

## H.E.A.R.

**Tools needed:** Bible, journal, pen, prayer list, time. *Set aside 30 minutes.*

Start by going to a blank page in your journal. Write the day's date on the page. Write down the chapters that you read that day. Then do H.E.A.R.:

**Highlight** – the verses that speak to you. Write out the name of the book. Which chapter and verse numbers stand out to you?

**Explain** – what this passage means. To whom was it originally written? Why? How does it fit with the verses before and after it? What is the Holy Spirit intending to communicate through this text?

**Apply** – what God is saying in these verses to your life. What does this mean today? What is God saying to you personally? How can you apply this message to your life?

**Respond** – to what you've read. In what ways does this passage call you to action? How will you be different because of what you've learned? Write out a prayer to God in response to what you read today.



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