

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

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

<input type="checkbox"/>	_____
<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.

F260 READING PLAN

A BIBLE READING PLAN FOR BUSY BELIEVERS

WEEK 43

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

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

Romans 5:1
2 Corinthians 10:4

WEEK 45

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

Romans 8:1
Romans 12:1-2

WEEK 46

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

Acts 20:24
2 Corinthians 4:7-10

WEEK 47

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

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

WEEK 48

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

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

WEEK 49

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

Galatians 2:19-20
2 Corinthians 5:17

WEEK 50

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

2 Timothy 2:1-2
2 Timothy 2:15

WEEK 51

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

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

WEEK 52

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

Revelation 3:19
Revelation 21:3-4

WEEK 1

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

Genesis 1:27
Hebrews 11:7

WEEK 2

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

Hebrews 11:6
Hebrews 11:8-10

WEEK 3

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

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

2 Corinthians 10:12
1 John 3:18

WEEK 5

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

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

Genesis 50:20
Hebrews 11:24-26

WEEK 7

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

John 1:29
Hebrews 9:22

WEEK 8

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

Exodus 20:1-3
Galatians 5:14

WEEK 9

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

Exodus 33:16
Matthew 22:37-39

WEEK 10

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

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

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

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

REMEMBER! →
memory
verses each
week

WEEK 13

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

Joshua 24:14-15
Judges 2:12

WEEK 14

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

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

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
- 1 Samuel 28: 31

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

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

WEEK 18

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

Psalm 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

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

WEEK 20

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

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

Psalm 17:15
Psalm 63:1

WEEK 22

- Jonah 1-2
- Jonah 3-4
- Hosea 1-3
- Amos 1:1, 9
- Joel 1-3

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

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

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

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

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

Zephaniah 3:17
1 Peter 3:15

WEEK 28

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

Deuteronomy 29:29
Psalm 101:3-4

WEEK 29

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

Nehemiah 6:9
Nehemiah 9:6

WEEK 30

- Nehemiah 13
- Malachi 1
- Malachi 2
- Malachi 3
- Malachi 4

Psalm 51:17
Colossians 1:19-20

WEEK 31

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

John 1:1-2
John 1:14

WEEK 32

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

Matthew 5:16
Matthew 6:33

WEEK 33

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

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

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

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

Luke 23:34
John 17:3

WEEK 37

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

Matthew 28:18-20
Acts 1:8

WEEK 38

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

Acts 2:42
Acts 4:31

WEEK 39

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

James 1:2-4
James 2:17

WEEK 40

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

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

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

1 Corinthians 10:13
1 Corinthians 13:13