

H.E.A.R.

Create an environment to **HEAR** from God: a quiet place, a cup of coffee, background music, or whatever you need to maximize this time.

Come ready with a pencil and journal expecting to **HEAR** from God.

PRAYER

Before reading the text, pause to sincerely ask God to speak to you. Remember, we need the help of the Holy Spirit to understand the truths that God has revealed to us in His Word (1 Corinthians 2:12–14). Every time we open our Bibles, we should pray. Here is a simple prayer that David prayed: “Open my eyes, that I may behold wondrous things out of your law (Word).” - Psalm 119:18

H. | After reading the passage of Scripture, write out a letter “H” for HIGHLIGHT.

Write out the following:

- The name of the book
- The chapter and verse (s) that really stand out to you.

For example: “Psalm 119:18” or “Philippians 2:3–5.”

E. | Next, write a letter “E” to EXPLAIN what the passage means.

This is not explaining what the passage means “to you,” but rather what it originally meant to the audience it was written to. You don’t have to answer every question. You can if you’d like, but answering 2–3 will give you a good grasp of the text’s meaning.

Here are some questions to get you started:

Basic Questions

- Who wrote this passage? To whom was this written?
- What are some main points of the passage?
- How does this fit with the verses before and after it?
- Are there other passages that speak about the same topic(s)?

Hint: Look at your footnotes or turn to your concordance in the back of your Bible.

Theological Questions

- What does this tell you about God?
- What does this tell you about Jesus?
- What does this tell you about People?

A. | Under the “A”, write the word APPLY

The application is the heart of the process. Spiritual health and maturity are not measured by knowledge, but by faithfulness. In this section, you’re essentially asking: “What do I need to do with this?”

You have two options: (1) Answer the following four questions or (2) Use the diagram below to give you some generic categories to think through application.

- What does God want me to believe?
(i.e. about Him, myself, others my circumstances, etc.)
- What does God want me to desire?
(i.e. His presence, personal righteousness, someone’s salvation, etc.)
- What does God want me to change?
(i.e. my attitude, perspective, thoughts, words, actions, etc.)
- What does God want me to do?
(i.e. pray, forgive, trust Him, obey Him, confess my sin, share the gospel with someone, etc.)



OUT

Relationship with
hurting world / people

UP

Relationship with
the Father

IN

Relationship with
other disciples / friends

R. | Finally, write the letter “R” for RESPOND.

This is the part where you write down a specific steps you want to take to carry out the things you wrote down in the APPLY section above. Your response to the passage may take on many forms.

At minimum, here are three things you can do:

- **Pray:** Take the Scriptures you’ve read, put them into your own words, and pray them back to God. Every time you pray, try to pray the Bible—when you do this, you can always be sure you’re praying God’s will for your life (1 John 5:14–15).
- **Memorize:** Spend some time committing a verse to memory. Don’t just get into God’s Word, get God’s Word into you (Psalm 119:11).
- **Repent and Obey:** In light of what you wrote down in the APPLY section, what specifically do you need to seek God’s grace for (Phil. 2:12–13)?

From here, write down anything else you believe God is leading you to do in light of what you’ve heard from Him in this time.