The H.E.A.R Bible Journaling Method

1. Get a journal. What a physical journal? YES! Keep a H.E.A.R. journal. Writing things down will cause you to become more open and sensitive to the Lord.
2. Choose a Bible book (NT if just starting out), Passage, Topic or Person.
3. The acronym H.E.A.R. stands for:
Highlight, Explain, Apply, and Respond.
4. Each of these four action steps help create an atmosphere to hear God speak.
5. God doesn't want us to sit back and wait for Him to drop some truth into our mind.
6. Be proactive, don't be passive. God desires that we actively pursue Him. Jesus said, "Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you" (Matthew 7:7).
7. Before reading a Bible passage, ask God to speak to you. It is extremely important to seek God's guidance in order to understand His Word and have Holy Spirit speak to your heart and mind. (1 Corinthians 2:9-14).
8. Every time we open our Bibles, pray a simple prayer based on Psalm 119:105: "Lord, open my understanding from Your word. Illumine Your word for my life, granting counsel, direction and guidance You have for me. Open my eyes so that I may know You more. In Jesus name, amen."

Below is an outline of how to H.E.A.R from God more personally as you journey through the Scriptures.

H.E.A.R

HIGHLIGHT the verses **that speak to you.**
Write out the name of the book, passage, topic or person you are learning about.
Which chapter and verse stands out to you?
EXPLAIN what this passage **means "back then"**.
To whom is it written? Why was it said? What's happening?
How does the verse or passage fit with the context with the verses before and after it?
What is the Holy Spirit wanting to say through this Bible text at "that time"?
APPLY what God is saying in these verses **to your life.**
What does it mean at the present time we are living in?
What is God saying to you personally?
How can you apply this truth to your life?
RESPOND to what you've read and **been made known to you.**
What ways does this passage call you to action?
Does it reveal a sin to stop? Something you need to address?
A promise to claim? Something to need to learn more about? A truth you need to apply?
How will you be different because of what you've learned and will apply?
Write out a prayer to the Lord in response to what you read and the action you are going to take.
Now, commit it to God in prayer in Jesus name. Knowing full well your Heavenly Father loves you, hears you and will respond to you.