

H.E.A.R. Journals

A Simple Guide for Studying Scripture

The acronym H.E.A.R. stands for Highlight, Explain, Apply, Respond. Each of these steps contribute to creating an atmosphere to hear God speak.

Pray: Before starting the day's reading and journal, pray asking God to speak to you through His Word.

Highlight: As you read the chapter, highlight any verse or verses that stick out to you. Copy the verse or verse reference into your H.E.A.R. journal.

Explain: Explain what the text means in your own words. Some questions you could answer in this section include:

- 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?

Apply: Some questions you could answer in this section:

- How can this help me?
- What does this mean today?
- What would the application of this verse look like in my life?

Respond: Respond to the passage by writing out a call to action, describing how you will be different because of what you have learned, or writing out a prayer to God.

Check out the back of this page for some examples of what a H.E.A.R. journal could look like. This system is made to be flexible, so don't stress if your journal doesn't look exactly the same!

Example #1

James 5

H v. 7, 8
Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and late rains. You also, be patient. Establish your hearts, for the coming of the Lord is at hand.

E
Jesus is coming and He's almost here, so don't get anxious. Like a farmer who works all season and then has to wait for the rain that he can't control, so we must be continually setting our hearts into the things of God. Do it now b/c He's coming!

[Rob
v. 10 - Impatience carries with it worry.]

A & **R**
Establish your hearts, I take to mean, be completely convinced and unmoved in following the ways and means of Jesus. We should use this time to check ourselves daily. He's coming, which shouldn't cause us panic or carelessness but rather patiently getting our spiritual affairs in order.

R
The question to ask myself at the start, middle, and end of my day:
Is my time being spent establishing my heart for the return of Christ?

Example #2

Week 10

Galatians 1

H verse 10 - For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

E Paul is trying to prove a point. He continues to preach the Gospel and put himself in places where he is basically hated and mocked even attempts on his life. Why? He didn't have the deep desire to please God. He wouldn't be putting himself out there like that. He was a true servant to Christ.

A I need to be mindful of who I am trying to please through my daily actions... Is it people or is it Him?

R Dear Lord - Keep me focused on you, serving you with all my heart and all for your glory only.