



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

Journal the part of the passage that seems to capture the essence, idea, or theme of what is being communicated.

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.

- + Based on the text, what is God intending to communicate?
- + What does this passage say about Jesus?
- + About man or culture?

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 to embrace or avoid?
- + If I believe what God has said, how will I live differently?
- + How does this change my relationship with God? With others?

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.