

H.E.A.R. METHOD

- Set Aside Time, Be Consistent, Stick To Plan
- Pray Before Beginning
- H.E.A.R. From God And Journal Your Thoughts
- Memorize Scripture Each Week
- Gather Weekly For Accountability And Prayer

Journal Entry:

- Date
- Passage: Name Of Book, Chapter & Verses Being Read Today
- Title: To Describe The Passage

H (HIGHLIGHT)

- What Is A Verse(S) That Stood Out To You In Your Reading?
- Write Out The Specific Chapter & Verse Numbers And The Scripture.

E (EXPLAIN)

- What Is The Author's Intended Meaning In The Context Of The Passage?
- What Is Happening Or What Is Being Said?
- Why Was This Text Written?
- Who Is The Author And To Whom Was It Originally Written?
- How Does This Text Fit With The Verses Before And After It?
- Why Did The Holy Spirit Include This Passage In The Book?
- What Does The Holy Spirit Intend To Communicate Through His Text?

A (APPLY)

- What Is The Principle To Live By Today, For Me Personally?
- What Does This Text Teach Me About God?
- What Does This Passage Mean Today?
- What Would The Application Of His Passage Look Like In My Life?
- Does The Text Identify An Action Or Attitude To Avoid Or Embrace?
- What Is God Saying To Me?

R (RESPOND)

- How Will I Respond To The Application In My Relationships And/Or Situations?
- Write A Call To Action, Or A Prayer To God In Response.
- Describe How You Will Be Different Because Of What God Has Said To You
- What Are You Going To Do Because Of What You Learned?

SAMPLE H.E.A.R. ENTRY

Read: Philippians 4:10-13

Date: 11-30-25

Title: Secret Of Contentment

H (Highlight)

"I Can Do All Things Through Christ 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 Must Face.