**H.E.A.R Journal**

How easy or hard is it to remember things you’ve read or learned from God’s word? Why?

How can you retain God’s truth better? Have you tried journaling?

The H.E.A.R journal is a simple way to compile the things God is teaching you through his word. Each letter stands for something different to help you along with this process.

**H: Highlight**. As you read a chapter (or several) of the Bible there will be one or two verses that stand out. Assume that God is highlighting these to teach you. Copy the verse or two down word for word.

**E: Explain.** Explain in your own words what was happening in the passage or chapter you read. Think of this as a summary paragraph.

**A: Apply.** Apply the verse/passage that you highlighted to your life. What would the application of this verse mean in my life? What does God want me to do based on this passage? Try to be as specific as possible in this section. You want any application made to be specific and measurable. Example…

“I need to read my Bible more.”

“This week I will read the book of Ephesians, aiming for one chapter a day.”

**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 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.

Do you have a Bible reading plan you are currently following? Reading at least one chapter of the Bible daily is a good place to start.

How many HEAR journals will you commit to doing this week?

Do a sample hear journal on the back of this page together…

Passage/Chapter: Date:

**Highlight:**

**Explain:**

**Apply:**

**Respond:**