



THE H.E.A.R. METHOD

H - Highlight

After praying for the Holy Spirit's guidance, open your journal, and at the top left-hand corner, write the letter H. After reading the passage of Scripture, HIGHLIGHT each verse that speaks to you by copying it under the letter "H". Write out the name, chapter, and verse numbers that speak to you along with a title to describe the passage.

E - Explain

After you have highlighted the passage in your HEAR Journal, write the letter "E" under the previous entry, and EXPLAIN what the text means. With the help of God's Spirit, you can understand the meaning of a passage or verse. Ask these questions: Why was this written? To whom was it originally written? How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?

A - Apply

Write the letter "A" below the letter "E". Under the "A", write the word APPLY. This application is the heart of the process. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like: How can this help me? What does this mean today? What would the application of this verse look like in my life? What does this mean to me? What is God saying to me? Challenge yourself to write between two and five sentences about how the text applies to your life.

R - Respond

Write the letter "R" for 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 indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. Keep in mind that this is your response to what you have just read.



4 KEY QUESTIONS

1) Who is God?

What does the text say about the character and nature of God? The Bible is God's story as Father, Son, and Spirit. Look for specific references to His attributes: holy, eternal, all-powerful, all-knowing, compassionate, kind, loving, etc. In narrative portions, look for implied references to His attributes.

2) What has He done?

What does the text say about the work of God? Jesus is revealed on every page of the Bible (Luke 24:27). Look for references to the life, death, and resurrection of Jesus, either through foreshadowing (redeeming Israel from slavery in Egypt), through prophecy (Isaiah 53), or through the story of Jesus' earthly life and the start of His church.

3) Who are we in light of that truth?

What does the text say about our identity? About who we are in Christ? For example, the Levitical priests were anointed and set apart for special service to God. Now we are all anointed with God's Spirit (2Cor. 1:21-22) and, because of Jesus, are part of God's "royal priesthood", set apart for special service to God.

4) How do we live in light of that truth?

How does this change the way we live? Rightly motivated, gospel-centered action flows out of an understanding of who God is, what He's done, and who we are in light of God's character and work. Rather than starting with this question, end with it.