

# “HOW TO” JOURNAL

**WEEK 1** - Write text you selected

**H (HIGHLIGHT)** - What verse or verses (up to 3) were “highlighted” or stood out in your mind while you read? Write that verse (or verses) out word for word.

**E (EXPLAIN)** - Explain what is happening in the story or in the verses before the “highlighted” verse above. What is leading up to this verse?

- TIP: This section should NOT include any “I, me, we, our, my, you, etc” (first or second person pronouns) You and I weren’t there in the story when this is happening so we can’t be in the explanation of what is taking place.

**A (APPLY)** - How does this text apply to your life? What do you learn from it? Does it challenge something you believe? Does it change the way you live, think, pray, speak, etc?

- TIP: This is where the “I, me, we, our, my, you, etc” belong!

**R (RESPOND)** - In light of your “Apply” above, what will you change in your life? What will you begin to pursue? What will you remove? What will you pray?

## EXAMPLE

**Week 1** - Job 1:20-22

**Title:** *“Worship Without Blessings”*

**H (Highlight)** - (vs 21) *“Naked I came from my mother’s womb, and naked I will leave this life. The Lord gives, and the Lord takes away. Praise the name of Yahweh.”*

**E (Explain)** - Job was a very blessed man. He had a large family and great wealth. However, within the span of what seems like a moment, he lost everything; all livestock, servants, even his children. Yet, in the midst of so much loss and tragedy, Job never blamed God. In fact, he never even became bitter towards God. Instead, Job worshipped.

**A (Apply)** - Our worship should not be based on blessings. Our faith should not be determined by how much God has given us. In fact, even if everything is stripped away, God still deserves and is worthy of our worship. This is so much easier to write than to experience.

**R (Respond)** - God help my faith be strong enough to face whatever you have in store for me. Help me to stay in your Word and continue to see your presence so that my faith may grow. Create in me a heart of worship that is truly worshipping You and not just the good things you give me.