

Start a HEAR Journal

The acronym HEAR stands for Highlight, Explain, Apply, and Respond. Each of these four steps contributes to creating an atmosphere to hear God speak. Take your time and be thoughtful.



Here's how to start:

1. Pray for the Holy Spirit's guidance.
2. Read your daily scripture.
3. On the top left-hand corner of your journal, write "H". After reading the passage of Scripture, Highlight each verse that speaks to you by copying it under the letter "H". Write out the following:
 - The name of the book
 - The passage of Scripture
 - The chapter and verse numbers that especially speak to you
 - A title to describe the passage
4. Write the letter "E" under the previous entry. At this stage you will EXPLAIN what the text means. Answer these questions to get you started:
 - Why was this written?
 - To whom was it originally written?
 - How does it fit with the verses before and after it?
 - Why did the Holy Spirit include this passage in the book?
 - What is God intending to communicate through this text?
5. Under the "A", write the word Apply. This application is the heart of the process. Answer a series of questions to uncover the significance of these verses to you personally, questions like:
 - How can this help me?
 - What does this mean today?
 - What would the application of this verse look like in my life?
 - What does this mean to me?
 - What is God saying to me?
6. Below the first three entries, write the letter "R" for Respond. Your response to the passage may take on many forms. Keep in mind that this is your response to what you have just read. Try writing one thing you will work on today, or maybe a prayer that connect with the Apply section.