

H.E.A.R. Quiet Time Journal

Read: _____ Date: _____ Title: _____

For each date:

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!**

Read: _____ Date: _____ Title: _____
