

Core CHEW Guide

A Basic Guide for Moving God's Love from Head to Heart

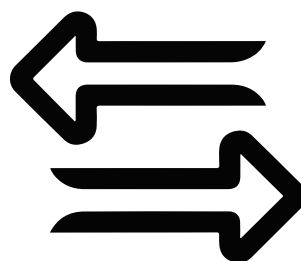
CHEW is a simple, gospel-shaped practice developed by 1st Principle Group for moving God's love from your head to your heart—right in the middle of real life. CHEW stands for:



Confess



Hear



Exchange



Walk

CHEW is designed to help you experience God's love not just as an idea you agree with, but as a present and powerful reality that grounds your thinking, softens your heart, and, over time, transforms how you live.

The Core CHEW Question

The foundation of CHEW begins with one transformative question:

"If I really believed God loves me as much as He loves Jesus (John 17:23), what would change in me right now?"

This question reveals the gap between what you know about God's love intellectually and what your heart actually believes. That gap is exactly where transformation happens.

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Quick CHEW Practice (3-5 Minutes)

1. **Take three deep breaths** - Remember that God's love is present now
2. **Ask the Core Question:** "If I really believed God loves me as much as He loves Jesus, what would change in me right now?"
3. **Notice what comes to mind** - What Biblical truths apply to your situation?
4. **Check it against Scripture** - Is what you thought actually true according to God's Word?
5. **Choose to believe** - Trust what Scripture says, not just what you feel
6. **Take one small step** - Act on the truth in a simple, concrete way

Got more time? Consider walking through the longer CHEW on the next 2 pages!

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Step 1: Confess

What it means: Be real and honest with God about what you're experiencing right now.

How to practice it:

- Bring your pressure, worry, frustration, joy, confusion, or pain directly to God
- Don't hide or try to fix things first—confession opens your heart to receive God's love exactly where you are
- Name what's happening beneath the surface

Step 2: Hear

What it means: Listen to what God declares in His Word about who He is and what He has accomplished for you in Christ.

How to practice it:

- Ask: "Father, what Scripture do You want me to wrestle with right now?"
- Let God's Word meet your honest emotion with specific truth about His love for you
- Pay attention to what truth or promise from God you most need in this moment

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Step 3: Exchange

What it means: Reflect on how believing God's truth would reshape your response to your current situation.

How to practice it:

- Use the Exchange question: "If I really believed [this truth about God's love] is real for me right now, how would that change [what I confessed]?"
- Release old fears, lies, and patterns
- Ask God to make His promises your new foundation
- Choose to trust what Scripture says is true about God's love for you, regardless of how you feel

Step 2: Walk

What it means: Take a concrete, faith-filled next step based on God's word.

How to practice it:

- Act on what Scripture says is true, not on what you feel
- Take one simple, specific action that flows from the truth you've received
- Make it concrete: a conversation, a boundary, an act of service, a new habit, or even just taking a deep breath and whispering a truth about God's love

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Resources and Next Steps

Continue Your CHEW Journey

- [Take the 7-Day Core CHEW Challenge](#) - Build momentum with daily practice
- [Join a CHEW Group](#) - Experience God's love in community with others
- [Explore Intermediate Applications](#) - Apply CHEW to specific life situations (work, parenting, marriage, anxiety)
- [Consider Advanced CHEWing](#) - Tackle persistent patterns through intensive frameworks

For More Information

Visit www.1stprinciplegroup.com to:

- Subscribe to The Daily CHEW™ for regular encouragement
- Access additional CHEW resources and guides
- Connect with CHEW Groups in your area
- Explore counseling, coaching, and consulting services

