

# HEAR Journal

Adapted from Replicate Ministries

**\*Begin by praying for the Holy Spirit's Guidance**

## H - HIGHLIGHT

This exercise will remind you 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 by copying it under the letter "H". Write out the following:

- **The name of the book**
- **The passage of Scripture**
- **The chapter and verse numbers that especially speak to you**
- **A title to describe the passage**

## E - EXPLAIN

At this stage 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.

**Why was it 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?**

At this point, you are beginning 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 its meaning.

## A - APPLY

This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

**How can this help me?**

**What does this mean today?**

**What would the application of this verse look like in my life?**

**What does this mean to me?**

**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. Challenge yourself to write between two and five sentences about how the text applies to your life.

## R - 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 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.

For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have just read.

# HEAR Journal Samples

**Read:** Philippians 4:10-13

**Date:** 11-30-17

**Title:** Secret of Contentment

## H - HIGHLIGHT

"I can do all things through Christ who strengthens me." Phil. 4:13

## E - EXPLAIN

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

## A - APPLY

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

## R - RESPOND

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.

**Read:** Genesis 3

**Date:** 10-04-17

**Title:** The Fall

## H - HIGHLIGHT

"And He said to Adam, "Because you listened to your wife's voice and ate from the tree about which I commanded you, 'Do not eat from it': The ground is cursed because of you. You will eat from it by means of painful labor all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field." Gen. 3:17-18

## E - EXPLAIN

Disobedience always brings consequences, whereas obedience brings blessing. Adam and Eve disobeyed God's one command and sin, death, and frustration entered into the world. However, we see the game changer - God's grace - at work in not putting Adam and Eve to death immediately.

## A - APPLY

This chapter holds the key in explaining why the world is as it is, broken and in need of redeeming. There was an "aha" moment for me when I read and understood this chapter. As I experience frustration, temptation, pain, loss, etc. may I realize that this is the result of the the fall and not creation as God intended.

## R - RESPOND

Lord , thank you for your reminder that sin has a great cost and it has long lasting consequences. Forgive me Father for the lingering sin in my life that I treat so lightly. May I see it as you see it. Help me in my weakness to battle sin as I should. Thanks for your grace and patience.