

# The H.E.A.R Journaling Method

H.E.A.R promotes reading the Bible with a life-transforming purpose. The acronym H.E.A.R. stands for Highlight, Explain, Apply, and Respond. Each of these four steps contributes to creating an atmosphere to hear God speak.

## HIGHLIGHT

After reading the passage of scripture, **highlight** each verse that speaks to you by copying it under the letter “H” in your journal. You may include the name of the book, the passage of Scripture, the chapter and verse numbers that especially speak to you, and a title to describe the passage.

## EXPLAIN

Next you will **explain** what the text means. By asking simple questions, with the help of God’s Spirit, you can understand the meaning of a passage or verse. Ask the following to get you started: 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?

At this point, you are beginning the process of discovering the specific and personal word God has for you from His Word.

## APPLY

The **application** is the heart of the process. Answer a series of questions to uncover the significance of these verses to you personally like: How can this help me? What does the application of this verse look like in my life? What does this mean to me? What is God saying to me?

## RESPOND

Your **response** to the passage may take on many forms:

- A call to action
- Describe how you will be different because of what God said.
- Indicate what you are going to do because of what you learned.
- Write out a prayer to God.

All of the words in the H.E.A.R. formula are action words. God desires that we actively pursue Him. Jesus said “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

*Matthew 7:7*

**Week 1**

Genesis 1-2  
 Genesis 3-4  
 Genesis 6-7  
 Genesis 8-9  
 Job 1-2

Memory Verses:  
 Genesis 1:27  
 Hebrews 11:7

**Week 2**

Job 38-39  
 Job 40-42  
 Genesis 11-12  
 Genesis 15  
 Genesis 16-17

Memory Verses:  
 Hebrews 11:6  
 Hebrews 11:8-10

**Week 3**

Genesis 18-19  
 Genesis 20-21  
 Genesis 22  
 Genesis 24  
 Genesis 25:19-34, 26

Memory Verses:  
 Romans 4:20-22  
 Hebrews 11:17-19

**Week 4**

Genesis 27-28  
 Genesis 29-30:24  
 Genesis 31-32  
 Genesis 33, 35  
 Genesis 37

Memory Verses:  
 2 Corinthians 10:12  
 1 John 3:18

**WEEK 5**

Genesis 39-40  
 Genesis 41  
 Genesis 42-43  
 Genesis 44-45  
 Genesis 46-47

Memory Verses:  
 Romans 8:28-30  
 Ephesians 3:20-21

**WEEK 6**

Genesis 48-49  
 Genesis 50 – Exodus 1  
 Exodus 2-3  
 Exodus 4-5  
 Exodus 6-7

Memory Verses:  
 Genesis 50:20  
 Hebrews 11:24-26

**WEEK 7**

Exodus 8-9  
 Exodus 10-11  
 Exodus 12  
 Exodus 13:17-14  
 Exodus 16-17

Memory Verses:  
 John 1:29  
 Hebrews 9:22

**WEEK 8**

Exodus 19-20  
 Exodus 24-25  
 Exodus 26-27  
 Exodus 28-29  
 Exodus 30-31

Memory Verses:  
 Exodus 20:1-3  
 Galatians 5:14

**WEEK 9**

Exodus 32-33  
 Exodus 34-36:1  
 Exodus 40  
 Leviticus 8-9  
 Leviticus 16-17

Memory Verses:  
 Exodus 33:16  
 Matthew 22:37-39

**WEEK 10**

Leviticus 23  
 Leviticus 26  
 Numbers 11-12  
 Numbers 13-14  
 Numbers 16-17

Memory Verses:  
 Leviticus 26:13  
 Deuteronomy 31:7-8

**WEEK 11**

Numbers 20, 27:12-23  
 Numbers 34-35  
 Deuteronomy 1-2  
 Deuteronomy 3-4  
 Deuteronomy 6-7

Memory Verses:  
 Deuteronomy 4:7  
 Deuteronomy 6:4-9

**WEEK 12**

Deuteronomy 8-9  
 Deuteronomy 30-31  
 Deuteronomy 32:48-52, 34  
 Joshua 1-2  
 Joshua 3-4

Memory Verses:  
 Joshua 1:8-9  
 Psalm 1:1-2

**WEEK 13**

Joshua 5:10-15, 6  
 Joshua 7-8  
 Joshua 23-24  
 Judges 2-3  
 Judges 4

Memory Verses:  
 Joshua 24:14-15  
 Judges 2:12

**WEEK 14**

Judges 6-7  
 Judges 13-14  
 Judges 15-16  
 Ruth 1-2  
 Ruth 3-4

Memory Verses:  
 Psalm 19:14  
 Galatians 4:4-5

**WEEK 15**

1 Samuel 1-2  
 1 Samuel 3, 8  
 1 Samuel 9-10  
 1 Samuel 13-14  
 1 Samuel 15-16

Memory Verses:  
 1 Samuel 15:22  
 1 Samuel 16:7

**WEEK 16**

1 Samuel 17-18  
 1 Samuel 19-20  
 1 Samuel 21-22  
 Psalm 22,  
 1 Samuel 24-25:1  
 Samuel 28; 31

Memory Verses:  
 1 Samuel 17:46-47  
 2 Timothy 4:17a

**WEEK 17**

2 Samuel 1, 2:1-7  
 2 Samuel 3:1, 5,  
 Psalm 23  
 2 Samuel 6-7  
 Psalm 18,  
 2 Samuel 9  
 2 Samuel 11-12

Memory Verses:  
 Psalm 23:1-3  
 Psalm 51:10-13

**WEEK 18**

Psalms 51  
2 Samuel 24,  
Psalm 24  
Psalms 1, 19  
Psalms 103, 119:1-48  
Psalms 119:49-128

Memory Verses:

Psalms 1:1-7  
Psalm 119:7-11

**WEEK 19**

Psalms 119:129-176,  
139  
Psalms 148-150  
1 Kings 2  
1 Kings 3, 6  
1 Kings 8, 9:1-9

Memory Verses:

Psalms 139:1-3  
Psalm 139:15-16

**WEEK 20**

Proverbs 1-2  
Proverbs 3-4  
Proverbs 16-18  
Proverbs 31  
1 Kings 11-12

Memory Verses:

Proverbs 1:7  
Proverbs 3:5-6

**WEEK 21**

1 Kings 16:29-34, 17  
1 Kings 18-19  
1 Kings 21-22  
2 Kings 2  
2 Kings 5, 6:1-23

Memory Verses:

Psalms 17:15  
Psalm 63:1

**WEEK 22**

Jonah 1-2  
Jonah 3-4  
Hosea 1-3  
Amos 1:1, 9  
Joel 1-3  
Memory Verses:  
Psalm 16:11  
John 11:25-26

**WEEK 23**

Isaiah 6, 9  
Isaiah 44-45  
Isaiah 52-53  
Isaiah 65-66  
Micah 1, 4:6-13, 5  
Memory Verses:  
Isaiah 53:5-6  
1 Peter 2:23-24

**WEEK 24**

2 Kings 17-18  
2 Kings 19-21  
2 Kings 22-23  
Jeremiah 1-3:5  
Jeremiah 25, 29

Memory Verses:

Proverbs 29:18  
Jeremiah 1:15

**WEEK 25**

Jeremiah 31:31-40,  
32-33  
Jeremiah 52,  
2 Kings 24-25  
Ezekiel 1:1-3, 36:  
16-38, 37  
Daniel 1-2  
Daniel 3-4

Memory Verses:

Ezekiel 36:26-27  
Daniel 4:35

**WEEK 26**

Daniel 5-6  
Daniel 9-10, 12  
Ezra 1-2  
Ezra 3-4  
Ezra 5-6  
Memory Verses:  
Daniel 6:26-27  
Daniel 9:19

**WEEK 27**

Zechariah 1:1-6, 2, 12  
Ezra 7-8  
Ezra 9-10  
Esther 1-2  
Esther 3-4

Memory Verses:

Zechariah 3:17  
1 Peter 3:15

**WEEK 28**

Esther 5-7  
Esther 8-10  
Nehemiah 1-2  
Nehemiah 3-4  
Nehemiah 5-6

Memory Verses:

Deuteronomy 29:29  
Psalm 101:3-4

**WEEK 29**

Nehemiah 7-8  
Nehemiah 9  
Nehemiah 10  
Nehemiah 11  
Nehemiah 12

Memory Verses:

Nehemiah 6:9  
Nehemiah 9:6

**WEEK 30**

Nehemiah 13  
Malachi 1  
Malachi 2  
Malachi 3  
Malachi 4

Memory Verses:

Psalms 51:17  
Colossians 1:19-20

**WEEK 31**

Luke 1  
Luke 2  
Matthew 1-2  
Mark 1  
John 1

Memory Verses:

John 1:1-2  
John 1:14

**WEEK 32**

Matthew 3-4  
Matthew 5  
Matthew 6  
Matthew 7  
Matthew 8

Memory Verses:

Matthew 5:16  
Matthew 6:33

**WEEK 33**

Luke 9:10-62  
Mark 9-10  
Luke 12  
John 3-4  
Luke 14

Memory Verses:

Luke 14:26-27  
Luke 14:33

**WEEK 34**

John 6  
Matthew 19:16-30  
Luke 15-16  
Luke 17:11-37, 18  
Mark 10

Memory Verses:

Mark 10:45  
John 6:37

**WEEK 35**

John 11,  
Matthew 21:1-13  
John 13  
John 14-15  
John 16  
Matthew 24:1-31

Memory Verse:

John 13:34-35  
John 15:4-5

**WEEK 36**

Matthew 24:32-51  
John 17  
Matthew 26:35-27:31  
Matthew 27:32-66,  
Luke 23:26-56  
John 19

Memory Verses:  
Luke 23:34  
John 17:3

**WEEK 37**

Mark 16  
Luke 24  
John 20-21  
Matthew 28  
Acts 1

Memory Verses:  
Matthew 28:18-20  
Acts 1:8

**WEEK 38**

Acts 2-3  
Acts 4-5  
Acts 6  
Acts 7  
Acts 8-9

Memory Verse:  
Acts 2:42  
Acts 4:31

**WEEK 39**

Acts 10-11  
Acts 12  
Acts 13-14  
James 1-2  
James 3-5

Memory Verses:  
James 1:2-4

**WEEK 40**

Acts 15-16  
Galatians 1-3  
Galatians 4-6  
Acts 17-18:17  
1 Thessalonians 1-2

Memory Verses:  
Acts 17:11  
Acts 17:24-25

**WEEK 41**

1 Thessalonians 3-5  
2 Thessalonians 1-3  
Acts 18:18-28, 19  
1 Corinthians 1-2  
1 Corinthians 3-4

Memory Verses:  
1 Corinthians 1:18  
1 Thessalonians  
5:23-24

**WEEK 42**

1 Corinthians 5-6  
1 Corinthians 7-8  
1 Corinthians 9-10  
1 Corinthians 11-12  
1 Corinthians 13-14

Memory Verses:  
1 Corinthians 10:13  
1 Corinthians 13:13

**WEEK 43**

1 Corinthians 15-16  
2 Corinthians 1-2  
2 Corinthians 3-4  
2 Corinthians 5-6  
2 Corinthians 7-8

Memory Verses:  
Romans 1:16-17  
1 Corinthians 15:3-4

**WEEK 44**

2 Corinthians 9-10  
2 Corinthians 11-13  
Romans 1-2,  
Acts 20:1-3  
Romans 3-4  
Romans 5-6

Memory Verses:  
Romans 5:1  
2 Corinthians 10:4

**WEEK 46**

Romans 7-8  
Romans 9-10  
Romans 11-12  
Romans 13-14  
Romans 15-16

Memory Verses: Ro-  
mans 8:1  
Romans 12:1-2

**WEEK 47**

Acts 20-21  
Acts 22-23  
Acts 24-25  
Acts 26-27  
Acts 28

Memory Verses:  
Acts 20:24  
2 Corinthians 4:7-10

**WEEK 48**

Colossians 1-2  
Colossians 3-4  
Ephesians 1-2  
Ephesians 3-4  
Ephesians 5-6

Memory Verses:  
Ephesians 2:8-10  
Colossians 2:6-7

**WEEK 49**

Philippians 1-2  
Philippians 3-4  
Hebrews 1-2  
Hebrews 3-4  
Hebrews 5-6

Memory Verses:  
Philippians 3:7-8  
Hebrews 4:14-16

**WEEK 50**

Hebrews 7  
Hebrews 8-9  
Hebrews 10  
Hebrews 11  
Hebrews 12

Memory Verses:  
Galatians 2:19-20  
2 Corinthians 5:17

**WEEK 51**

1 Timothy 1-3  
1 Timothy 4-6  
2 Timothy 1-2  
2 Timothy 3-4  
1 Peter 1-2

Memory Verses:  
2 Timothy 2:1-2  
2 Timothy 2:15

**WEEK 52**

1 Peter 3-4  
1 Peter 5, 2 Peter 1  
2 Peter 2-3  
1 John 1-3  
1 John 4-5

Memory Verses:  
1 Peter 2:11  
1 John 4:10-11

**WEEK 53**

Revelation 1  
Revelation 2-3  
Revelation 4-5  
Revelation 18-19  
Revelation 20-22

Memory Verses:  
Revelation 3:19  
Revelation 21:3-4