



The Season of LENT

WHAT IS A HEAR JOURNAL?

The H.E.A.R. journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word.

HOW TO COMPLETE A HEAR JOURNAL

HIGHLIGHT the verses that speak to you.

- Write out the name of the book:
- Which chapter and verse numbers stand out to you?

EXPLAIN what this passage means.

- To whom was it originally written? Why?
- How does it fit with the verses before and after it?
- What is the Holy Spirit intending to communicate through this text?

APPLY what God is saying in these verses to your life.

- What does this mean today?
- What is God saying to you personally?
- What would the application of this verse look like in my life?

RESPOND to what you've read.

- In what ways does this passage call you to action?
- How will you be different because of what you've learned?
- Write out a prayer to God in response to what you read today:

LENT READING PLAN

- ☐ March 2: Matthew 1
- ☐ March 3: Matthew 2
- ☐ March 4: Matthew 3
- ☐ March 5: Matthew 4
- ☐ March 7: Matthew 5
- ☐ March 8: Matthew 6
- ☐ March 9: Matthew 7
- ☐ March 10: Matthew 8
- ☐ March 11: Matthew 9
- ☐ March 12: Matthew 10
- ☐ March 14: Matthew 11
- ☐ March 15: Matthew 12
- ☐ March 16: Matthew 13
- ☐ March 17: Matthew 14

- ☐ March 18: Matthew 15
- ☐ March 19: Matthew 16
- ☐ March 21: Matthew 17
- ☐ March 22: Matthew 18
- ☐ March 23: Matthew 19
- ☐ March 24: Matthew 20
- ☐ March 25: Matthew 21
- ☐ March 26: Matthew 22
- ☐ March 28: Matthew 23
- ☐ March 29: Matthew 24
- ☐ March 30: Matthew 25
- ☐ March 31: Matthew 26:1-35
- ☐ April 1: Matthew 26:36-56
- ☐ April 2: Matthew 26:57-75

- ☐ April 4: Matthew 27:1-31
- ☐ April 5: Matthew 27:32-66
- ☐ April 6: John 20:1-18
- ☐ April 7: John 20:19-31
- ☐ April 8: John 21:1-14
- ☐ April 9: John 21:15-25
- ☐ April 11: Mark 16
- ☐ April 12: Luke 24:1-12
- ☐ April 13: Luke 24:13-35
- ☐ April 14: Luke 24:36-53
- ☐ April 15: Matthew 28:1-10
- ☐ April 16: Matthew 28:11-20

DATE: _____

SCRIPTURE: _____

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RESPOND to what you've read.
