

# How to H.E.A.R. from God

*A simple method for reading Scripture with open hands.*

The Bible isn't just a book to be studied. It's a conversation to be had. The H.E.A.R. method helps you slow down, engage honestly, and walk away from Scripture changed rather than just informed. It works for any passage. Any season. Any 15 minutes you can carve out.



## HIGHLIGHT

Read the passage slowly. Highlight or underline the verse or phrase that stands out most to you. Don't overthink it. Trust what catches your attention. God often speaks through the thing you almost skipped past.

### JOURNAL PROMPTS

- *What word or verse jumped out at you?*
- *Read it again. Does anything else surface?*

# E

## EXPLAIN

Ask what the passage means. What is God saying in the original context? Who is speaking, and to whom? What was happening? This is where you slow down and think carefully. Meaning shapes application.

### JOURNAL PROMPTS

- *What does this verse mean in context?*
- *Is there a command, a promise, a warning, or a truth being stated?*

# A

## APPLY

Bridge the gap between the ancient text and your actual life today. This is the most personal step. Don't let yourself off easy. The goal isn't information. It's transformation.

### JOURNAL PROMPTS

- *What does this mean for my life right now?*
- *Is there something I need to believe, do, stop, or start?*

# R

## RESPOND

Write a prayer in response to what God has shown you. It doesn't need to be polished. It just needs to be honest. Let the Scripture shape the words. Talk to God about what you just read.

### JOURNAL PROMPTS

- *Write 3-5 sentences of prayer based on what you read.*
  - *Thank God for what He revealed. Ask Him to help you live it.*
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Quick tip: Start with a short passage. One chapter or less. The goal isn't to cover ground. The goal is to hear from God.

## Want to go deeper?

*Reach out to Justin for coffee. No agenda. No pitch.*

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