

# H.E.A.R. Journaling Method and Scriptures

Use the following process and Scripture passages each time your disciple-making group meets.



Questions? Email them to [info@gracelife.org](mailto:info@gracelife.org)

This Bible study format is designed with purpose. The goal is to help you discover and apply biblical truth while you simultaneously learn a simple, reproducible process for studying the Bible and discipling others. In other words, you are being equipped with biblical content, application, and a process which you can easily pass on to those you disciple.

An intentional disciple-making group is much more than just a Bible study group. This format is intended to be organic in nature, highly participatory, and focused on doing the Word, not just knowing the Word.

The format is divided into four steps: (1) The First Step, (2) The Study and Discussion Step, (3) Next Step, and (4) Ministry Projects. The intent of each step is described below.

## (1) THE FIRST STEP

*Fellowship and Accountability*

Begin each disciple-making session with a time of fellowship. The group should exchange stories from the week, catch up on life events, share prayer requests, and pray for one another and opportunities to interact with those in their circles of influence. Also take this opportunity to review the content of the previous session. Invite everyone to recall key truths from the Bible study, quote memory verses to the best of their ability, and share updates regarding progress on personal and spiritual goals they have set from previous lessons.

## (2) THE DISCUSSION STEP

*Digging into the Word*

The majority of your time together should be focused here. Study the Word of God together by sharing HEAR journals from the week. The goal of studying the Bible is to apply the Word of God. Remember, knowledge without application is useless information.

**Good application questions to utilize in group discussion:**

- What are you hearing from God, and what are you doing about it?
- What is God teaching you, and how is it affecting your life?
- Is there an action or attitude to avoid or embrace?

## (3) THE NEXT STEP

*Personal Application and Goal Setting*

Prepare participants to take their next step based on what they discovered by asking each of them to write down and share with the group their next step (spiritual action goal). It will likely be closely related to the application or response portion of their H.E.A.R. Journal, and it should be as specific and measurable as possible. Remind participants of the verse(s) to memorize and the Scripture passage(s) to study in preparation for the next session. Encourage them to record their responses in their H.E.A.R. Journals. Close with participants praying for one another and their respective next steps.

## (4) MINISTRY PROJECT

*Serve The Community*

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<input type="checkbox"/>	_____
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H.E.A.R.

- Highlight
- Explain
- Apply
- Respond
- How will you personally apply the key truth(s) of this passage?



# H.E.A.R. JOURNALING METHOD & SCRIPTURES

## 1. HIGHLIGHT

After reading the passage of Scripture, highlight the verses that speaks to you by copying it into your journal. Write out the following directly into your journal:

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you.

***“Open my eyes, that I may behold wondrous things out of your law”***

— *Psalm 119:18*



The H.E.A.R. journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to meditate, understand, and respond to God’s Word.

## 2. EXPLAIN

At this stage you will engage with the text and wrestle for its meaning. By asking some simple questions, and prayerfully leaning on the help of the Holy Spirit, you can understand the meaning of a passage or verse. Here are a few questions to get you started.

- Why was it 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?

## 3. APPLY

Application is the heart of the process. Everything culminates under this heading. As you have done before, ask a series of questions to uncover the significance of these verses to you personally, questions like:

- How can this help me?
- What does this mean today?
- What would the application of this verse look like in my life?
- What does this mean to me?
- What is God saying to me?

To conclude your application challenge yourself to write between two and five sentences about how the text fits into your life.

## 4. RESPOND

Your response to the passage can take various forms, such as a call to action or a reflection on how you will change based on God’s message through His Word. You might express what actions you plan to take or ask God for help in becoming more loving or generous. Remember, this is your personal response to what you have just read.

# FOUNDATIONS NEW TESTAMENT

A 260-DAY BIBLE READING PLAN FOR BUSY BELIEVERS

## WEEK 43

- Revelation 1
- Revelation 2
- Revelation 3
- Revelation 4
- Revelation 5

Memorize:

- Matthew 7:9-10

## WEEK 44

- Revelation 6
- Revelation 7
- Revelation 8
- Revelation 9
- Revelation 10

Memorize:

- Matthew 7:11-12

## WEEK 45

- Revelation 11
- Revelation 12
- Revelation 13
- Revelation 14
- Revelation 15

Memorize:

- Matthew 7:13-14

## WEEK 46

- Revelation 16
- Revelation 17
- Revelation 18
- Revelation 19
- Revelation 20

Memorize:

- Matthew 7:15-16

## WEEK 47

- Revelation 21
- Revelation 22
- Matthew 1
- Matthew 2
- Matthew 3

Memorize:

- Matthew 7:17-18

## WEEK 48

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

Memorize:

- Matthew 7:19-20

## WEEK 49

- Matthew 9
- Matthew 10
- Matthew 11
- Matthew 12
- Matthew 13

Memorize:

- Matthew 7:21-23

## WEEK 50

- Matthew 14
- Matthew 15
- Matthew 16
- Matthew 17
- Matthew 18

Memorize:

- Matthew 7:24-25

## WEEK 51

- Matthew 19
- Matthew 20
- Matthew 21
- Matthew 22
- Matthew 23

Memorize:

- Matthew 7:26-27

## WEEK 52

- Matthew 24
- Matthew 25
- Matthew 26
- Matthew 27
- Matthew 28

Memorize:

- Matthew 7:28-29

## WEEK 1

- Luke 1
- Luke 2
- Luke 3
- Luke 4
- Luke 5

Memorize:

- Matthew 5:1-2

## WEEK 2

- Luke 6
- Luke 7
- Luke 8
- Luke 9
- Luke 10

Memorize:

- Matthew 5:3-4

## WEEK 3

- Luke 11
- Luke 12
- Luke 13
- Luke 14
- Luke 15

Memorize:

- Matthew 5:5-6

## WEEK 4

- Luke 16
- Luke 17
- Luke 18
- Luke 19
- Luke 20

Memorize:

- Matthew 5:7-8

## WEEK 5

- Luke 21
- Luke 22
- Luke 23
- Luke 24
- Acts 1

Memorize:

- Matthew 5:9-10

## WEEK 6

- Acts 2
- Acts 3
- Acts 4
- Acts 5
- Acts 6

Memorize:

- Matthew 5:11-12

## WEEK 7

- Acts 7
- Acts 8
- Acts 9
- Acts 10
- Acts 11

Memorize:

- Matthew 5:13-14

## WEEK 8

- Acts 12
- Acts 13
- Acts 14
- James 1
- James 2

Memorize:

- Matthew 5:15-16

## WEEK 9

- James 3
- James 4
- James 5
- Acts 15
- Acts 16

Memorize:

- Matthew 5:17-18

## WEEK 10

- Galatians 1
- Galatians 2
- Galatians 3
- Galatians 4
- Galatians 5

Memorize:

- Matthew 5:19-20

## WEEK 11

- Galatians 6
- Acts 17
- Acts 18
- 1 Thessalonians 1
- 1 Thessalonians 2

Memorize:

- Matthew 5:21-22

## WEEK 12

- 1 Thessalonians 3
- 1 Thessalonians 4
- 1 Thessalonians 5
- 2 Thessalonians 1
- 2 Thessalonians 2

Memorize:

- Matthew 5:23-24

**WEEK 13**

- 2 Thessalonians 3
- Acts 19
- 1 Corinthians 1
- 1 Corinthians 2
- 1 Corinthians 3

Memorize:

- Matthew 5:25-26

**WEEK 14**

- 1 Corinthians 4
- 1 Corinthians 5
- 1 Corinthians 6
- 1 Corinthians 7
- 1 Corinthians 8

Memorize:

- Matthew 5:27-28

**WEEK 15**

- 1 Corinthians 9
- 1 Corinthians 10
- 1 Corinthians 11
- 1 Corinthians 12
- 1 Corinthians 13

Memorize:

- Matthew 5:29-30

**WEEK 16**

- 1 Corinthians 14
- 1 Corinthians 15
- 1 Corinthians 16
- 2 Corinthians 1
- 2 Corinthians 2

Memorize:

- Matthew 5:31-32

**WEEK 17**

- 2 Corinthians 3
- 2 Corinthians 4
- 2 Corinthians 5
- 2 Corinthians 6
- 2 Corinthians 7

Memorize:

- Matthew 5:33-35

**WEEK 18**

- 2 Corinthians 8
- 2 Corinthians 9
- 2 Corinthians 10
- 2 Corinthians 11
- 2 Corinthians 12

Memorize:

- Matthew 5:36-37

**WEEK 19**

- 2 Corinthians 13
- Mark 1
- Mark 2
- Mark 3
- Mark 4

Memorize:

- Matthew 5:38-39

**WEEK 20**

- Mark 5
- Mark 6
- Mark 7
- Mark 8
- Mark 9

Memorize:

- Matthew 5:40-42

**WEEK 21**

- Mark 10
- Mark 11
- Mark 12
- Mark 13
- Mark 14

Memorize:

- Matthew 5:43-44

**WEEK 22**

- Mark 15
- Mark 16
- Romans 1
- Romans 2
- Romans 3

Memorize:

- Matthew 5:45-46

**WEEK 23**

- Romans 4
- Romans 5
- Romans 6
- Romans 7
- Romans 8

Memorize:

- Matthew 5:47-48

**WEEK 24**

- Romans 9
- Romans 10
- Romans 11
- Romans 12
- Romans 13

Memorize:

- Matthew 6:1-2

**WEEK 25**

- Romans 14
- Romans 15
- Romans 16
- Acts 20
- Acts 21

Memorize:

- Matthew 6:3-4

**WEEK 26**

- Acts 22
- Acts 23
- Acts 24
- Acts 25
- Acts 26

Memorize:

- Matthew 6:5-6

**WEEK 27**

- Acts 27
- Acts 28
- Colossians 1
- Colossians 2
- Colossians 3

Memorize:

- Matthew 6:7-8

**WEEK 28**

- Colossians 4
- Ephesians 1
- Ephesians 2
- Ephesians 3
- Ephesians 4

Memorize:

- Matthew 6:9-11

**WEEK 29**

- Ephesians 5
- Ephesians 6
- Philippians 1
- Philippians 2
- Philippians 3

Memorize:

- Matthew 6:12-13

**WEEK 30**

- Philippians 4
- Philemon
- Hebrews 1
- Hebrews 2
- Hebrews 3

Memorize:

- Matthew 6:14-15

**WEEK 31**

- Hebrews 4
- Hebrews 5
- Hebrews 6
- Hebrews 7
- Hebrews 8

Memorize:

- Matthew 6:16-18

**WEEK 32**

- Hebrews 9
- Hebrews 10
- Hebrews 11
- Hebrews 12
- Hebrews 13

Memorize:

- Matthew 6:19-21

**WEEK 33**

- 1 Timothy 1
- 1 Timothy 2
- 1 Timothy 3
- 1 Timothy 4
- 1 Timothy 5

Memorize:

- Matthew 6:22-24

**WEEK 34**

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

Memorize:

- Matthew 6:25-26

**WEEK 35**

- Titus 1
- Titus 2
- Titus 3
- 1 Peter 1
- 1 Peter 2

Memorize:

- Matthew 6:27-28

**WEEK 36**

- 1 Peter 3
- 1 Peter 4
- 1 Peter 5
- 2 Peter 1
- 2 Peter 2

Memorize:

- Matthew 6:29-30

**WEEK 37**

- 2 Peter 3
- John 1
- John 2
- John 3
- John 4

Memorize:

- Matthew 6:31-32

**WEEK 38**

- John 5
- John 6
- John 7
- John 8
- John 9

Memorize:

- Matthew 6:33-34

**WEEK 39**

- John 10
- John 11
- John 12
- John 13
- John 14

Memorize:

- Matthew 7:1-2

**WEEK 40**

- John 15
- John 16
- John 17
- John 18
- John 19

Memorize:

- Matthew 7:3-4

**WEEK 41**

- John 20
- John 21
- 1 John 1
- 1 John 2
- 1 John 3

Memorize:

- Matthew 7:5-6

**WEEK 42**

- 1 John 4
- 1 John 5
- 2 John
- 3 John
- Jude

Memorize:

- Matthew 7:7-8