

H.E.A.R. Journal Overview

H- Highlight

After praying for the Holy Spirit's guidance, open your journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, HIGHLIGHT each verse that speaks to you.

E - Explain

After you have highlighted the passage in your journal, write the letter "E" under the previous entry. At this stage, you will EXPLAIN what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse.

- ☐ 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?

A - Apply

After writing a summary of what you think the text means, in your journal, write the letter "A" below the letter "E." Under the "A", write the word APPLY. This application is the heart of the process. Everything you have done so far culminates under this heading. You can ask questions like:

- ☐ What would the application of this verse look like in my life?
- ☐ What does this mean now?
- ☐ What does this mean to me?

As you complete your journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Challenge yourself to write between two and five sentences about how the text applies to your life.

R-Respond

Finally, below the first three entries in your journal, write the letter "R" for Respond. This is the last part of the journal. Your response to the passage may take on many forms. You may write a call to action. You may indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. Whatever it is, keep in mind that this is your response to what you have just read.

Taken and adapted from <https://replicate.org>

DAVID'S MEN
SEEKING THE HEART OF GOD



Bible Reading Plan

Week 1 (Sep 23)

- ☐ James 1:1-11
- ☐ James 1:12-18
- ☐ James 1:19-27
- ☐ James 2:1-13
- ☐ James 2:14-26

Memory Verse:

- ☐ Hebrews 10:24-25

Week 2 (Sep 30)

- ☐ James 3:1-5
- ☐ James 3:6-12
- ☐ James 3:13-18
- ☐ James 4:1-6
- ☐ James 4:7-12

Memory Verse:

- ☐ Hebrews 10:24-25

Week 3 (Oct 7)

- ☐ James 4:13-17
- ☐ James 5:1-6
- ☐ James 5:7-9
- ☐ James 5:10-12
- ☐ James 5:13-20

Memory Verse:

- ☐ James 1:12

Week 4 (Oct 14)

- ☐ Luke 1
- ☐ Luke 2:1-21
- ☐ Luke 2:22-40
- ☐ Luke 2:41-52
- ☐ Luke 3:1-22

Memory Verse:

- ☐ James 1:19-20

Week 5 (Oct 21)

- ☐ Luke 3:23-38
- ☐ Luke 4:1-4
- ☐ Luke 4:5-8
- ☐ Luke 4:9-13
- ☐ Luke 4:14-19

Memory Verse:

- ☐ James 4:7-8a

Week 6 (Oct 28)

- ☐ Luke 4:20-30
- ☐ Luke 4:31-37
- ☐ Luke 4:38-41
- ☐ Luke 4:42-44
- ☐ Luke 5:1-11

Memory Verse:

- ☐ *Review All

Week 7 (Nov 4)

- ☐ Luke 5:12-16
- ☐ Luke 5:17-26
- ☐ Luke 5:27-32
- ☐ Luke 5:33-39
- ☐ Luke 6:1-5

Memory Verse:

- ☐ James 5:16

Week 8 (Nov 11)

- ☐ Luke 6:6-11
- ☐ Luke 6:12-19
- ☐ Luke 6:20-23
- ☐ Luke 6:24-26
- ☐ Luke 6:27-36

Memory Verse:

- ☐ Philippians 4:6-7

Week 9 (Nov 18)

- ☐ Luke 6:37-42
- ☐ Luke 6:43-45
- ☐ Luke 6:46-49
- ☐ Luke 7:1-10
- ☐ Luke 7:11-17

Memory Verse:

- ☐ Matthew 6:9-13

Week 10 (Nov 25)

- ☐ Luke 7:18-35
- ☐ Luke 7:36-50
- ☐ Luke 8:1-8
- ☐ *Thanksgiving
- ☐ Luke 8:9-15

Memory Verse:

- ☐ *Review All

Week 11 (Dec 2)

- ☐ Luke 8:16-18
- ☐ Luke 8:19-21
- ☐ Luke 8:22-25
- ☐ Luke 8:26-39
- ☐ Luke 8:40-56

Memory Verse:

- ☐ Matthew 6:19-21

Week 12 (Dec 9)

- ☐ Luke 9:1-9
- ☐ Luke 9:10-17
- ☐ Luke 9:18-22
- ☐ Luke 9:23-27
- ☐ Luke 9:28-36

Memory Verse:

- ☐ Matthew 6:24

Week 13 (Dec 16)

- ☐ Luke 9:37-45
- ☐ Luke 9:46-48
- ☐ Luke 9:49-50
- ☐ Luke 9:51-56
- ☐ Luke 9:57-62

Memory Verse:

- ☐ 2 Corinthians 9:6-7

Week 17 (Jan 13)

- ☐ Luke 13:10-21
- ☐ Luke 13:22-35
- ☐ Luke 14:1-11
- ☐ Luke 14:12-24
- ☐ Luke 14:25-35

Memory Verse:

- ☐ 2 Corinthians 5:17

Week 21 (Feb 10)

- ☐ Luke 20:1-18
- ☐ Luke 20:19-26
- ☐ Luke 20:27-40
- ☐ Luke 20:41-47
- ☐ Luke 21:1-4

Memory Verse:

- ☐ Ephesians 5:25

Week 25 (Mar 10)

- ☐ Matthew 5:31-32
- ☐ Matthew 5:33-37
- ☐ Matthew 5:38-42
- ☐ Matthew 5:43-48
- ☐ Matthew 6:1-4

Memory Verse:

- ☐ Matthew 6:14-15

Week 29 (Apr 7)

- ☐ Proverbs 6
- ☐ Proverbs 7
- ☐ Proverbs 8
- ☐ Proverbs 9
- ☐ Proverbs 10

Memory Verse:

- ☐ 1 Corinthians 15:58

Week 33 (May 5)

- ☐ Proverbs 26
- ☐ Proverbs 27
- ☐ Proverbs 28
- ☐ Proverbs 29
- ☐ Proverbs 30

Memory Verse:

- ☐ Mark 10:45

Week 14 (Dec 23)

- ☐ Luke 10:1-12
- ☐ Luke 10:13-24
- ☐ Christmas
- ☐ Luke 10:25-37
- ☐ Luke 10:38-42

Memory Verse:

- ☐ *Review All

Week 18 (Jan 20)

- ☐ Luke 15:1-7
- ☐ Luke 15:8-10
- ☐ Luke 15:11-32
- ☐ Luke 16:1-13
- ☐ Luke 16:14-18

Memory Verse:

- ☐ Hebrews 12:1

Week 22 (Feb 17)

- ☐ Luke 21:5-38
- ☐ Luke 22:1-38
- ☐ Luke 22:39-71
- ☐ Luke 23:1-15
- ☐ Luke 23:26-43

Memory Verse:

- ☐ John 13:34-35

Week 26 (Mar 17)

- ☐ Matthew 6:5-15
- ☐ Matthew 6:16-18
- ☐ Matthew 6:19-24
- ☐ Matthew 6:25-34
- ☐ Matthew 7:1-6

Memory Verse:

- ☐ Matthew 7:7-8;11

Week 30 (Apr 14)

- ☐ Proverbs 11
- ☐ Proverbs 12
- ☐ Proverbs 13
- ☐ Proverbs 14
- ☐ Proverbs 15

Memory Verse:

- ☐ Galatians 6:9-10

Week 34 (May 12)

- ☐ Proverbs 31
- ☐ Ecclesiastes 1
- ☐ Ecclesiastes 2:1-17
- ☐ Ecclesiastes 2:18-26
- ☐ Ecclesiastes 3:1-15

Memory Verse:

- ☐ John 15:5

Week 15 (Dec 30)

- ☐ Luke 11:1-4
- ☐ Luke 11:5-13
- ☐ Luke 11:14-28
- ☐ Luke 11:29-32
- ☐ Luke 11:33-54

Memory Verse:

- ☐ *Review All

Week 19 (Jan 27)

- ☐ Luke 16:19-17:4
- ☐ Luke 17:5-19
- ☐ Luke 17:20-37
- ☐ Luke 18:1-8
- ☐ Luke 18:9-17

Memory Verse:

- ☐ *Review All

Week 23 (Feb 24)

- ☐ Luke 23:44-56
- ☐ Luke 24:1-12
- ☐ Luke 24:13-35
- ☐ Luke 24:36-49
- ☐ Luke 24:50-53

Memory Verse:

- ☐ *Review All

Week 27 (Mar 24)

- ☐ Matthew 7:7-11
- ☐ Matthew 7:12-14
- ☐ Matthew 7:15-20
- ☐ Matthew 7:21-23
- ☐ Matthew 7:24-27

Memory Verse:

- ☐ *Review All

Week 31 (Apr 21)

- ☐ Proverbs 16
- ☐ Proverbs 17
- ☐ Proverbs 18
- ☐ Proverbs 19
- ☐ Proverbs 20

Memory Verse:

- ☐ Micah 6:8

Week 35 (May 19)

- ☐ Ecclesiastes 3:16-22
- ☐ Ecclesiastes 4
- ☐ Ecclesiastes 5
- ☐ Ecclesiastes 6
- ☐ Ecclesiastes 7

Memory Verse:

- ☐ Romans 12:1-2

Week 16 (Jan 6)

- ☐ Luke 12:1-12
- ☐ Luke 12:13-21
- ☐ Luke 12:22-40
- ☐ Luke 12:41-59
- ☐ Luke 13:1-9

Memory Verse:

- ☐ Galatians 5:22-23

Week 20 (Feb 3)

- ☐ Luke 18:18-30
- ☐ Luke 18:31-43
- ☐ Luke 19:1-10
- ☐ Luke 19:11-27
- ☐ Luke 19:28-40

Memory Verse:

- ☐ 1 Corinthians 13:4-8

Week 24 (Mar 3)

- ☐ Matthew 5:1-12
- ☐ Matthew 5:13-16
- ☐ Matthew 5:17-20
- ☐ Matthew 5:21-26
- ☐ Matthew 5:27-30

Memory Verse:

- ☐ Matthew 5:16

Week 28 (Mar 31)

- ☐ Proverbs 1
- ☐ Proverbs 2
- ☐ Proverbs 3
- ☐ Proverbs 4
- ☐ Proverbs 5

Memory Verse:

- ☐ *Review All

Week 32 (Apr 28)

- ☐ Proverbs 21
- ☐ Proverbs 22
- ☐ Proverbs 23
- ☐ Proverbs 24
- ☐ Proverbs 25

Memory Verse:

- ☐ *Review All

Week 36 (May 26)

- ☐ Ecclesiastes 8
- ☐ Ecclesiastes 9
- ☐ Ecclesiastes 10
- ☐ Ecclesiastes 11
- ☐ Ecclesiastes 12

Memory Verse:

- ☐ *Review All