

## H.E.A.R. JOURNAL

The HEAR 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 Bible reading schedule, your purpose will instead be to read in order to understand and respond to God's Word.

The acronym H.E.A.R. stands for Highlight, Explain, Apply, and Respond. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time to study God's Word, you will be reading to H.E.A.R from God.

**The first thing we need to instruct the readers to do is pray. It is extremely important to seek God's guidance in order to understand His Word. Every time we open our Bibles, we should pray the simple prayer that David prayed, "Open my eyes so that I may contemplate wonderful things from Your instruction." (Psalm 119:18)**

### HIGHLIGHT

**After praying for the Holy Spirit's guidance, we want to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, Highlight each verse that speaks to you and write it out under the section labeled Hear.**

Here are few questions to consider:

1. What is the name of the Book?
2. What is the Passage of Scripture?
3. What is the chapter and verses that speak directly to you?
4. What is a Title to describe the passage?

### EXPLAIN

**After you have highlighted the passage, you will Explain what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. Here are a few questions to consider:**

1. Why was this written?
2. To whom was it originally written?
3. How does it fit within the verses before and after it?
4. Why did the Holy Spirit include this passage in the book of the Bible?
5. What is He intending to communicate through this text?

At this point you are beginning in the process of discovering the specific and personal word that God has for you from His word. What is important is that you are engaging the text and wrestling with it's meaning.

## **APPLICATION**

**After writing a short summary of what you think the text means, you will then focus on application. Application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before consider these questions to uncover the significance of these verses to you personally:**

1. How can this help me?
2. What does this mean today?
3. What would the application of this verse look like in my life?
4. What does this mean to me?
5. What is God saying to me?

These questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Write out two to five sentences about how this text applies to your life.

## **RESPOND**

**Finally you will focus on response. 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 through His Word. You may indicate what you are going to do because of what you have learned. You May respond by writing out a prayer to God. Keep in mind that this is your response to what you just read.**

Notice all of the words in the H.E.A.R formula are action words. God does not want us to sit back and wait for Him to drop truth into our laps. Instead of waiting passively, God desires that we actively pursue Him.

Think of the miracle of the Bible. Over centuries of time, God supernaturally moved up on a number of men in an unusual way that resulted in them writing the exact Words of God. God led His people to recognize these divine writings and to distinguish them from everything that has ever been written. Then God's people brought these sixty-six books together. The preservation and survival of the Bible is as miraculous as its writing. Then God gave men, beginning with Gutenberg's printing press, technological knowledge to copy and transmit the Bible so that all people could have it. All because God has something to say to you.