

H.E.A.R.

SCRIPTURE MEDITATION METHOD

HIGHLIGHT

After reading a section of Scripture, highlight the verses that God spoke to you by writing the following:

- The chapter and verses that you are meditating on.
- Write down a 1-3 word title. This will help you remember when you look back.

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 the surrounding verses?
- What may God be communicating through this passage?
- Who is God revealing Himself to be in this passage?

APPLY

Consider how you may be able 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?
- How does this passage change the way I interact with others?
- What is God saying to me?

RESPOND

Respond to God based on how He spoke to you through His Word:

- Write out a prayer.
- Confess sin, praise God, or ask that the passage would become real in your life.
- Commit to a certain action.
- Who is God inviting me to be?

D-GROUP

ACCOUNTABILITY QUESTIONS

1

HOW WERE YOUR SPIRITUAL
DISCIPLINES THIS PAST WEEK?

2

IN WHAT WAYS WERE YOU
ABLE TO SHARE OR MODEL
THE GOSPEL THIS WEEK?

3

IN WHAT AREAS OF YOUR
LIFE DID YOU STRIVE FOR
HOLINESS? ARE THERE
AREAS OF SIN TO CONFESS?

4

WHAT IS YOUR BIGGEST
STRUGGLE TO SHARE
WITH THE GROUP?

5

WHAT IS YOUR BIGGEST
CELEBRATION TO SHARE
WITH THE GROUP?

