

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 by copying it under the letter "H". Write out the following:

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

This practice will make it easier to find the passage when you want to revisit it in your journal in the future.

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.

- 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 that God has for you from His Word. What is important is that you are engaging the text and understand its meaning.

A - Apply

After writing a short 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 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?

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. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have just read.

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