

WHAT IS A H.E.A.R. JOURNAL?

A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of applying it. By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain three times more of what you read.

Every week, each of us will share a H.E.A.R. Journal and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just try to do a couple a week. If you journal occasionally, try to do three times a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the year.

Take a look at the H.E.A.R. Journal example on page 11. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions.

- ***H (HIGHLIGHT):*** What is a verse(s) that stood out to you in your reading?
- ***E (EXPLAIN):*** What is the author's intended meaning in the context of the passage?
- ***A (APPLY):*** What is the principle to live by today?
- ***R (RESPOND):*** How will I respond to the application in my relationships and/or situations this week?

When the group gets together next week, you will share your H.E.A.R. Journal, and as a group discuss how to best use this method.

READ: PHILIPPIANS 4:13

DATE: JANUARY 10, 2019

TITLE: SECRET OF CONTENTMENT

H (Highlight) - "I am able to do all things through Him who strengthens me." Philippians 4:13

E (Explain) - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply) - In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond) - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.



GOOD APPLICATION QUESTIONS FOR EXAMINING A TEXT:

- What does this text teach me about God?
- What does this text teach me about fallen humanity that requires the grace of God?
- How does this text point to Christ?
- What do I need to know?
- Is there a promise to claim?
- What do I need to do?
- Is there an action or attitude to avoid or embrace?
- Is there a principle to apply?

**“OUR GOAL IN DISCIPLESHIP IS NOT THE TRANSFER
OF INFORMATION BUT TRANSFORMATION.”**