

How to Use a Journal in Bible Study

This journal approach is designed to guide you through God's Word using *the H.E.A.R. Method*, a simple and powerful way to engage Scripture daily.

The H.E.A.R. Method

H – Highlight

Choose a verse or short passage that stands out to you in your daily reading.

E – Explain

Write what the verse means in its context. What is God saying through this passage?

A – Apply

How does this truth apply to your life today? What might God be asking you to change, do, or believe?

R – Respond

Write a prayer or another response to what God has shown you.

How This Works

- Each week read the assigned reading(s)
- Write in your journal each week after reading
 - Each page should include: An entry for each letter of the H.E.A.R. method
- Meet with a friend or group each week for discussion and reflection

Weekly Bible References

Week 1 September 6th-12th | **2 Kings 2, 2 Kings 3**

Week 2 September 13th-19th | **2 Kings 4**

Week 3 September 20th-26th | **2 Kings 5**

Week 4 September 27th-Oct. 3rd | **2 Kings 6a**

Week 5 October 4th-10th | **2 Kings 6b-7**

Week 6 October 11th-17th | **2 Kings 9**

Week 7 October 18th-24th | **2 Kings 13**