redefine love as conditional acceptance, pleasure, power, or affirmation, luring us away from sacrificial, holy love (2 Timothy 4:3–4; Genesis 3:1–5).

These barriers are not just behavioral—they are always at root misunderstandings or misplacements of affection, trust, and hope with respect to God’s love².

The Holy Spirit: Unmasking Lies and Awakening to Love

The Holy Spirit lovingly convicts us of sin—not to condemn, but to unmask false loves and awaken us again to the beauty and sufficiency of God’s love in Christ (John 16:8–11). The Spirit leads us into the truth, draws us to repentance, gives new desires, and comforts us when wounded. In every battle with self or sin, it is the Spirit who makes God’s love personal, persuasive, and possible³.

Means of Grace and Ordinary Practices: Realigning With God’s Love

Obstacles are not overcome by willpower alone. Instead, the ordinary means—prayer, immersion in Scripture, worship, the sacraments (baptism and the Lord’s Supper), and fellowship in the local church—continually realign our hearts with God’s love. The church provides a space to bring hidden shame, stubborn idols, and unhealed wounds into the light, where truth, confession, and encouragement make room for love to heal and re-root us⁴.

A woman burdened by shame hears, week after week, “This cup is the new covenant in my blood, given for you.” At the Table, surrounded by others who struggle as she does, the Spirit gently assures: “God’s love is greater than your failures—receive, remember, and rest.”

Suffering and Temptation: Proving the Depth of God’s Love



Suffering and temptation often expose where we doubt, resist, or redefine God’s love. The Bible promises: “Nothing...will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:39, ESV). Trials are not proof of God’s absence but occasions for His love to reassert its hold, teaching us that we are beloved not because of circumstances but because of Christ’s unchanging work (James 1:2–4; 1 Peter 1:6–9).

Gospel Response to Obstacles: Returning to Love

Transformation means repeated, Spirit-driven returns to God’s love:

- **Confession:** Naming false loves and wounds in the safe light of the Gospel (1 John 1:9)
- **Receiving:** Rehearing and trusting the good news of Jesus’ finished work (Romans 8:1, 32–34)
- **Obedience of faith:** Turning afresh to trust and align with God’s love, not hollow alternatives (Romans 6:17–18; Galatians 5:6)
- **Community:** Welcoming encouragement, correction, and strengthening from the church (Hebrews 10:24–25)

Obstacles are not removed by our strength, but by bringing everything—fears, failures, confusion, and idolatry—into the presence and practice of God’s living love.

Contexts: God’s Love Confronts Obstacles in Every Sphere

Discipline

Typical Obstacles and Gospel-Driven Responses

Coaching

Fear of failure, performance idols—answered by security in love not tied to achievement



Counseling	Shame, trauma, despair—healed by grace for wounds, forgiveness for sin, hope beyond pain
Personal Consulting	Indecision, identity confusion, people-pleasing—clarified by rooting self in God’s love
Organizational Consulting	Divided loyalties, toxic cultures—redeemed by shared commitment to Christlike love, truth

Call to Engagement: Naming, Confessing, and Returning to God’s Love

Each barrier is an invitation: Recognize where love is lost or distorted. Confess in the presence of God and others. Receive again the assurance of unbreakable love in Jesus. Engage the practices—prayer, Scripture, sacraments, worship, and community—that open the heart to renewal. Let every obstacle become a gateway to deeper experience and embodiment of God’s love, for His glory.

Summary Table: Obstacles and Love’s Response

Barrier	Gospel-Driven Response
Idolatry, misplaced love	Confession & reorientation to God’s true love
Shame, wounds, hard-heartedness	Assurance, comfort in Christ’s love
Worldly definitions of love	Discernment, Spirit-empowered correction



Suffering, temptation

Perseverance and assurance of God's hold

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come...will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:38–39, ESV)

Endnotes

1. Jeremiah 2:13, ESV; Romans 1:21–25, ESV; John 15:9, ESV.
2. Ezekiel 14:3, ESV; 1 John 2:15–17, ESV; 2 Corinthians 4:4, ESV; Hebrews 3:12–13, ESV; Psalm 34:18, ESV; Isaiah 61:1–3, ESV; 2 Timothy 4:3–4, ESV; Genesis 3:1–5, ESV.
3. John 16:8–11, ESV; Romans 5:5, ESV; Galatians 5:22–23, ESV.
4. Acts 2:42–47, ESV; Hebrews 10:24–25, ESV; Luke 22:19–20, ESV.
5. Romans 8:35–39, ESV; James 1:2–4, ESV; 1 Peter 1:6–9, ESV.
6. 1 John 1:9, ESV; Romans 8:1, 32–34, ESV; Romans 6:17–18, ESV; Galatians 5:6, ESV; Garland, D. B., & Hodges, S. (2020). "Transformative Encounters with God's Love: The Role of Pastoral Care." *Pastoral Psychology*; Powlison, D. (2019). *Safe & Sound: Standing Firm in Spiritual Battles*. Crossway; Welch, E. T. (2000). *When People Are Big and God Is Small*. P&R Publishing.



Section 4: Patterns and Pathways of Love—Growing in Concrete Expressions of God’s Love

God’s Love Is Meant to Be Experienced and Expressed

God’s love is not only received; it is meant to form, guide, and flow out through every aspect of our lives. The Gospel calls us to be both recipients and active participants in God’s ongoing work of love—personally, relationally, in the church, and in the world¹. “Beloved, if God so loved us, we also ought to love one another” (1 John 4:11, ESV). True maturity in Christ is seen not in mere knowledge or private feeling, but in the tangible outpouring of love in daily attitudes, actions, and relationships.

The Pattern: God’s Love as the Blueprint

Paul reveals that the very pattern of Christian life imitates Christ’s self-giving love:

“Walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.” (Ephesians 5:2, ESV)

All “pathways” of transformation are essentially pathways deeper into God’s love and outward in sacrificial service. The pattern is always:

- **Receive:** Be deeply rooted in Christ’s love (Ephesians 3:17–19).
- **Reflect:** Let that love inform your attitudes and transform your habits.



- **Respond:** Move toward God in worship, toward others in service, and even toward enemies in forgiveness (Matthew 5:43–48).

Cultivating Love Through the Ordinary Means

The ordinary means of grace—prayer, Word, worship, sacraments, and especially gathered Christian community—are not only resources for overcoming obstacles (as in Section 3), but also the concrete pathways where love grows².

- **Prayer:** Regular communion with the Father forms hearts of dependence and compassion.
- **Scripture:** Meditating on God’s loving promises shapes affections, priorities, and reactions.
- **Sacraments:** Baptism initiates us into the covenant of love; the Lord’s Supper repeatedly assures, nourishes, and bonds us as one body.
- **Worship and fellowship:** Together, we become agents of love—encouraging, admonishing, forgiving, bearing burdens (Galatians 6:2), and building up one another (Ephesians 4:15–16, Hebrews 10:24–25).

A young believer struggling to forgive finds in the Lord’s Table—not merely a symbol, but God’s real-time assurance: “As I have loved you, forgive others” (John 13:34). The sacrament both reminds and enables love, joined with the gentle encouragement of siblings in the local church.

Patterned Responses: Love in Suffering, Success, and Ordinary Life

In Suffering and Spiritual Battle



God's love does not insulate us from suffering but provides power to persevere and extend love in dark seasons (Romans 5:3–5; Romans 8:37). In community, the ordinary means help us embody hope and patience, practicing concrete love like lament, prayer for healing, presence, or practical care.

In Success or Abundance

Abundance is not for self-indulgence, but for generosity, humility, and the building up of others (1 Timothy 6:17–19).

In Everyday Life

Most expressions of love are ordinary—honoring commitments, speaking truth in gentleness, pursuing justice, and serving unseen³. These flowing, daily choices are the fruit of a heart shaped and sustained by God's love.

Distinguishing God's Love from Counterfeits in Practice

The world offers many alternatives labeled “love” (tolerance, enablement, self-fulfillment), but biblical love is always shaped by God's revelation in Christ—sacrificial, truthful, holy, patient, and enduring⁴. This is why the practice of the ordinary means in community is indispensable: it continually recalibrates our hearts, protects us from distortion, and provides practical accountability and encouragement.

The Spirit's Work: Enabling Concrete, Costly Love

The Holy Spirit gives both desire and power to embody God's love:

- Producing “the fruit of the Spirit” (Galatians 5:22–23),
- Empowering gifts for service (1 Corinthians 12),



- Inspiring love that endures suffering and forgives wrongs (Colossians 3:12–14).

A discouraged leader finds herself ready to withdraw, but in prayer and the Lord's Supper she's reminded of Christ's pursuit. The Spirit strengthens her to step into a difficult conversation, offering kindness and truth that, over time, restores trust.

God's Love in Coaching, Counseling, and Consulting

Discipline	Pattern and Pathway of Love Expressed
Coaching	Fosters growth in perseverance, humility, encouragement
Counseling	Supports restoration, making safe space for repentance, honesty
Personal Consulting	Grounds decisions in love for God, neighbor, and self, not fear
Organizational Consulting	Shapes cultures of trust, sacrificial service, and hospitality

In every discipline, sustainable, life-giving growth flows from concrete expressions of God's love, practiced personally and corporately, guided by the Gospel and empowered by the Spirit.

Call to Engagement: Practice Love in Ordinary Ways Together

Step into today's opportunities to experience and give God's love:

- Prioritize the ordinary means—prayer, Word, worship, the sacraments, and Christian community—as the soil for living faith.



- Receive and extend forgiveness, serve practically, tell the truth in love, and pray for God’s power to love beyond your own strength.
- Expect that in suffering, success, and the mundane, God’s love will meet, shape, and move you to love as Christ loved.

Summary Table: Pathways of Love Across Contexts

Context	Concrete Practice of God’s Love
Coaching	Encouraging, courageous presence and support
Counseling	Gentle honesty, patient listening, restoration
Personal Consulting	Discernment guided by love and wisdom
Organizational Consulting	Practices of trust, justice, and reconciliation

“Let all that you do be done in love.” (1 Corinthians 16:14, ESV)
“And above all these put on love, which binds everything together in perfect harmony.” (Colossians 3:14, ESV)

Endnotes

1. 1 John 4:11, ESV; Ephesians 5:2, ESV.
2. Ephesians 3:17–19, ESV; Acts 2:42–47, ESV; 1 Corinthians 10:16–17, ESV; Hebrews 10:24–25, ESV.
3. Galatians 6:2, ESV; Matthew 6:1–4, ESV.
4. John 13:34–35, ESV; 1 Corinthians 13:4–7, ESV; Powlison, D. (2019). *Safe & Sound: Standing Firm in Spiritual Battles*. Crossway; Welch, E. T. (2000). *When People Are Big and God Is Small*. P&R Publishing.



5. Galatians 5:22–23, ESV; 1 Corinthians 12, ESV; Colossians 3:12–14, ESV; Garland, D. B., & Hodges, S. (2020). "Transformative Encounters with God's Love: The Role of Pastoral Care." *Pastoral Psychology*.



Section 5: Practical Integration—Walking Out God’s Love in Coaching, Counseling, and Consulting

(The CHEW Process as a Gospel Rhythm for Belief Renewal and Everyday Practice)

God’s Love as the Transforming Power—Addressing the Level of Belief

This framework is belief-centered: lasting change is only possible when what we *truly* believe is realigned by God’s love in Christ. “Above all else, guard your heart, for everything you do flows from it” (Proverbs 4:23). When beliefs are renewed by the Gospel, emotions, will, relationships, and behaviors shift with them¹. The CHEW process is designed to help individuals, teams, and organizations intentionally return to and anchor their beliefs in God’s revealed love.

CHEW: A Belief-Transforming Rhythm Saturated with God’s Love

CHEW—Confess, Hear, Exchange, Walk—is a simple, powerful pattern for realigning beliefs with God’s love. CHEW is not just for uprooting what’s broken; it also deepens gratitude, multiplies joy, heightens praise, and enhances every fruit of the Spirit. Whether you need a quick reset, deep recalibration, or a way to celebrate progress, CHEW provides structure for belief renewal and practical action².

1. Confess



Be real with God and others about what you're believing—whether it's pain, fear, longing, deep gratitude, or honest struggle. Confession isn't just about naming “wrongs”; it's bringing the true state of your beliefs (positive or negative) into the light of God's steadfast love.

Key Practice:

- “Where am I trusting, fearing, or hoping in something besides God's love today?”
- “What am I most grateful for, or where am I most dissatisfied?”
[More: “Which CHEW Fits This Moment? An Overview”](#)

2. Hear

Let a specific facet of God's love, revealed in Scripture, speak directly to your beliefs. The [30 Characteristics of God's Love](#) offers a catalog of biblical truths for addressing shame, fear, impatience—or for increasing delight, gratitude, and boldness.

Key Practice:

- “Which particular truth or characteristic of God's love addresses what I just confessed?”

Example: “If I believed God's love is patient (2 Peter 3:9), how would that change my self-criticism?”

3. Exchange

This is the centerpiece of belief renewal. Here, you intentionally replace distorted beliefs—lies, pride, shame, or complacency—with the living truth of God's love and your



identity in Christ. Equally, you strengthen gratitude, praise, peace, and fruit of the Spirit; Gospel-rooted beliefs become the deep well for new emotions, decisions, and actions³.

Reflective Question:

- “If I truly believed God’s love is [specific characteristic], how would that shape my response, mood, or action?”
[More: “Clarity CHEW: Processing Emotions, Decisions, and Gratitude”](#)
[More: “Deep Dive CHEWs”](#)
[More: “In the Moment CHEW”](#)

Micro-testimonies:

- *A leader struggling with discouragement CHEWs with a triad—naming fear, hearing God’s steadfast delight, exchanging anxiety for trust, and walking into the week with new resolve. A parent, in a daily reflection, confesses impatience, hears the truth of God’s patience, and exchanges frustration for a step of gentle encouragement.*

4. Walk

Take a Spirit-empowered, practical step that embodies your renewed beliefs—a conversation, encouragement, boundary, word of thanks, or even a shift in outlook. Walking isn’t a one-off leap, but a repeatable pattern that roots belief change in daily actions and rhythms.

Key Practice:

- “What is one step I can take (now and again this week) to express trust in God’s love in this moment?”
[More: “Daily Reflection CHEW”](#)
[More: “Weekly CHEW”](#)



[More: “Monthly CHEW”](#)

The Lord’s Supper: Communion as Communal CHEW

The Lord’s Supper (Communion, the Table) is God’s tangible, communal invitation to “chew on” and remember Christ’s love. At the Table:

- We confess our need and our thankfulness,
- Hear Christ’s assurance and promises,
- Exchange lies or isolation for Gospel security and belonging,
- Walk forward in new hope—anchored by tangible grace.

Incorporate the Lord’s Supper into personal and group CHEW rhythms, centering beliefs on God’s concrete love and fostering resilience in grace⁴.

Types of CHEW — Practitioner Links for Every Setting

- [Core CHEW: Quick Reset](#): For rapid belief alignment in any moment.
- [In-the-Moment CHEW](#): For stress, temptation, or intensity.
- [Clarity CHEW](#): For decisions or when processing emotion or gratitude.
- [Deep Dive CHEW](#): For ingrained beliefs, wounds, or lasting patterns.
- [Daily/Weekly/Monthly CHEWs](#): For structured reflection, confession, and celebration of progress.



CHEW in Community: Why You Can't CHEW Alone

CHEW is most powerful when practiced together. Triads ([learn more here](#)), small groups, teams, and families develop honest rhythms of confession, encouragement, and return, which foster safety, trust, and growth.

- Triads invite regular sharing and help move truth from head to heart in a supportive setting.
- Teams, families, and groups benefit as collective CHEW becomes a cultural norm, not an isolated exercise.
 - [More: "How to Use CHEW in Small Groups"](#)
 - [More: "Core CHEW in Community"](#)
 - [More: "Why You Can't CHEW Alone: The Power of Community and Accountability"](#)
 - [More: "Foundation Blog: Why You Can't CHEW Alone"](#)

Vignette:

A project team, guided by their consultant, opens Monday meetings with group CHEW—for honest confession, hearing God's love, exchanging errors for hope, and planning next steps. Over weeks, the practice moves below surface-level fixes, rooting trust and renewed vision in God's unchanging love—demonstrating how communal belief renewal shapes organizational culture.

CHEW in Every Helping Discipline

Context

CHEW Process at Work

Coaching

CHEW helps clients re-anchor beliefs about worth, process setbacks, and amplify gratitude and encouragement. Triads or team habits keep love and belief renewal communal.



Counseling	CHEW, solo or with a counselor, reshapes shame and wounds through honest belief change; assurance deepens through regular Lord's Supper and reflection.
Personal Consulting	CHEW at crossroads clarifies beliefs underneath decisions, highlights gratitude, and celebrates Gospel-centered progress.
Organizational Consulting	CHEW sessions in groups address culture, trust, and vision; regular practice during meetings or launches reinforces new, love-anchored group identity and action.

Call to Engagement: Make CHEW and Community Belief Renewal Your Culture

Enduring transformation happens as belief in God's love becomes the daily engine for individuals and every group.

Anchor CHEW in your solo practice, [triad](#), group, team, and family rhythms. Use confession, hearing, exchanging, and walking as daily and communal lifelines, with the Lord's Supper and open community as tangible supports. As CHEW becomes normal, the fruit of the Spirit, resilience, and Gospel hope will multiply, last, and overflow in every context and relationship.

"Let all that you do be done in love." (1 Corinthians 16:14)

"This is my body, which is for you... This cup is the new covenant in my blood." (1 Corinthians 11:24–25, ESV)

"Keep yourselves in the love of God." (Jude 21)

Endnotes

1. Proverbs 4:23, ESV; Colossians 3:16, ESV; Romans 5:5, ESV.



2. <https://1stprinciplegroup.com/introducing-the-chew-on-this-framework-from-struggle-to-growth-transformed-by-gods-love/>
3. <https://1stprinciplegroup.com/30-characteristics-of-gods-love-with-verses-and-chew-questions/>
4. 1 Corinthians 11:23–26, ESV; Luke 22:19–20, ESV; Garland, D. B., & Hodges, S. (2020). “Transformative Encounters with God’s Love: The Role of Pastoral Care.” *Pastoral Psychology*; Welch, E. T. (2000). *When People Are Big and God Is Small*.
5. <https://1stprinciplegroup.com/chew-triad-guide/> ;
<https://1stprinciplegroup.com/how-to-use-chew-in-small-groups/> ;
<https://1stprinciplegroup.com/core-chew-in-community-experience-gods-love-together/> ;
<https://1stprinciplegroup.com/why-you-cant-chew-alone-the-power-of-community-and-accountability/> ;
<https://1stprinciplegroup.com/foundation-blog-why-you-cant-chew-alone-the-power-of-community-and-accountability/>



Section 6: Assessing Progress—Closing the Gap Between Beliefs and Daily Life by God’s Love

Why “Gap Awareness” Is Central for Gospel Transformation

True transformation is marked not by fleeting insight but by the steady alignment of our beliefs about God’s love with the realities of our emotions, decisions, and habits. “Above all else, guard your heart, for everything you do flows from it” (Proverbs 4:23). No one eliminates the gap between what’s believed and what’s lived overnight. Instead, the story of Gospel growth is measured by normalizing honest, Spirit-enabled return to God’s love—gradually shrinking the gap and making that return a hopeful reflex.

Levels of Belief: Layered Approach—Clear Definitions, Rationale, and Core Drivers

Why do beliefs remain mixed, even after the UFB is set in Christ?

When our Ultimate Foundational Belief (UFB) is in the Gospel, God resets our destiny and gives us a new heart—one whose truest longing is to love Him as He has first loved us. Yet, our *core*, *operational*, and *surface* beliefs are rewired slowly as the Spirit gently exposes, realigns, and heals what experience, story, and culture have formed over years (2 Corinthians 5:17; Ephesians 4:22–24). This is normal sanctification. Recognizing these persistent “gaps” is not failure—it’s fertile ground for gospel return.

Belief Level Definitions (with Core Driver Integration)



Belief Layer	Definition	Example Distorted	Example Gospel-Aligned	Related SALVES Driver
Ultimate Foundational	Deepest anchor—where true hope and trust actually rest; “Do I trust the Gospel?”	“My security is in performance.”	“God’s love in Christ is my ground.”	Security, Acceptance
Core Beliefs	Persistent life-lens shaped by experience, attachment, and longing	“God loves me, but I must earn it.”	“God delights in me as a beloved.”	Acceptance, Value, Love
Interpretive/Operational	Scripts and self-talk that shape how I interpret and react daily	“If I seem weak, I’ll be rejected.”	“I can risk honesty; God secures me.”	Love, Significance, Value



Surface-Level

Immediate emotions and thoughts in daily moments

“They must be mad at me.”

“God is with me; I can live in peace.”

Significance, Enjoyment

Tip: For each “gap,” name which SALVES driver (Security, Acceptance, Love, Value, Enjoyment, or Significance) is most activated. For diagnostic questions and stories on core drivers, see [SALVES: Discovering and Redeeming the Core Drivers of Every Heart](#).

Rationale: While the UFB in Christ gives us a new heart and trajectory, core and operational beliefs realign gradually as we experience both God’s faithful love and the Spirit’s sanctifying work in daily life. Gap awareness keeps this journey honest and hopeful.

What “Gap Awareness” Looks Like

Gap awareness is the hopeful, gentle skill of noticing where our lived experience and relationships don’t reflect what we truly believe about God’s love. Every practitioner—from coach to consultant—increases long-term fruitfulness by equipping clients/groups to name not only the gap itself but the particular driver at stake, and to bring both honestly to God and others.

Micro-Testimonies

- *A team leader realizes her spike in anxiety during feedback is less about performance and more about a deep longing for acceptance. With her triad ([Triad Guide](#)), she uses CHEW to return to God’s unwavering delight, takes a risk in honest conversation, and celebrates the act of returning—even when imperfect.*
- *A family, during their Weekly CHEW, identifies that recurring tension after mistakes ties to the value/salves driver (“Am I still precious when I fail?”). One*



member confesses candidly and is met with support, marking a visible narrowing of the gap.

Quick Reference Table: Example Gaps by Core Driver

SALVES Driver	Common Emotional “Gaps”	Gospel Truth/Return
Security	Anxiety, control, perfectionistic fear	“In Christ, you are safe and kept.”
Acceptance	People-pleasing, withdrawal, exclusion	“Accepted in the Beloved—nothing added, nothing lost.”
Love	Fear of rejection, overgiving, mistrust	“Loved with an everlasting love (Jer. 31:3).”
Value	Shame, overwork, envy	“You are precious in my eyes (Isaiah 43:4).”
Enjoyment	Numbing, boredom, forbidden pleasure	“Fullness of joy, pleasures at His right hand (Ps 16).”
Significance	Striving, comparing, despair	“Created in Christ for good works (Eph 2:10).”

For deeper questions and examples, check the [SALVES blog](#).

Tools and Habits for Gap Awareness, Return, and CHEW Rhythm

- Gap Checklist (Download & Group Use Encouraged):



- Did I notice a gap between my beliefs about God’s love and my feelings/actions this week?
- Did I identify the core driver most activated in those moments?
- Did I record a “gap moment” (journal, group note)?
- Did I use CHEW (Confess, Hear, Exchange, Walk) alone, in triad, or group?
- Did I share honestly and receive encouragement?
- Did I intentionally return to God’s love with a concrete action or habit?
- Did I celebrate (even a small) honest return—alone or with others?
- Did I anchor a return with prayer, Scripture, the Lord’s Supper, or gratitude?
- Did my group mark and celebrate honest returns?
- Did regular gap review lead to new micro-habits for ongoing realignment?

Download and invite your triad, group, or family to use this checklist weekly, normalizing honest gap return and progress across all contexts.

- Two-Column Gap Journal: “What I profess or trust about God’s love?” vs. “What did I live/feel/react from?”
- Weekly/Monthly CHEW Audits: [Weekly CHEW](#) / [Monthly CHEW](#).
- Belief Contrast Exercise: [30 Characteristics Resource](#).
- Group/Team CHEW Review: [Triads](#) and families for safe confession and encouragement.



- Progress Tracker: [Daily Reflection CHEW](#).

Micro-Vignette

A small group gap review: A parent and teen both realize that a rough week was marked by craving significance. Through honest naming and CHEW, both confess, hear God’s welcoming truth, exchange striving for trust, and celebrate a fresh return during Communion together.

CHEW-Gap Review and the Holy Spirit

Remember:

Gap awareness and “return” aren’t achieved by effort alone. The Holy Spirit is the One who revives belief, convicts gently, comforts, and works through the ordinary means—prayer, Scripture, Communion, and community—to bring our hearts home. CHEW On This™ rhythms (individual, group, triad) turn awareness into durable, gospel-anchored change.

Gap Practices in Coaching, Counseling, and Consulting

Context	Gap Assessment in Practice
Coaching	Gap journals after sessions; triads for honest sharing and encouragement (Triad Guide).
Counseling	Regular CHEW-based review of old scripts, targeted work on SALVES-driven gaps; deeper assurance via group and Communion.
Personal Consulting	Story/decision mapping to surface driver-specific beliefs; concrete next steps for lived alignment.



**Organizational
Consulting**

**Team/leadership gap audits (linking values to drivers);
embed gap review & CHEW in rhythms for culture
transformation.**

Call to Action: Normalize Hopeful Gap Awareness, Celebrate Return, and Practice Together

Spiritual maturity is not the absence of gaps but the regular, joyful return to God's love.

- **Make gap review with core driver language a living rhythm.**
- **Download and use the checklist in your team, family, or triad.**
- **Celebrate each moment of honest return—not perfection—as the real measure of gospel progress.**
- **Let group return, Communion, Scripture, and community be your anchor and renewal.**

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.” (Philippians 1:6, ESV)

For a deep dive into “core drivers,” diagnostic questions, and how SALVES links to gap work, see:

[SALVES: Discovering and Redeeming the Core Drivers of Every Heart](#)

Endnotes

1. **Proverbs 4:23, ESV; 2 Corinthians 5:14, ESV; Colossians 3:16, ESV.**
2. **The-1st-Principle-Transformation-Framework-1.docx, Section 1 and belief tables.**



3. <https://1stprinciplegroup.com/salves-discovering-and-redeeming-the-core-drivers-of-every-heart/>

4. <https://1stprinciplegroup.com/which-chew-fits-this-moment-an-overview-for-real-life-renewal/> ; <https://1stprinciplegroup.com/chew-triad-guide/> ; <https://1stprinciplegroup.com/weekly-chew-progress-noticing-gods-love-real-life-growth/> ; <https://1stprinciplegroup.com/monthly-chew-progress-reflection/> ; <https://1stprinciplegroup.com/daily-reflection-chew-noticing-gods-love-processing-what-was-hard-and-celebrating-growth-2/> ; <https://1stprinciplegroup.com/30-characteristics-of-gods-love-with-verses-and-chew-questions/>



Section 7: Integrating Everything—Turning Insight into Recurring, Sustained Gospel Renewal

Gospel Foundation—Transformation Becomes Culture When God’s Love Is Lived Together

Lasting transformation happens as God’s steadfast love moves from intellectual understanding (“head”), to trusted desire (“heart”), outward into the ordinary practices, habits, and culture of families, teams, churches, and organizations. “We love because he first loved us” (1 John 4:19). Sustainable change is a Spirit-empowered spiral: honest return, micro-habit formation, group celebration, and the everyday re-rooting of hearts in the Gospel.

Key question: How can you move from breakthrough moments to an ongoing lifestyle and culture of gospel renewal—where return, joy, and grace are truly ordinary?

1. Visualize the CHEW-Gap-SALVES Cycle—A Recurring, Adaptable Workflow

Transformation is not just step-wise; it’s a living rhythm. Use and adapt this “week-in-the-life” cycle for any context:

Visual Gospel Rhythm Diagram (for a weekly cycle):

1. Gap or trigger noticed (e.g., anxiety, shame, striving) →
Name the emotion and likely SALVES driver (e.g., Security, Value)



2. **CHEW process (Confess, Hear, Exchange, Walk) — alone or with others**
3. **Celebrate return — share in group/triad/family review, record the story**
4. **Communal worship or meal — attach stories of return to Communion, family table, or Sunday celebration**
5. **Review/adapt — ask: “What worked? What shall we tweak next week?”**

Loop as needed—any “gap moment” is the start of a new cycle, not a setback.

2. Explicit Adaptation Tips—Customize for Every Person and Setting

- **For young families: Let kids act out or draw their “return”; make gratitude and return part of bedtime or meals.**
- **For busy professionals: Start meetings with 60-second “gap check-ins”; use electronic trackers for returns or gratitude logs.**
- **For triads/shy/introvert groups: Rotate written “return notes” and read together, or celebrate returns via group chat.**
- **For leaders/teams: Assign rotating facilitation for group CHEW, gap review, and story celebration.**

Schedule regular “audit and adapt” sessions (monthly/quarterly): “How is this working for us? How might we reshape a ritual or tool to fit our life together?”

3. Diverse Micro-Stories—Return Is for Everyone



- *A neurodiverse small group adapts CHEW to include art, doodles, and written prompts, meeting over a favorite meal where every “return” is clapped for—even if just a small step of honesty.*
- *A single mom family uses a gratitude jar at the dinner table, dropping in a note each time someone names a return to love—reading them aloud on Sunday meals for shared celebration.*
- *In a newly-planted, multicultural church team, gap-mapping happens through a mix of anonymous cards and public sharing, with wins celebrated during Communion.*

Encourage the group: Invite everyone to contribute a return story or gratitude win to a wall, group text, or circle at closing gatherings.

4. Joy and Return—Central, Not Secondary

Every gap is an invitation. Every honest return—however small—is the true celebration of maturity. Joy is both the fruit and the fuel.

- **Use music, prayer, “joy pauses,” or favorite treats to mark micro-wins in meetings and meals.**
- **Create a “Return Stories Wall” (physical or digital) to keep celebration visible and regular.**
- **Start meetings or family meals with a gratitude round—“what return are you glad for this week?”**



5. The Ordinary Means and Worship: Loop Returns Back to Christ's Gifts

- Anchor all practices in prayer, Scripture, and the Lord's Supper—begin and end rituals with a gospel promise or reading.
- Regularly connect group celebrations of return to meals, communion, or hospitality.
- Set a monthly or quarterly “Return Sunday/Monday” where stories are shared alongside the Table and collective worship, reinforcing that every return leads home to Christ.

Sample Prayer for Groups

“Lord, return us to your steadfast love—again and again. Let every gap and honest confession become a celebration of your grace that covers us all. Let our best progress be measured by how often we help each other return. Amen.”

6. Provide an Accessible Quick Start Guide

- Quick Start (for any group):
 1. Choose a return ritual (gap review, gratitude, group CHEW)
 2. Assign a rotating facilitator—everyone leads once a month
 3. Pick one tool or tracker to start (e.g., [Track Your CHEW Breakthroughs](#))

Weekly Agenda Sample



- **Family:** Monday—gratitude note at breakfast; Friday—return story and prayer at dinner.
- **Triad:** Once a week—each brings one gap to CHEW, shares return, closes with group blessing.
- **Team:** Weekly meeting opens with “where did you experience a gap/return?” and one person leads collective CHEW.

7. Multiplying Wins—Practice, Story, and Gospel Culture

Make every honest return “the main KPI” for spiritual progress. Multiply:

- Pair up for peer feedback and celebration.
- Host quarterly “Return Celebrations”—a meal, worship, or group night focused on shared “return wins.”
- Share wins/testimonies more widely, in worship, newsletters, or digital “walls.”

8. Deepen with Classic Means of Grace and Theological Roots

- Root all “return” and CHEW rituals in prayer, the Word, and the Lord’s Supper.
- For ministry and discipleship leaders, connect this rhythm to confessional heritage (e.g., Heidelberg Q1/Q21, Westminster Q1/35/36 on comfort, faith, repentance, and sanctification).

Integration Table: Onramps & Rituals for Any Context



Context/Group	Tool/Resource (with Link)	Ritual/Practice Example
Individual	Track Your CHEW Breakthroughs	Daily/weekly habit stacking, gap journal
Family	How to Use CHEW in Small Groups	Gratitude notes, “return” at meals
Triad	CHEW Triad Guide	Rotating lead, written “return” stories
Small Group	Core CHEW in Community	CHEW opener or closer, gap mapping
Organization	Why You Can’t CHEW Alone	CHEW meeting starter, “return wall”

Callout: Practice Joy in Every Return

“Every honest return, no matter how small, moves us deeper into hope. Real gospel culture is measured not by perfection, but by a thousand tiny moments of coming home.”

Final Steps for Multiplication

- Choose your starting onramp (cheat sheet, blog, tracker).
- Customize the ritual/agenda—ask your group what works best.
- Mark and retell every win—visibly, joyfully, and often.



- **Anchor returns in the Spirit and the means of grace—not your own effort or shame.**

“Let the word of Christ dwell in you richly, teaching and admonishing one another... and whatever you do... do everything in the name of the Lord Jesus, giving thanks...” (Colossians 3:16–17, ESV)

Section 7 is now a thoroughly actionable, adaptive, and joy-filled blueprint—rooted in doctrinal truth, ordinary means, and ordinary relationships—guiding every person, group, and organization toward sustained, contagious gospel renewal. “We love because he first loved us.”



Section 8: Tools, Templates, and Pathways for Ongoing Return—Making Gospel Habits Last

Why Practical Resources, Structure, and Adaptation Are Essential

Enduring, gospel-shaped transformation is not just the fruit of insight or a single breakthrough. It is rooted in accessible, adaptive practices—simple onramps, visible rituals, and shared tools that empower every person, family, team, or organization to make returning to God’s love the living center of culture. According to both reformed tradition and current research, the best resources and culture-building practices are those that are clear, flexible, participatory, and explicitly tied to the means of grace.

This section provides everything you need: step-by-step “Quick Launch” maps and visual flows, robust toolkits with theological anchors, group templates, agenda boxes, real-life stories, inclusion strategies, glossary, and troubleshooting guides—so that any context can become a culture of honest gospel return.

Visual Roadmap & Quick Launch

[Insert or download: Visual CHEW–SALVES–Return Cycle Infographic]

1. Gap Noticed (emotion, struggle, area of need)
2. Name the SALVES Driver ([SALVES blog](#))
 - Security, Acceptance, Love, Value, Enjoyment, Significance
3. CHEW (Confess, Hear, Exchange, Walk)



4. Share/Celebrate the Return

- Journal, triad, family, meal, or digital group

5. Worship or Ritual

- Lord's Supper, story wall, gratitude round, meal

6. Review/Adapt

- “What worked? How should we tweak/expand/celebrate next?”

“Your First 7 Days” Quick Launch

- Day 1: Pick one ritual—CHEW, gratitude note, gap review—alone or in group
- Day 3: Use a tracker or template ([Track Your CHEW Breakthroughs](#))
- Day 5: Try a group share (triad/family/team), using written/digital/voice prompt, even if quick
- Day 7: Celebrate a “return win”—name it, thank God, close with prayer/Scripture

Month 2+: Add rotating leaders, adapt rituals, introduce triads or team reviews, connect to Lord's Supper or family meal.

Worksheet, Script & Agenda Library (with Theological Anchors)

A. Gap Mapping and Reflective Journaling



- **Two-Column Gap Map**

Gospel Truth/Promise

Lived Emotion/Response

“I am safe in Christ’s love.”

“I withdrew from feedback—felt exposed.”

-

- **Prayer Footer:**

“Father, anchor my return in your unchanging love. Colossians 3:16–17.”

- **Adaptation tip:**

- **Kids: Draw the gap, use emojis, or act it out**
- **Teams: Start with one word per person in group chat/whiteboard**

B. Everyday CHEW Worksheets

- **Core CHEW:**

- 1. Confess (Where am I most grateful or in need?)**
- 2. Hear (What Gospel promise addresses this today?)**
- 3. Exchange (What lie or script am I leaving behind?)**
- 4. Walk (What small practice or habit will remind me of God’s love?)**



- **In-Group CHEW:**
“Pause. Name a gap/driver. CHEW aloud or in silence. End with a gratitude round. Close with short group prayer.”
- **Theological Anchor:**
“We return because God makes a way—His grace is our renewal, not our resolve. Acts 2:42–47.”

C. Group & Triad Templates

- **Weekly Group Audit:**

Date	Gap/Driver	Story of Return	Joyful Win Celebrated
Fri	Significance	Chose unhurried prayer over late work	Team smile/sigh of relief

-

- **Triad Agenda (from [CHEW Triad Guide](#)):**
 - Opening prayer/Scripture ([use rotating leaders](#))
 - Each shares a gap/driver
 - Group CHEW
 - Joy story/blessing; record a “return wall” note
- **Family Practice:**



- Post meal: “What are we grateful for? When did we come home to God’s love this week?”
- Leader Note:
Use Heidelberg Q1 or Westminster Q1 as closing affirmation— “to glorify God and enjoy Him forever.”

D. CHEW + SALVES Integration

- Diagnostic Table:

Trigger/Feeling	SALVES Driver	CHEW Prayer
People-pleasing	Acceptance	“Thank you, I belong in Christ.”
Shame at a mistake	Value, Security	“Remind me, I am treasured in Christ even now.”
Resentment after conflict	Love, Significance	“Lord, let your love heal what was missing.”

-
- *Prompt: “How did you respond in that moment of emotion? What belief or joy was left out? What’s God’s promise for that driver?”*

Story, Inclusion, & Joy— Culture-Building Features



Real-World Scenarios

- **Neurodiverse Triad:** One journals, one draws, one voice records—review together weekly with snacks and shared prayer.
- **Multi-Generational Family:** Each person adds a slip of paper to a “return jar” at dinner; once a week, family reads and celebrates together.
- **Multi-cultural Team:** Anonymous digital “return notes” submitted before a meeting, read aloud by facilitator, discussed with grace and applause.

Every template features a space for “Best Story of Return” or “Surprise Experience of Joy.”

Box: Adaptation Wins

Ways to Adapt CHEW Tools:

- Let kids lead confession or gratitude
- Use stickers or color code for feeling states
- In large orgs, run gap/return as 5-min “pulse” on team dashboards or at huddles
- In shy/quiet groups, use written slips or emojis

Rituals & Celebration—Making Joy the Norm

- **Return Stories Wall:**
Visual/digital board with sticky notes, photos, or digital cards marking every



honest return

- **Monthly/Quarterly “Return Celebration”:**
Meal, story-sharing, Communion, music. Invite testimonies!
- **Gratitude Pause (5–60 sec):**
End meetings/meals by sharing “where God’s love appeared this week”

Sample Agenda Box: 10/30/60 Minute Formats

10 min:

- **Gratitude or gap share**
- **Short CHEW together**
- **Name one return**

30 min:

- **Share a gap/driver per person**
- **Group CHEW**
- **Return story, gratitude round, prayer**

60 min:

- **In-depth group confession/sharing**
- **CHEW circle, story review**



- Communion or meal—anchor to Lord’s Supper or family celebration

Glossary & User Guidance

Glossary terms (with links):

- CHEW, SALVES driver, gap, return, triad, habit stack, gratitude ritual, group audit, return wall, micro-win

For new users/lay leaders:

All resources are adaptable for age, culture, tech/analog, and introvert/extrovert needs. See blog/tool links in each section for further walkthroughs.

Common-Questions Box (Troubleshooting and Grace for Lapses)

Q: How do I restart if our group/family/team fizzles?

A: “Start small—pick one ritual, name one gap. Every honest return is a spiritual win.”

Q: What if people disengage or feel awkward?

A: “Rotate or adapt leadership, use written/digital forms, lower stakes. Normalize story and joy over process.”

Q: What’s the anchor?

A: “Prayer, Word, Lord’s Supper, honest friendship, and ordinary means—never just the tools themselves.”

Q: Where can I see more real-life examples and tips?

A: Visit:

- [CHEW Triad Guide](#)



- [How to Use CHEW in Small Groups](#)
- [Core CHEW in Community](#)
- [Why You Can't CHEW Alone](#)
- [SALVES: Discovering and Redeeming the Core Drivers of Every Heart](#)
- [Habit Formation & Growth Mindset Guide](#)
- [Track Your CHEW Breakthroughs](#)
- [When Setbacks Come: God's Love and Real Progress](#)
- [CHEW On This #10: Running to God After You Fall](#)

Multiplication & “Celebrate and Multiply” Ritual

- Mark every honest return as true progress
- Schedule a quarterly (or annual) “Gospel Return Celebration” – group meal, Communion, shared stories, blessing new leaders/groups
- Share “wins”/testimonies in worship, group chats, bulletin boards, or celebration events
- Rotate leadership and practice adaptation so every participant becomes a carrier of culture

Theological Anchoring and Final Reminders



“Let the word of Christ dwell in you richly, teaching and admonishing one another... and whatever you do... do everything in the name of the Lord Jesus, giving thanks...”

— Colossians 3:16–17

Catechetical footnote for discipleship settings:

Heidelberg Catechism Q1: “My only comfort in life and in death is that I am not my own, but belong—body and soul—to my faithful Savior, Jesus Christ...”

Westminster Shorter Catechism Q1: “Man’s chief end is to glorify God and enjoy Him forever.”



Section 9: Measuring Real Progress—Celebrating Gospel Return and Building a Culture of Lasting Change

Why & How We Measure Progress in Gospel-Centered Transformation

In this framework, *progress* is never about perfection or the mere absence of lapses. True, Spirit-driven growth is measured by the frequency, transparency, and delight of returning to God’s love—personally and together. The vision is to make return culture measurable and visible, so that every movement from old script to gospel homecoming gets named, honored, and multiplied.

Progress means:

- Running to the means of grace—Word, prayer, Communion, community.
- Naming both joy and struggle.
- Tracing visible “fruit” in habits, relationships, conflict recovery, and gratitude—not simply checking boxes.

Below, Section 9 gives both theological clarity and robust practical tools—so anyone can celebrate and deepen what really matters.

1. Anchor All Measurements in the Means of Grace & Gospel Worship



Opening Frame:

All metrics, reviews, and stories are pointers—only meant to bring you and your group back to union with Christ:

- Frame all group/monthly/quarterly review moments in gathered prayer, a shared Gospel promise, or the Lord's Supper where possible.
- “Every audit, gratitude wall, or story archive exists to prepare us for the Table and praise, not just self-reflection.”
- For every worksheet or ritual, use a footer: *“Father, let every review bring us closer to your presence and our shared hope.” (Acts 2:42–47; Colossians 3:16–17)*

2. Key Metrics & Story-Based Markers—For Individuals, Groups, and Cultures

a. Personal Markers

- **Return Frequency:** How many “returns” (journaling, CHEW, gap detection) do you mark in a week/month?
- **Speed & Willingness:** How quickly do you reach for community, Scripture, or Communion after a setback?
- **Fruit of the Spirit:** Are gratitude, patience, courage, honesty, and confession more frequent? (See: Galatians 5:22–23; John 15:1–11)
- **Joy in Weakness:** Do you celebrate not just “wins” but honest restarts, even after failure?



b. Group/Family/Team Markers

- **Honest Celebration:** Are return stories shared/celebrated together? Is a "return wall," gratitude jar, or digital story space visibly growing?
 - *(Sample visual: Family/Team whiteboard with “New return stories this week:” + tally/sticky notes)*
- **Shared Leadership:** Are rituals and reviews facilitated by a range of people (not just one leader or personality type)?
- **Resilience in Drift:** When ritual slips or group energy declines, is restart gentle and celebrated?
 - *(Prompt: “What did we learn from this lull? Who will restart us joyfully?”)*
- **Public Repentance & Lament:** Do gatherings make gentle space for confession, sorrow, and struggle as gospel progress—not just success?

c. Organizational Culture Markers

- **Onboarding/Multiplier:** Are new people taught and quickly invited to participate or lead?
- **Communion with Practice:** Are progress reviews connected to means of grace—monthly return celebration with Communion, praise, prayer?
- **Quarterly “Audit & Celebrate:”** Is there a recurring, joyful “story supper” or “return festival” where real journey, not just surface wins, are spotlighted?

3. Tools & Templates for Measuring What Matters



A. Shared Progress Tracker—Individual & Group

Date / Week	Honest Return (Describe)	Who Led?	Means of Grace Used	New Joy or Fruit
July 1–7	Confessed anger at home	Jamie	Prayer & Scripture	Laughter, apology
July 8–14	Chewed on Value driver	Taylor	Lord’s Supper	Gratitude round

B. Return Stories Wall / Digital Archive

- Whiteboard, WhatsApp thread, or family bulletin: everyone adds at least one “return” or honest confession each week. Major “setback returns” get a visible, joyful callout.

C. Culture/Practice Audit Sheet

Practice	Frequency	Rotating Leadership?	Adapted?	Evidence of Joy/Return
Group CHEW	Weekly	Yes	Yes	Yes (story wall)
Return Ritual	Monthly	Yes	Yes	Full jar, high-fives
Conflict repair	Faster	Yes	As needed	More hugs, less shame

D. Quarterly Celebration Planning Template

- Meal, Lord’s Supper, sharing of “most surprising return” stories



- Commissioning prayer for a new facilitator, group, or practice
- Vocal time for lament/confession (“Where did God meet us in failure?”)

4. Sample FAQ—For Real-World Obstacles

Q: What if participation lags or the group feels stale?

A: Revisit your starting ritual; restart with prayer and a single story. Rotate facilitators. Focus on story and gratitude before process.

Q: How do we mark progress when “fruit” is slow or invisible?

A: Track “return attempts,” naming every honest try—even in sadness or confession—as real growth.

Q: What if we have a season of conflict, silence, or lapse?

A: Celebrate any group restart as a *major* milestone. (See [When Setbacks Come](#) and [CHEW On This #10: Running to God After You Fall.](#))

5. Glossary—Key Terms for Gospel Progress

- **Means of Grace:** God’s appointed channels—Word, prayer, Lord’s Supper, Christian fellowship—by which He renews, restores, and sustains us.
- **Return:** Choosing to come back—alone or together—to God’s love after drift, sin, or numbness.
- **Story Wall:** Physical or digital space where honest return and gratitude are recorded and celebrated.
- **Audit & Adapt:** Regular review for tweaking rituals, tools, or leadership so joy and clarity remain.



- **Multiplication: Passing on habits/tools so new people/groups can easily start from anywhere.**

6. Catechism & Biblical Footnotes for Practitioners

- *Heidelberg Catechism Q1: “My only comfort...I am not my own but belong...to Jesus Christ.”*
- *Westminster Shorter Catechism Q1: “Man’s chief end is to glorify God and enjoy Him forever.”*
- *John 15:8, 11; Galatians 5:22–23; Luke 15; Nehemiah 9; Colossians 3:16–17.*

7. Visual Aids & Agenda Templates

Visual Dashboard Example:

- *Bar chart for “returns celebrated,” “lapses restarted,” “fruit noticed,” “gratitude/joy stories posted” – individual + group*
- **Monthly “story calendar” (rotating who shares the main return story)**

Agenda Addendum: “Celebrate & Multiply Return”

- **Quick round: What is one honest return this week?**
- **Group prayer: “Thank you, Father, for every homecoming.”**
- **Share a meal, Communion, or story wall update**



- Commission a new leader/team/ritual for the next cycle

8. Final Frame: Measuring with the Gospel, Not a Scorecard

“Progress” in the gospel is not the elimination of struggle, but the nurturing of *shared, honest, celebrated return*—cultivated through the Word, prayer, the Table, and authentic community. Lasting change is born and measured here, for the glory of God and the joy of His people.



Section 10: Growing a Movement of Honest Return—Multiplying Gospel Culture Everywhere

Vision: From Personal Practice to Kingdom-Wide Renewal

The heart of the 1st Principle Transformation Framework is not just to foster personal breakthrough or healthy teams, but to seed a Spirit-led movement—an ever-expanding ripple of honest gospel return throughout homes, groups, communities, and beyond. This isn't about brand or ego, but a humble, biblical vision: that the rhythms and stories of honest return would become so “normal” that every space you influence is marked by grace, joy, and resilience rooted in God's steadfast love.

“You are the light of the world. A city set on a hill cannot be hidden... Let your light shine before others, so they may see your good works and give glory to your Father in heaven.” (Matthew 5:14, 16)

1. Multiplication: What It Means in a Gospel Framework

Multiplying a “return culture” is not merely increasing numbers—but:

- Every context shaped by gospel rhythms: Families, groups, workplaces, ministries, and churches where honest confession, regular CHEW, gratitude practices, ritual return, and group review anchor every story and season.
- Every role empowered for leadership: Parents, youth, volunteers, introverts, elders—anyone can initiate, adapt, and multiply return routines.



- **Sanctified adaptation:** Each group “makes it their own” — shifting language, ritual, or frequency to serve unique cultures, ages, or needs while protecting the essence: honest, joy-filled gospel return.
- **Mission beyond the church:** Community groups, nonprofits, even workplaces modeling cycles of honesty, forgiveness, gratitude, and hope that impact the wider world.

2. Steps for Gospel Multiplication at Every Level

A. Begin Where You Are

- Choose a single routine (gap/return review, gratitude round, group CHEW, progress tracker) and consistently practice.
- Share honest return stories with friends, family, or colleagues— modeling courage and “starting again.”

B. Invite, Equip, and Empower Others

- When a habit sticks, invite others to join, watch, or participate.
- Distribute “starter kits” (adaptable worksheet, template, or blog link).
- Use the “Quick Start Guide” or “First 7 Days” mini-flow for new launches.

C. Rotate Roles and Tell Stories



- Rotate facilitators or “story sharers” across all ages, personalities, and backgrounds.
- Use visible tools: “return walls,” joy jars, digital trackers; invite everyone to post or share.
- Encourage and celebrate every fledgling leader—even a child or new team member.

D. “Celebrate, Audit, and Multiply” Regularly

- Hold quarterly (or monthly) “return celebrations”—meals, prayer, Lord’s Supper, storytelling, and blessing of new leaders or practices.
- Audit and adapt as a group: “What’s working? What can be improved? Who wants to lead or adapt next?”
- Capture new multipliers—encourage each new group (triad, classroom, division, neighborhood) to launch their own return culture.

E. Anchor Multiplication in Means of Grace & Confessional Roots

- Integrate return celebrations and multiplication rituals with Communion, prayer, and shared Scripture reading.
- Use confessional or catechetical reminders (Heidelberg Q1, Westminster Q1) to keep the movement Christ-centered.



3. Lament, Weakness, and Multiplying Grace—A Real Vision

- Celebrate not just success, but the willingness to confess, lament, and restart.
- Honor each group or leader who returns after lapse.
- Teach that God’s movement grows most in weakness, not in effortless success (2 Corinthians 12:9–10).
- Make “celebrate every restart” a culture-wide value—no story too small.

4. Multiplication Resources, Visuals, and Templates

A. Multiplication Flow Diagram

[Insert or download:]

- One person/family/group starts a return ritual → rotates leadership → shares a story → invites/adapts with new group → posts a win/testimony → integrates with a meal/worship/conference → commissions new multipliers → new cycle begins.

B. Multiplication Planning Table

Step	Tool or Practice	Next Action
Persona I Return	Gap journal, Core CHEW, gratitude log	Weekly review, share moment



**Seed a
Group**

**Quick Start,
triad/small group
agenda**

**Invite, adapt,
rotate leaders**

**Visible
Culture**

**Return wall, digital
tracker, meal**

**Share win in
team/family/medi
a**

**Quarterl
y
Celebrat
ion**

**Return stories,
meal, Communion**

**Commission new
facilitators**

C. “Celebrate & Multiply” Sample Agenda

- **Meal/fellowship and prayer**
- **Group gratitude round (“How did God’s love break through?”)**
- **1–2 honest return stories shared (with space for lament as well as joy)**
- **Lord’s Supper or Scripture reading**
- **New leaders/families/teams blessed and commissioned**
- **Closing “send out”: “Go, multiply stories of return!”**

5. FAQ and Lived Experience



Q: What if my group resists or fizzles out?

A: Return anyway—try again with one ritual, one new leader, or new language. Every restart is a “win.”

Q: How do we reach beyond church walls?

A: Invite neighbors, coworkers, or community groups to pilot a return/chew/joy ritual—no jargon required, just honest gratitude and story.

Q: How can I prove this is “working”?

A: Track multiplied stories, new leaders, gratitude notes, and increased returns after setbacks—even before big visible results.

Q: What about setbacks during multiplication?

A: See [When Setbacks Come](#) or [CHEW On This #10](#) for gentle restart wisdom. Celebrate the grace to begin again.

6. Theological Anchors and Movement-Wide Prayer

- “Let the word of Christ dwell in you richly...teaching and admonishing one another...with thanksgiving...” (Colossians 3:16–17)
- “They devoted themselves to the apostles’ teaching...the fellowship, breaking of bread, and prayers...the Lord added to their number” (Acts 2:42–47)

Sample Movement Prayer

“Lord Jesus, multiply your Spirit of honest return among us. Give courage to every leader—child, parent, teacher, worker. Let every return wall, gratitude circle, confession, and celebration root us deeper in your grace. Expand return culture for your name’s sake, until every gap finds its home in your love. Amen.”



7. Glossary / Quick Reference

- **Return culture:** A way of life where honest coming back to God's love, individually or together, is normalized and celebrated.
- **Multiplication:** The spread, by ordinary story and ritual, of return habits throughout ever-widening circles—by anyone, for everyone.
- **Audit & Adapt:** Scheduled check-in for reviewing and co-creating your group's/family's next rhythm.
- **Return Celebration:** A meal, service, or gathering where stories, baptisms, confessions, gratitude, and new leaders are at the center.
- **Means of grace:** The ordinary, God-appointed channels (Word, prayer, Communion, fellowship) by which transformation is sustained and multiplied.



Appendix: Foundations for Gospel-Centered Transformation

1. Growth Flows from God’s Work Before Ours

Lasting change in any area of life begins with what God has already accomplished for us. Our identity and hope are anchored in His love, not in our progress or performance.

“Therefore, since we have been made right with God by faith, we have peace with God through our Lord Jesus Christ.” (Romans 5:1)

“God is at work in you, giving you the desire and the power to do what pleases him.” (Philippians 2:13, NLT)

2. Change Is a Response to Grace, Not an Attempt to Earn It

Real transformation comes as we constantly rediscover God’s steady kindness—even when we fall short. This hope does not rest on our emotions or habits, but on God’s unchanging promise.

“There is now no condemnation for those who belong to Christ Jesus.” (Romans 8:1)

“God, who began the good work within you, will continue his work until it is finally finished.” (Philippians 1:6, NLT)

3. Everyday Practices Matter

Growth is nurtured through daily and communal rhythms: prayer, engagement with Scripture, coming together with others, and sharing in the central practices of Christian faith such as communal meals and remembering Jesus’s self-giving love.



“Let the word of Christ dwell in you richly...” (Colossians 3:16)

“They devoted themselves to teaching, to being together, to sharing meals and to prayer.” (Acts 2:42, paraphrased)

4. God’s Presence in Suffering and Growth

Even in hardships, setbacks, or painful seasons, God’s love is at work shaping, comforting, and drawing us deeper into hope. Setbacks are not signs of failure but opportunities to experience grace, renewal, and growth in trust.

**“...suffering produces endurance, and endurance produces character, and character produces hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit...”
(Romans 5:3–5)**

“The Lord disciplines those he loves.” (Hebrews 12:6)

5. True Change Is Lived Out Together

Transformation thrives in authentic community where encouragement, accountability, honest conversation, and celebration are normal. These shared rhythms help close the gap between belief and daily life and multiply the joy of renewal.