

H.E.A.R. Method

Notes taken and adapted from, "Knowing Jesus" by Robby Gallaty

Always begin your time with prayer, asking God to speak to you. Take David's prayer as an example: *"Open my eyes, that I may behold wondrous things out of your law."* (Ps. 119:18)

H = Highlight

Highlight a verse, passage or phrase from the scripture you are reading. For example, let's assume you're reading Philippians 4:10-13. Verse 13 may jump out and speak to you as something you want to remember, so you'd simply highlight that verse in your Bible. Beside "Highlight", in this notebook, write out the verse, passage or phrase that you highlighted in your Bible.

E = Explain

Explain what the text means. Asking some simple questions can help you understand the meaning of the passage or verse. Here are a few good questions to get you started (A good study Bible can be helpful):

- Why was the verse or passage written? To whom was it originally written? How does the verse or passage fit with the verses before and after it? What does God intend to communicate through the text?

A = Apply

It is very important to engage with the text and wrestle with the meaning before developing an application. It may be helpful to revisit your entries for "Highlight" and "Explain" as you develop personal application. As you think and pray, ask questions like:

- What does this verse say about God and why do I need to know it today? What is the original audience being told to do or not do? What should I do or not do? What should I change? How should I think differently? How should I pray or what should I pray for?

R = Respond

Finally, you'll respond to the text. A personal response may take on many forms. You could write an action step to take, describe a change in perspective, or simply respond in prayer to what you've learned. For example, you may ask for help in being bold or generous, you may need to repent of unconfessed sin, or you may need to praise God. Keep in mind that you're responding to what you've just read.

Personal Evangelism Prospect List

Example

Highlight: "I can do all things through Christ who strengthens me." Philippians 4:13

Explain: 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

Apply: 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.

Respond: 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.
