



# H.E.A.R. JOURNAL

## [H]-HIGHLIGHT - the verses that speak to you.

Write out the name of the book

Which chapter and verse stand out to you?

Write out the verse/s

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## [E]-EXPLAIN - what the passage means.

To whom was it originally written? Why?

How does it fit with the verse before and after?

What is the Holy Spirit intending to communicate through this text?

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## [A]-APPLY - what God is saying in these verses in your life.

What does this mean today?

What is God saying to you personally?

How can you apply this message to your life?

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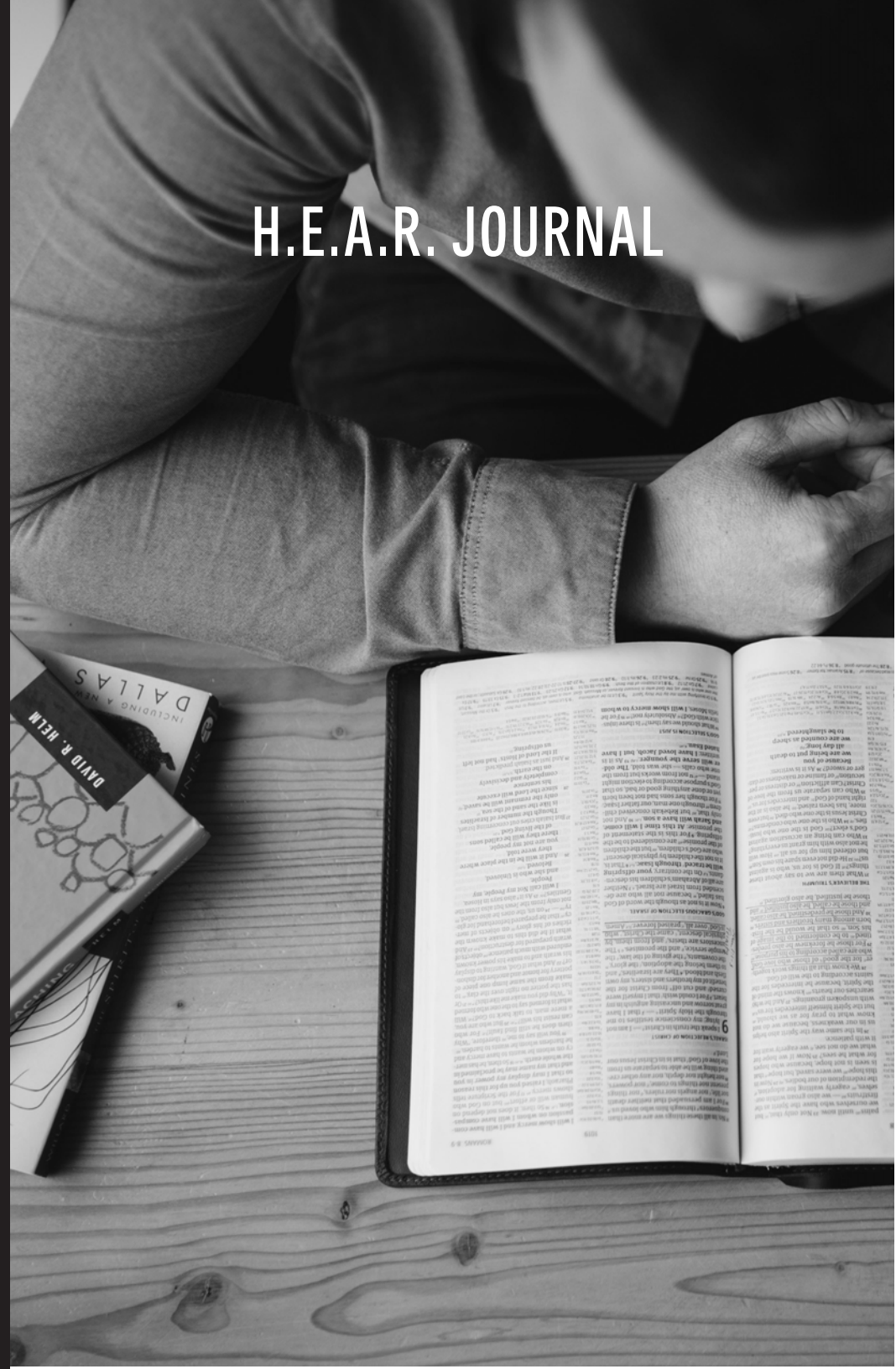
## [R]-RESPOND - to what you've read.

In what ways does this passage call you to action?

How will you be different because of what you've learned?

Write out a prayer to God in response to what you read today.

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# H.E.A.R JOURNAL ELABORATION

The **H.E.A.R.** journaling method promotes reading the Bible with a life-transforming purpose. H.E.A.R. stands for **Highlight, Explain, Apply, and Respond**, and it highlights an active process for reading Scripture. Each of these four steps contributes to creating an atmosphere to hear God speak.

## HIGHLIGHT

Take the verse(s) you are memorizing and select a word(s), phrase or verse that particularly stuck out to you. Write down the memory verse at the top of your H.E.A.R. Journal page.

## EXPLAIN

When referring to just one verse, some are tempted to make it say something it isn't saying. In the Explain section, elaborate on how this verse fits in with its context. This will let you see the verse in light of the verses around it, the chapter it's found in, and even the book it is a part of, and will help as you apply it to your life.

## APPLY

Once you've briefly explained the text, write down how you can apply what it's saying to your life right now. In the example on the opposite page, the writer noted how Philippians 4:13 was in the middle of a section where Paul described being content in any circumstance, so their application was similar: they note how their contentment is not found in their circumstances, but rather in their relationship with Jesus.

## RESPOND

This can be a prayer, an action step, a thanksgiving, or anything that represents your response to what God has shown you through the reading and study of His Word.

# SAMPLE H.E.A.R. JOURNAL ENTRY

READ: PHILIPPIANS 4:13  
DATE: JANUARY 10, 2019  
TITLE: SECRET OF CONTENTMENT

**H (Highlight)** - I am able to do all things through Him who strengthens me." Philippians 4:13

**E (Explain)** - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

**A (Apply)** - In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

**R (Respond)** - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.