

H.E.A.R. Journal¹

- **Pray** asking God to speak to you and help you understand His word
- On your journal page write **Today's date** so you know when you did it
- Write down the passage you are reading today
- Under the date and the passage, write the letter H
 - **Highlight**
 - Copy a verse or two that speak to you into your journal.
 - Don't forget to include the verse number
- Under your copied verses, write the letter E
 - **Explain**
 - Explain what the verse/passage means
 - Ask yourself some questions if you need to:
 - Why was this written?
 - Who was it written for?
 - How does it fit with the verses before and after?
 - What is God trying to communicate here?
- Under your explanation, write the letter A
 - **Application**
 - Answer some of the questions below to help you:
 - How can this help me?
 - What does this mean today?
 - What would it look like if I applied this to my life?
 - What does this mean for me?
 - What is God saying to me?
- Under your application, write the letter R
 - **Respond**
 - What are you going to do about it?
 - Write down your plan for applying God's word to your life or a prayer asking God to help you apply it.

¹ Robby Gallaty and Chris Swain, *Replicate: How to Create a Culture of Disciple-Making Right Where You Are* (Chicago, IL: Moody Publishers, 2020), chapter 7.