

Highlight each verse/word that speaks to you. Write out the book, chapter, and verse so that you can return to it.

H

Explain what the verse means in your own words. Who wrote it? Original audience? Original context? What is being communicated? Etc.

E

Apply. Ask: How can this help me? What does this mean to me today? What does this application look like in my life?

A

Respond - Knowing these things, what would God have me do now?

R