

# H.E.A.R. Bible Study Method

## H - Highlight (What does the text say?)

- Read the passage slowly and carefully.
- Mark or write down key verses, repeated words, or phrases that stand out.
- Note any commands, promises, warnings, or attributes of God.
- Choose a verse or two that captures the main idea of the passage.

Example: Psalm 31:15 - 'My times are in your hands.'

## E - Explain (What does the text mean?)

This step focuses on understanding the original meaning before applying it.

Ask:

1. Who wrote it? Who was the audience?
2. When was it written? What was happening historically?
3. Why was it written? What problem or situation is addressed?
4. What type of writing is it? (Poetry, history, prophecy, gospel, letter)
5. How does this verse fit in the chapter and book?
6. What do key words mean? Use a Bible dictionary or cross-references.

Tips:

- Use Scripture to explain Scripture.
- Read the verses before and after for context.
- Ask: What does this teach me about God, man, sin, salvation?

Example: In Psalm 31:15, David declares trust in God's timing during danger - 'times' refers to all seasons of life surrendered to Him.

## A - Apply (How does this truth change me?)

Ask:

- Is there a command to obey?
- A promise to trust?
- A sin to confess?
- An example to follow or avoid?

Be specific: Instead of 'Trust God more,' commit to 'This week I will pray each morning, My times are in Your hands.'

## R - Respond (What will I do or say to God?)

Turn your application into a prayer or commitment:

- Praise God for what you have learned.
- Confess where you have fallen short.
- Ask for His help in living it out.

Example Prayer: 'Lord, I trust that my life and future are in Your hands. Help me release control, stop worrying about tomorrow, and rest in Your perfect timing.'