

## What is a HEAR Journal?

HEAR is an acronym used for daily devotionals that stands for **H**ighlight, **E**xplain, **A**pply, **R**espond. Below is an example of what the content of a HEAR Journal entry might look like.

**Read:** Philippians 4:10-13

**Date:** 07/20/20

**H:** First, **highlight** a verse or two that stands out to you.

“I can do all things through Christ who strengthens me.” Philippians 4:13

**E:** Second, **explain** what the author, who is the apostle Paul in this case, meant to communicate to the original audience.

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:** Third, **apply** this truth to your life by asking how your thoughts, speech, attitude, or behavior would change if you truly believed and acted on what the passage teaches you about God, people, and yourself.

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:** Finally, **respond** to God by praying about what the passage has taught you: (1) Did the passage show you something about God that you could **praise** Him for? (2) Did the passage expose any sin in your life that you need to **confess**? (3) Did the passage show you anything that you could **thank** God for? (4) And lastly, did the passage show you something that you could **ask** God for?

Father, Your Son is the Source of true and lasting contentment. He is all-satisfying. He is all I need. (Praise) But so often, Father, I live as if You’re not good enough for me. (Confess) Although I’m constantly failing to look for contentment in You, I still have Your love and forgiveness through Jesus. Thank You so much, Father, for Your mercy. (Thank) Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face. (Ask) In Jesus’ name. Amen.