**H.E.A.R. Journal Sheet-Example**

**Read:** John 17:1-5

Date: \_\_/\_\_/\_\_\_\_

**H (Highlight)**

John 17:3 Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

**E (Explain)**

Jesus was praying to His Father explaining that the time to glorify the Son had come. He expressed the authority that God had given Him. Then He defines eternal life as “knowing” God and Jesus Whom God sent. Knowing God is so much more than knowing about God. Knowing God means taking the time to establish and foster a relationship, doing LIFE together.

**A (Apply)**

I spend time with my wife, family, and friends so that I can know I can enjoy and know them better. I need to make sure that I am giving my relationship with God the same kind of attention if not more so. It takes time and intentional actions to get to truly know someone.

**R (Respond)**

God, I want to know you more. Jesus help me know You, the Father, and the Holy Spirit better. Remind me Holy Spirit that I must pursue knowing God like I do my family and friends. Hey God, maybe we can go fishing together sometime.