

H.E.A.R JOURNALING



**GOD
TIME**

The H.E.A.R. Journaling Method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read, meditate, understand, and respond to God's Word.

STEP 1: HIGHLIGHT

After reading a passage of Scripture, highlight the verses that speak to you by copying them into your journal. Be sure to include the book name, scripture reference and exact verse that stood out.

STEP 2: EXPLAIN

Now, it's time to engage with the text and discern its meaning. By asking some simple questions and prayerfully leaning on the help of the Holy Spirit, you can understand the meaning of a passage or verse. Here are a few 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 He intending to communicate through this text?

STEP 3: APPLY

This step is the heart of the process. As you have done before, ask a series of questions to uncover the significance of these verses to you personally, questions like:

- What does this mean today? And how can it help me?
- What would the application of this verse look like in my life?
- What does this mean to me?
- What is God saying to me?

To conclude your application, challenge yourself to write two to five sentences about how the text fits into your life.

STEP 4: RESPOND

Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has said to you today. You may respond by writing out a prayer to God. Keep in mind this is your response to what you have just read.