

H.E.A.R. journaling

The H.E.A.R journaling method promotes reading the Bible with a life-transforming purpose, 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 steps contributes to creating an atmosphere to hear God speak.

Here's how to use the **H.E.A.R.** method:

pray

Pray first. Before reading, pause to ask God to speak to you. "Open my eyes, that I may behold wondrous things out of your law (Word)" Psalm 119:18.

highlight

Write an H at the top left of your paper. Here write out one or two verses that speak to you. Share the name of the book, the passage of Scripture, the chapter and verse numbers and a title to describe the passage.

explain

Write the letter E under the previous entry. Explain what the text means. Ask some questions to explain the text. Why was this 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? What is He intending to communicate through this?

apply

Ask yourself a series of questions to find out how you can apply this to your life. Challenge yourself to write between 2 - 5 sentences. This is the heart of the process. Here are some questions to help you uncover the significance of the text. How can this help me? What does this mean today? What would the application of this verse look like in my life? What is God saying to me?

respond

Finally R. Your response may take many forms. Maybe a call to action, maybe a prayer, or maybe how the reading changed you. Your response to what you just read. How will I be different because of what God said to me? What will I do now?