

# H.E.A.R. JOURNAL

A DAILY TOOL FOR DISCIPLESHIP  
AND SPIRITUAL GROWTH

CONNECT - GROW - SERVE - GO



H.E.A.R. is a simple way to engage Scripture with purpose. Each day read the assigned passage from the weekly plan and journal using the four steps on the next page.



## **H: Highlight**

Write down the verse, phrase, or idea from today's passage that stood out to you. This is the moment the Holy Spirit draws your attention to something specific.

**Example prompt:** What word, sentence, or image grabbed my heart today?

## **E: Explain**

In your own words, explain what the passage means. Consider the context, the author's intent, and what God was communicating to His people.

**Example prompt:** How would I describe the meaning of this passage to someone else?

## **A: Apply**

Write how this truth speaks into your life today. What needs to change? What needs to begin? What needs to stop? Application turns reading into transformation.

**Example prompt:** What step is God asking me to take because of what I read?

## **R: Respond**

End with a one or two sentence prayer. Tell God what you desire to do, change, or trust because of this passage.

**Example prompt:** Lord, here's my prayer in response to Your Word today...



WEEK 1: CONNECT TO GOD

Theme:

Salvation, seeking God daily, responding to His invitation.

Memory Verse:

James 4:8: “Draw near to God, and He will draw near to you.”

Monday: John 3:1–8, Nicodemus and the new birth

H:

E:

A:

R:

Tuesday: John 3:9–17, God’s love and salvation

H:

E:

A:

R:

Wednesday: Jeremiah 29:11–14, Seeking God with all your heart

H:

E:

A:

R:



WEEK 1: CONNECT TO GOD

Theme:

Salvation, seeking God daily, responding to His invitation.

Memory Verse:

James 4:8: “Draw near to God, and He will draw near to you.”

Thursday: James 4:7–10, Draw near to God

H:

E:

A:

R:

Friday: Psalm 63:1–8, A heart that seeks God daily

H:

E:

A:

R:

Notes:



WEEK 2: CONNECT TO OTHERS

Theme:

One-on-one discipleship, small groups, church community.

Memory Verse:

Hebrews 10:24: “Let us consider how we may spur one another on toward love and good deeds.”

**Monday:** Acts 2:42–47, The fellowship of believers

**H:**

**E:**

**A:**

**R:**

**Tuesday:** Hebrews 10:23–25, Encouraging one another

**H:**

**E:**

**A:**

**R:**

**Wednesday:** Ecclesiastes 4:9–12, Strength in partnership

**H:**

**E:**

**A:**

**R:**



WEEK 2: CONNECT TO OTHERS

Theme:

One-on-one discipleship, small groups, church community.

Memory Verse:

Hebrews 10:24: “Let us consider how we may spur one another on toward love and good deeds.”

Thursday: John 13:34–35, Love as the mark of disciples

H:

E:

A:

R:

Friday: Romans 12:3–8, Belonging and serving in the body

H:

E:

A:

R:

Notes:



# WEEK 3: GROW IN CHRIST

## Theme:

Deepening your relationship with God through Scripture and prayer.

## Memory Verse:

Colossians 2:6–7: “So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him...”

**Monday:** Colossians 2:6–7, Rooted and built up in Christ

**H:**

**E:**

**A:**

**R:**

**Tuesday:** Psalm 119:9–16, The Word shaping life

**H:**

**E:**

**A:**

**R:**

**Wednesday:** 2 Timothy 3:14–17, Scripture equipping believers

**H:**

**E:**

**A:**

**R:**



# WEEK 3: GROW IN CHRIST

## Theme:

Deepening your relationship with God through Scripture and prayer.

## Memory Verse:

Colossians 2:6–7: “So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him...”

**Thursday:** Joshua 1:7–9, Strength through God’s Word

**H:**

**E:**

**A:**

**R:**

**Friday:** Philippians 4:4–9, Prayer and thought life shaped by Christ

**H:**

**E:**

**A:**

**R:**

**Notes:**



## WEEK 4: SERVE OTHERS

### Theme:

Demonstrating love through action: personal, group, church.

### Memory Verse:

1 Peter 4:10: "Each of you should use whatever gift you have received to serve others..."

**Monday:** Matthew 20:26–28, Greatness through serving

**H:**

---

---

**E:**

---

---

**A:**

---

---

**R:**

---

---

**Tuesday:** James 2:14–17, Faith expressed through works

**H:**

---

---

**E:**

---

---

**A:**

---

---

**R:**

---

---

**Wednesday:** 1 Peter 4:10–11, Using your gifts to serve

**H:**

---

---

**E:**

---

---

**A:**

---

---

**R:**

---

---



# WEEK 4: SERVE OTHERS

## Theme:

Demonstrating love through action: personal, group, church.

## Memory Verse:

1 Peter 4:10: "Each of you should use whatever gift you have received to serve others..."

**Thursday:** Galatians 5:13–14, Serving one another in love

**H:**

**E:**

**A:**

**R:**

**Friday:** Matthew 25:31–40, Serving Christ by serving "the least of these"

**H:**

**E:**

**A:**

**R:**

**Notes:**



WEEK 5: GO ON MISSION

Theme:

Living as everyday missionaries with intentionality.

Memory Verse:

Matthew 28:19: “Therefore go and make disciples of all nations...”

Monday: Matthew 28:18–20, The Great Commission

H: \_\_\_\_\_

\_\_\_\_\_

E: \_\_\_\_\_

\_\_\_\_\_

A: \_\_\_\_\_

\_\_\_\_\_

R: \_\_\_\_\_

\_\_\_\_\_

Tuesday: Acts 1:6–8, Empowered to be witnesses

H: \_\_\_\_\_

\_\_\_\_\_

E: \_\_\_\_\_

\_\_\_\_\_

A: \_\_\_\_\_

\_\_\_\_\_

R: \_\_\_\_\_

\_\_\_\_\_

Wednesday: John 20:19–23, Sent as Jesus was sent

H: \_\_\_\_\_

\_\_\_\_\_

E: \_\_\_\_\_

\_\_\_\_\_

A: \_\_\_\_\_

\_\_\_\_\_

R: \_\_\_\_\_

\_\_\_\_\_



WEEK 5: GO ON MISSION

Theme:

Living as everyday missionaries with intentionality.

Memory Verse:

Matthew 28:19: “Therefore go and make disciples of all nations...”

Thursday: 1 Peter 3:13–16, Sharing your story with gentleness

H:

E:

A:

R:

Friday: Colossians 4:2–6, Prayer, awareness, and open doors for the gospel

H:

E:

A:

R:

Notes:











C O N N E C T

G R O W

S E R V E

G O

