



29

H.E.A.R. Journaling Tips

H - Hear: This is the Scripture to read for the day. Write a Scripture that stands out to you.

E - Examine: Write any observations that could include questions you have of the Scriptures.

A - Apply: Write an application(s) you sense God wants you to live out.

R - Reflect: Write a reflection prayer that applies to your devotion.

- **PRAY:** Ask the Holy Spirit to open your heart and spiritual eyes, and to give you wisdom.
- **PONDER:** Read slowly. Re-read the passage (and the surrounding section—sometimes even a chapter or two for fuller context). Meditate. Try not to rush.

30

- **PRACTICE the A-B-C's:**
 - A — Approach / Attitude:** We all come with different backgrounds and life experiences that shape how we read and interpret Scripture. Come humbly, open, and teachable.
 - B — Background:** Consider the cultural and historical setting of the people and the text in biblical times.
 - C — Context:** Read carefully. Observe and interpret verses, passages, and chapters in their full context.
- **STUDY (Bible tools):** Don't be afraid to use study notes or a Bible commentary to help you understand the meaning and context.

31

H - Hear: Matthew 1 | What verse stands out?
v21 She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.

E - Examine: Immanuel arrives through a flawed family line, revealing God's redemptive plan. Other observations?
I wonder how long it took for the "Shack factor" to settle down in Joseph's mind + heart? A son, not his, was to be birthed through Mary - and he would save people from their sins! oh my!

A - Apply: How is God using your life-story for His purposes?
To think that this same son born over 2 thousand years ago - lives in + works through me - to touch, love, minister through me - to bring others to salvation.

R - Reflect: Write your prayer reflection.
Thank you God for saving me from my sins into an awesome relationship with you - with GOD! wow!

32

Hear | What Scripture is God highlighting?

MATTHEW 6:25-34

33

Matthew 6:25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to his life?”

34

28 “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, **O you of little faith?**”

35

31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 **But seek first his kingdom and his righteousness, and all these things will be given to you as well.** 34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

36

Examine | ... the context.

Matt. 6:1 “Be careful not to do your ‘acts of righteousness’ before men, to be seen by them. If you do, you will have no reward from your Father in heaven.

Examine | ... the context.

Matthew 6:9 “This, then, is how you should pray:
“Our Father in heaven, hallowed be your name, // Person of God
¹⁰ your kingdom come, your will be done on earth as
it is in heaven. // Purpose of God
¹¹ Give us today our daily bread. // Provision of God

³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ **But seek first his kingdom and his righteousness, and all these things will be given to you as well.** ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Apply | What is God saying to you?

PERSON	1. Make Jesus King of your heart, life and relationships, daily .
PURPOSE	2. Submit your life purpose to King Jesus, daily .
PROVISION	3. Surrender all provisions to King Jesus for His Kingdom purposes, daily .

RESPOND | What is a prayer reflection?

Dear Heavenly Father,
You are so Awesome and holy! Thank You for sending Jesus to live in this broken and fallen world, to give me life now into eternity. I surrender my entire life daily, and to live out Your purposes, daily. Thank You for Your daily provisions. Use me, my purpose and provisions, for Your Kingdom honor...in the name of the Father, Jesus and the Holy Spirit.

41



42