H.E.A.R. Quiet Time Journal

Read:_____ Date: _____Title:_____

H (Highlight - Identify & write Best Verse in scripture read)

E (Explain and and meditate on verse)

A (Apply to my life)

R (Respond in prayer about this verse)

Then Pray:
Adoration

Confession

Thanksgiving

Supplication

At end of week review and select your Best Verse of the week! Memorize BV of week!