

# H.E.A.R. Journal

The H.E.A.R Journal method is a simple way to respond to Bible reading and intentionally apply it in practical and personal ways. With each passage, the reader answers a series of questions based on the following:

## Highlight

What is a verse(s) that stood out to you in your reading?



**H**

## Explain

What is the author's intended meaning in the context of the passage?

**E**

## Apply

What is the principle to live by?

**A**

## Respond

How will I respond to the application in my relationships and/or situations this week?

**R**

Each week the group will come prepared to share their H.E.A.R. Journal entries. Members should ask one another the following question:

**“Which of your H.E.A.R. Journal entries stood out the most to you this week and how are you acting on it?”**

Take a look at the H.E.A.R. Journal example to see how each of these questions are answered:

Read: Philippians 4:13

Date: July 15, 2021

Title: Secret of Contentment

H - “I am able to do all things through Him who strengthens me.” - Philippians 4:13

E - Paul was telling the church at Philippi that he had 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 - 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 - Lord Jesus, please help me as I strive to be content with my job. Through your strength I can go to work and maintain a good attitude.