



## SAMPLE H.E.A.R. JOURNAL ENTRY

**Read:** Philippians 4:10-13

**Date:** 11-30-13

**Title:** Secret of Contentment

**H (Highlight):** *What is a verse(s) that stood out to you in your reading?*

"I can do all things through Christ who strengthens me."  
Philippians 4:13

**E (Explain):** *What was the author trying to communicate to his audience back then?*

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

**A (Apply):** *What does this text mean for believers today?*

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

**R (Respond):** *How will I personally respond (an action or prayer) to this text today?*

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.

Sample H.E.A.R. Journal taken from Robby Gallaty's book  
*Growing Up: How To Be A Disciple That Makes Disciples.*