

the week of
October 15-21

Student
H.E.A.R Journal



Theme for the week: *Leading Our Families to Be Disciples*

Passage for the week: Ephesians 6:1-4 (Extra reading: Ephesians 5:22-33)

DAY ONE **Highlight**

After reading the passage today, highlight or choose one or two verses that stand out to you as important or that “speak” to you. Write down the verse number(s) and write out the verse(s) in the space below.

DAY TWO **Explain**

Read the passage again today and explain what the text means by answering some of these questions:

- What did the verse mean to the original audience?
- Why was this written?
- To whom was it originally written?
- How does it fit with the verses before and after it?
- What are the differences between the biblical audience and us?

DAY THREE **Apply**

Read the passage again today and consider how the verse(s) can apply to your life by answering some of these questions:

- What is the theological principle in the verse(s)?
- Is there a command to obey?
- Is there a sin to avoid?
- Is there a promise to claim?
- Is there something new to learn about God, myself or others?

DAY FOUR **Respond**

Read the passage again today and write down a prayer or action as a result of what you have learned or “heard” from the verse(s) this week. Be specific and carry it out.