



h.e.a.r. journaling

HEAR is a simple method for studying the Bible, encouraging you to Highlight, Examine, Apply, and Respond based on the passage you read. It is intended to help you slow down and observe God's Word carefully and prayerfully, that you may be transformed into Christlikeness (Rom 12:2, 2 Cor 3:18).

H HIGHLIGHT

After reading the passage of Scripture, highlight 1-2 verses that stand out to you or summarize the passage well. Look for verses that tell you what is happening in this passage—are there any ideas that are emphasized, repeated, or related? Look for big ideas (central truths about God or commands He gives). Write out the verse with the book, chapter, and verse numbers.

E EXPLAIN

It is important to consider what these verses mean, both to the original audience and to you today. Write down your summary and observations from these verses and their context, based on the passage you read.

- + Who is writing or speaking and who is the audience?
- + What is the situation of the author/speaker and the audience?
- + How do these verses fit within the the verses before and after it?
The chapter? The book?
- + What is God saying to me about Himself? About man?
- + What is God intending to communicate through this text?

A APPLY

As you examine God's words about Himself, we want to let Him inform, direct, and transform our lives. As disciples of Christ, God intends to change us and this always starts with repentance and faith.

- + What would the application of this verse look like in my life?
- + Is there a truth to believe? A sin to repent of? A promise to trust?
A command to follow? Is there an attitude or action to embrace or avoid?
- + If I believe what God has said, how will I live differently or be different?
- + How does this truth change my relationship with God? My relationship with others? My work or ministry? My engagement with the world?

R RESPOND

Write out a response of prayer to God, asking God to change your heart and your life based on the time you've spent in His word.

- + Choose 1-2 applications of this verse and prayerfully consider how you might pursue greater faithfulness in them.
- + Be specific about what you will do (or not do) and who you will ask to help you respond in faith.