

H.E.A.R. Journal Example

WHAT IS A H.E.A.R. JOURNAL?

The **H.E.A.R.** 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 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.

As you read through the Bible, use these four questions to help guide you.

- **H (HIGHLIGHT):** What is a verse(s) that stood out to you in your reading?
- **E (EXPLAIN):** What is the author's intended meaning in the context of the passage?
- **A (APPLY):** What is the principle to live by today?
- **R (RESPOND):** How will I respond to the application in my relationships and/or situations this week?

Below is an example:

READ: PHILIPPIANS 4:13
DATE: JANUARY 10, 2019
TITLE: SECRET OF CONTENTMENT
H (Highlight) - "I am able to do all things through Him who strengthens me." Philippians 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 face.