

H.E.A.R. Journal

Date: _____ Today's passage: _____

PRAYER: *"Open my eyes, that I may behold wondrous things out of your law."* (Psalm 119:18)

HIGHLIGHT: After reading the passage of Scripture, highlight each verse that speaks to you by highlighting it in your Bible and/or by copying the key verses under the letter *H* in your journal.

EXAMINE/EXPLAIN: Examine the text and write down your observations. *Why was it written, and what is the author trying to say to the original audience?* Pay attention to the context (verses before and after the passage) to help you understand its meaning.

Ask these foundational questions: *Who? What? Where? When? Why? How?*

Look for things that are: *Emphasized, Repeated, Compared, Contrasted or True to Life.*

APPLY: Write down ways this passage can apply to your life. How will it change the way you think about God or think about yourself? How will this passage inform your practice as a Christian? *Is there a...*

Sin to confess?

Promise to claim?

Attitude to change?

Command to obey?

Example to follow?

Prayer to pray?

Error to avoid?

Truth to believe?

Something to praise or thank God for?

RESPOND: Write down a prayer or action resulting from what you have just learned. Be specific and carry it out.