

The HEAR Quickstart Guide

The HEAR Method is a simple way to slow down, listen to Scripture, and live it out daily.

- **H – Highlight**

Write down the verse or phrase that stands out. This helps it sink in deeper.

- **E – Explain**

In your own words, note what the verse means in context. Who wrote it? What was happening?

- **A – Apply**

Ask: What does this mean for my life today? Write a specific action step.

- **R – Respond**

Turn your application into a short prayer or commitment.

Tip: Each step takes just 2–3 minutes. In 10–15 minutes, you’ve met with God.



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Example HEAR Entry (John 15:5)

- **Highlight:** "I am the vine; you are the branches..."
- **Explain:** Jesus reminds His disciples that fruitfulness only comes by abiding in Him.
- **Apply:** I try to do ministry in my own strength. Today I'll pause and pray before tasks.
- **Respond:** "Lord, help me stay connected to You today."

Starter 7-Day Reading Plan:

- ☐ Day 1 – John 15:1–11
- ☐ Day 2 – Colossians 3:12–17
- ☐ Day 3 – Psalm 1
- ☐ Day 4 – Philippians 4:4–9
- ☐ Day 5 – Matthew 5:1–12
- ☐ Day 6 – Romans 12:1–2
- ☐ Day 7 – 2 Timothy 3:14–17



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Ready to Make This a Rhythm?

You've just seen how simple the HEAR Method can be. Imagine having a guided space for the next 200+ days of Bible study—no guesswork, just clarity and consistency.

That's why we created the HEAR Journal. Pair it with the HEAR Method Guide, and you'll have everything you need to build a daily rhythm of abiding in God's Word.

👉 *Start your rhythm today:*

rhythmofabide.com

