

## Creating an Atmosphere to H.E.A.R. from God

### Highlight – Explain – Apply – Respond

Psalm 119:18 – Ask God to speak to you and give you guidance and understanding of His Word.

Record in your journal: the passage you are reading, the date you read it, the title of the passage.

“H” – Highlight. Read the passage. Usually one or two verses will stand out to you or speak to you. Highlight them and write them in your journal.

“E” – Explain. Engage with the text and wrestle with its meaning. Sample questions to ask:

- Why did the Holy Spirit include this passage in the book?
- What is He intending to communicate through this text?
- Write a short explanation or summary of what you think the text means.

“A” – Apply. Ask questions to uncover what these verses mean to you personally:

- Is there a Sin to avoid? (If yes, what? Am I?)
- Is there a Command to obey? (If yes, what? Am I?)
- Is there an Example to follow? (If yes, what? Am I?)
- Is there a Promise to claim? (If yes, what? Am I?)
- What Truths and Attributes about God are displayed?
- How does this cause me to love Jesus more?

“R” – Respond. Write out your response to what you have just read/written. This will take on many different forms. A few examples:

- Journal a call or commitment to action.
- Describe how you will be different because of what God has said to you through His Word.
- Indicate what you are going to do because of what you have learned.
- Respond by writing out a prayer to God (help you be more loving, give you a desire to be more generous in your serving, protect you from a particular temptation to sin, etc.).