



BIBLE JOURNALING — H.E.A.R.

WHAT IS IT?

Scripture is one of the primary ways to build our relationship with God and hear from Him. H.E.A.R. is a tool to read Scripture, which connects us to God through His word and builds our faith.

WHY DO IT?

“A word aptly spoken is like apples of gold in settings of silver. Allow God to speak that apt word to you by focusing on one main thought from your daily reading—not five, ten, or a baker’s dozen. One thing.” [Wayne Cordeiro]

RELATED SCRIPTURE

“Open my eyes, that I may behold wondrous things from your law (Word).” [Psalm 119:18]

“So faith comes from what is heard, and what is heard comes through the message about Christ.” [Romans 10:17]

A BRIEF OVERVIEW

Journaling is an excellent way to both record and process what God has spoken to us. It’s also a useful tool to use at a later time, to reflect on and review some of the “gems” that you have received. Without writing them down, you may forget those blessings and some very important lessons!

GIVE IT A TRY!

1) Help

We need to read Scripture in humility and with teachability. As disciples and followers of King Jesus, we read to be taught and transformed by God, as well as be connected to Him. Additionally, we need the Holy Spirit’s help when we hear God’s Word. Before you read, you might say a prayer similar to Psalm 119:34 ... “Help me understand Your instructions, and I will obey it and follow it with all my heart.”

2) Examine

Read the passage slowly and simply be in awe of who God is. As you read the passage again, examine what it says, being careful not to bring your own opinions or perspectives to the text. We want to examine the text for what it meant when it was written, looking for insights about God and His Gospel work, humanity, and timeless truths. These questions can help guide your journey through the text:

- What does it tell us about God? Who He is and/or what He is doing?
- How does it point to Jesus and the Gospel?
- What does it tell us about human beings?
Who we are meant to be and/or what has gone wrong with us?
- What might be the timeless truth or principle? Try to write it in your own words!

3) Apply

In Matthew 28:20, Jesus tells us to “obey everything I have commanded you.” So hearing from God involves living out what we hear! There are two categories that are helpful to consider for application:

In light of what I heard from God, how do I need to relate to Him?

- Praise and thank Him? Confess and repent of sin against Him?
- Listen to a warning from Him? A truth to believe or a promise to trust?

In light of what I heard from God, how do I need to grow in love? Is there someone in my life I need to:

- Seek forgiveness from or give forgiveness to?
- Encourage, serve, or bless in a practical way?
- Pray specifically for (in light of the grace and truth in this Scripture)?

4) Respond

Respond to God in prayer, praying the truths you have discovered and asking God for His help to live out your faith. Thank God for this time with Him! Share what God taught you with someone else — your roommate, spouse, kids, or coworkers. Don't keep what God taught you to yourself!