

The HEAR Bible Journaling Method

As you are reading through the New Testament reading plan this year, we are encouraging you to journal what God is showing you by using the HEAR journaling method. This method was developed by Robby Gallaty, founder of Replicate Ministries, as a byproduct of his time discipling others and can be found in his book, *Replicate*. He wanted an easy way for the people he was discipling to study the Bible and remember what they had read. The method is similar to other methods you may be familiar with, such as the SOAP method.

HEAR stands for Highlight, Explain, Apply, and Respond.

Begin your time in the Word by praying for God to speak to you. You can even pray the simple prayer David prayed in Psalm 119:18, "Open my eyes so that I may contemplate wondrous things from your instruction."

HIGHLIGHT

After praying, open your notebook or journal and write the letter **H** at the top left-hand corner. In the course of your reading, 1 or 2 verses will usually stand out and speak to you. After reading the passage, **highlight** each verse that speaks to you by copying it under the letter **H**. As you write out the verse, be sure to write out the scripture reference. It may also be helpful to add a title to describe the passage.

EXPLAIN

After you have highlighted the passage, write the letter **E** under the previous entry. Now you will **explain** what the text means. Ask simple questions to help understand the meaning of the passage or verse. Questions you may ask are:

- 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 does He intend to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word God has for you from His Word. Be sure to engage with the text and wrestle with its meaning then write a summary of what you think the text means.

APPLICATION

Under the explain summary, write the letter **A**. This **application** is the heart of the process. As before, ask yourself 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?

These questions bridge the gap between the ancient world and your personal life. Challenge yourself to write 2-5 sentences about how the text applies to your life.

RESPOND

Finally, below the last entry write the letter **R** for **respond**. Your response may be a call to action, a description of how you will be different because of what God has said to you through His Word, a statement of what you are going to do because of what you have learned, or even writing out a prayer in response to what God has shown you. Remember this is your **response** to what you have just read.

Finish by spending time thanking God for what He has shown you in His Word today.

GALLATY, R. (2020). How to HEAR God's Word. In *REPLICATE: How to create a culture of disciplinemaking right where you are*(pp. 76-77). Chicago, IL: MOODY Press.