

# HEAR

## Bible Study Method

### HIGHLIGHT

After reading the selected Scripture, Highlight the verses that speak to you by writing out the following:

- Write down the name of the book.
- Write down the Chapter and verses.
- Write down a 1-3 word title (eg. Why does this passage speak to me?)

### EXPLAIN

Engage with the text and wrestle with its meaning. Some possible questions to consider include:

- Who was the passage written to?
- Why was it written?
- How does it fit in with surrounding verses?
- What may God be communicating through this passage?

### APPLY

Consider how to apply the text in Real Life. Some possible questions to consider include:

- How can this passage help me?
- How can I apply this passage in my life today?
- What is God saying to me?

### RESPONSE

Finally, respond to God. This can be done in any number of ways but make it sincere.

- Write out a prayer (eg. Ask God to help you become more loving, grace-filled, or content, etc.)
- Commit to a certain action.
- What is God wanting me to do?
- What's my next step in becoming more like Christ?

# Growing Up

## CHALLENGE

### Sample H.E.A.R. Entry

**Read:** Philippians 4:10-13

**Date:** 11-30-13

**Title:** Secret of Contentment

#### **H (Highlight)**

"I can do all things through Christ who strengthens me." Philippians 4:13

#### **E (Explain)**

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

#### **A (Apply)**

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

#### **R (Respond)**

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.