



H.E.A.R. Journal

How to use the H.E.A.R. method in your Bible study

H - HIGHLIGHT...one verse from the day's Bible reading that really spoke/stood out to you and write it down in your journal.

E - EXPLAIN...the verse that you highlighted. Who is speaking and who is he speaking to? What is he saying? Why is he saying it? Where is he saying it?

A - APPLY...the verse to your life today. In light of this principle or promise that you have read and highlighted, how can you apply this to your life?

R - RESPOND...to the verse in prayer. Now that you understand the verse and its application for daily living, what is the Lord asking you to do with it?

Sample H.E.A.R. Journal Entry

H - HIGHLIGHT

- "I can do all things through Christ who strengthens me." Phil. 4:13

E - EXPLAIN

- Paul was telling the church at Philippi that he had 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 must face.