

H.E.A.R JOURNAL INSTRUCTIONS

H.E.A.R. stands for Highlight, Explain, Apply, and Respond.

- Under “H” write out the date of the entry, book, chapter, and verse number and the entire verse from your reading that stood out to you.

- Under “E” think through the meaning of the passage and write it out in your own words. You can use some or all of the following suggested questions to help you:
 - i. To whom was this passage (and book) originally written?
 - ii. How does it fit with the verses before and after it?
 - iii. What is the author trying to communicate through this text?

- Under “A” you can use some or all of the following suggested questions to help you write out the application of this passage:
 - i. What does this passage mean today?
 - ii. What would the application of this verse look like in my life?
 - iii. What is God saying to me?

- Under “R” think through and write out how you should respond to this verse.

2026 Reading Plan

WEEK OF JAN 4

- ☐ Luke 1
- ☐ Luke 2
- ☐ Luke 3
- ☐ Luke 4
- ☐ Luke 5

WEEK OF FEB 8

- ☐ Acts 2
- ☐ Acts 3
- ☐ Acts 4
- ☐ Acts 5
- ☐ Acts 6

WEEK OF MAR 15

- ☐ Galatians 6
- ☐ Acts 17
- ☐ Acts 18
- ☐ 1 Thessalonians 1
- ☐ 1 Thessalonians 2

WEEK OF JAN 11

- ☐ Luke 6
- ☐ Luke 7
- ☐ Luke 8
- ☐ Luke 9
- ☐ Luke 10

WEEK OF FEB 15

- ☐ Acts 7
- ☐ Acts 8
- ☐ Acts 9
- ☐ Acts 10
- ☐ Acts 11

WEEK OF MAR 22

- ☐ 1 Thessalonians 3
- ☐ 1 Thessalonians 4
- ☐ 1 Thessalonians 5
- ☐ 2 Thessalonians 1
- ☐ 2 Thessalonians 2

WEEK OF JAN 18

- ☐ Luke 11
- ☐ Luke 12
- ☐ Luke 13
- ☐ Luke 14
- ☐ Luke 15

WEEK OF FEB 22

- ☐ Acts 12
- ☐ Acts 13
- ☐ Acts 14
- ☐ James 1
- ☐ James 2

WEEK OF MAR 29

- ☐ 2 Thessalonians 3
- ☐ Acts 19
- ☐ 1 Corinthians 1
- ☐ 1 Corinthians 2
- ☐ 1 Corinthians 3

WEEK OF JAN 25

- ☐ Luke 16
- ☐ Luke 17
- ☐ Luke 18
- ☐ Luke 19
- ☐ Luke 20

WEEK OF MAR 1

- ☐ James 3
- ☐ James 4
- ☐ James 5
- ☐ Acts 15
- ☐ Acts 16

WEEK OF APR 5

- ☐ 1 Corinthians 4
- ☐ 1 Corinthians 5
- ☐ 1 Corinthians 6
- ☐ 1 Corinthians 7
- ☐ 1 Corinthians 8

WEEK OF FEB 1

- ☐ Luke 21
- ☐ Luke 22
- ☐ Luke 23
- ☐ Luke 24
- ☐ Acts 1

WEEK OF MAR 8

- ☐ Galatians 1
- ☐ Galatians 2
- ☐ Galatians 3
- ☐ Galatians 4
- ☐ Galatians 5

WEEK OF APR 12

- ☐ 1 Corinthians 9
- ☐ 1 Corinthians 10
- ☐ 1 Corinthians 11
- ☐ 1 Corinthians 12
- ☐ 1 Corinthians 13

2026 Reading Plan

WEEK OF APR 19

- ☐ 1 Corinthians 14
- ☐ 1 Corinthians 15
- ☐ 1 Corinthians 16
- ☐ 2 Corinthians 1
- ☐ 2 Corinthians 2

WEEK OF MAY 24

- ☐ Mark 10
- ☐ Mark 11
- ☐ Mark 12
- ☐ Mark 13
- ☐ Mark 14

WEEK OF JUN 28

- ☐ Acts 22
- ☐ Acts 23
- ☐ Acts 24
- ☐ Acts 25
- ☐ Acts 26

WEEK OF APR 26

- ☐ 2 Corinthians 3
- ☐ 2 Corinthians 4
- ☐ 2 Corinthians 5
- ☐ 2 Corinthians 6
- ☐ 2 Corinthians 7

WEEK OF MAY 31

- ☐ Mark 15
- ☐ Mark 16
- ☐ Romans 1
- ☐ Romans 2
- ☐ Romans 3

WEEK OF JUL 5

- ☐ Acts 27
- ☐ Acts 28
- ☐ Colossians 1
- ☐ Colossians 2
- ☐ Colossians 3

WEEK OF MAY 3

- ☐ 2 Corinthians 8
- ☐ 2 Corinthians 9
- ☐ 2 Corinthians 10
- ☐ 2 Corinthians 11
- ☐ 2 Corinthians 12

WEEK OF JUN 7

- ☐ Romans 4
- ☐ Romans 5
- ☐ Romans 6
- ☐ Romans 7
- ☐ Romans 8

WEEK OF JUL 12

- ☐ Colossians 4
- ☐ Ephesians 1
- ☐ Ephesians 2
- ☐ Ephesians 3
- ☐ Ephesians 4

WEEK OF MAY 10

- ☐ 2 Corinthians 13
- ☐ Mark 1
- ☐ Mark 2
- ☐ Mark 3
- ☐ Mark 4

WEEK OF JUN 14

- ☐ Romans 9
- ☐ Romans 10
- ☐ Romans 11
- ☐ Romans 12
- ☐ Romans 13

WEEK OF JUL 19

- ☐ Ephesians 5
- ☐ Ephesians 6
- ☐ Philippians 1
- ☐ Philippians 2
- ☐ Philippians 3

WEEK OF MAY 17

- ☐ Mark 5
- ☐ Mark 6
- ☐ Mark 7
- ☐ Mark 8
- ☐ Mark 9

WEEK OF JUN 21

- ☐ Romans 14
- ☐ Romans 15
- ☐ Romans 16
- ☐ Acts 20
- ☐ Acts 21

WEEK OF JUL 26

- ☐ Philippians 4
- ☐ Philemon
- ☐ Hebrews 1
- ☐ Hebrews 2
- ☐ Hebrews 3

2026 Reading Plan

WEEK OF AUG 2

- ☐ Hebrews 4
- ☐ Hebrews 5
- ☐ Hebrews 6
- ☐ Hebrews 7
- ☐ Hebrews 8

WEEK OF SEP 6

- ☐ 1 Peter 3
- ☐ 1 Peter 4
- ☐ 1 Peter 5
- ☐ 2 Peter 1
- ☐ 2 Peter 2

WEEK OF OCT 11

- ☐ John 20
- ☐ John 21
- ☐ 1 John 1
- ☐ 1 John 2
- ☐ 1 John 3

WEEK OF AUG 9

- ☐ Hebrews 9
- ☐ Hebrews 10
- ☐ Hebrews 11
- ☐ Hebrews 12
- ☐ Hebrews 13

WEEK OF SEP 13

- ☐ 2 Peter 3
- ☐ John 1
- ☐ John 2
- ☐ John 3
- ☐ John 4

WEEK OF OCT 18

- ☐ 1 John 4
- ☐ 1 John 5
- ☐ 2 John
- ☐ 3 John
- ☐ Jude

WEEK OF AUG 16

- ☐ 1 Timothy 1
- ☐ 1 Timothy 2
- ☐ 1 Timothy 3
- ☐ 1 Timothy 4
- ☐ 1 Timothy 5

WEEK OF SEP 20

- ☐ John 5
- ☐ John 6
- ☐ John 7
- ☐ John 8
- ☐ John 9

WEEK OF OCT 25

- ☐ Revelation 1
- ☐ Revelation 2
- ☐ Revelation 3
- ☐ Revelation 4
- ☐ Revelation 5

WEEK OF AUG 23

- ☐ 1 Timothy 6
- ☐ 2 Timothy 1
- ☐ 2 Timothy 2
- ☐ 2 Timothy 3
- ☐ 2 Timothy 4

WEEK OF SEP 27

- ☐ John 10
- ☐ John 11
- ☐ John 12
- ☐ John 13
- ☐ John 14

WEEK OF NOV 1

- ☐ Revelation 6
- ☐ Revelation 7
- ☐ Revelation 8
- ☐ Revelation 9
- ☐ Revelation 10

WEEK OF AUG 30

- ☐ Titus 1
- ☐ Titus 2
- ☐ Titus 3
- ☐ 1 Peter 1
- ☐ 1 Peter 2

WEEK OF OCT 4

- ☐ John 15
- ☐ John 16
- ☐ John 17
- ☐ John 18
- ☐ John 19

WEEK OF NOV 8

- ☐ Revelation 11
- ☐ Revelation 12
- ☐ Revelation 13
- ☐ Revelation 14
- ☐ Revelation 15

2026 Reading Plan

WEEK OF NOV 15

- ☐ Revelation 16
- ☐ Revelation 17
- ☐ Revelation 18
- ☐ Revelation 19
- ☐ Revelation 20

WEEK OF DEC 20

- ☐ Matthew 19
- ☐ Matthew 20
- ☐ Matthew 21
- ☐ Matthew 22
- ☐ Matthew 23

WEEK OF NOV 22

- ☐ Revelation 21
- ☐ Revelation 22
- ☐ Matthew 1
- ☐ Matthew 2
- ☐ Matthew 3

WEEK OF DEC 27

- ☐ Matthew 24
- ☐ Matthew 25
- ☐ Matthew 26
- ☐ Matthew 27
- ☐ Matthew 28

WEEK OF NOV 29

- ☐ Matthew 4
- ☐ Matthew 5
- ☐ Matthew 6
- ☐ Matthew 7
- ☐ Matthew 8

WEEK OF DEC 6

- ☐ Matthew 9
- ☐ Matthew 10
- ☐ Matthew 11
- ☐ Matthew 12
- ☐ Matthew 13

WEEK OF DEC 13

- ☐ Matthew 14
- ☐ Matthew 15
- ☐ Matthew 16
- ☐ Matthew 17
- ☐ Matthew 18