

# **SPIRITUAL FORMATIONS HEAR JOURNALS**

**2025-2026**

## **Structure**

- **Weekly Schedule:** 5 readings per week, each covering 1-2 chapters for manageable daily portions.
- **Each week, reflect on what you've read using the HEAR model:**
  - **H (Highlight):** Identify key verses or phrases.
  - **E (Explain):** Summarize the context or meaning.
  - **A (Apply):** Consider how the passage applies to your life.
  - **R (Respond):** Write out your response to God in prayer or action.

**Use catch-up days for deeper meditation or if you fall behind.**

# HEAR READING PLAN: PSALMS + PROVERBS

**Month 1: Psalms 1-30 & Proverbs 1-7**

**Week 1:**

- Day 1: Psalms 1-3, Proverbs 1:1-19
- Day 2: Psalms 4-6, Proverbs 1:20-33
- Day 3: Psalms 7-9, Proverbs 2
- Day 4: Psalms 10-12, Proverbs 3:1-18
- Day 5: Psalms 13-15, Proverbs 3:19-35

**Week 2:**

- Day 1: Psalms 16-18, Proverbs 4:1-13
- Day 2: Psalms 19-20, Proverbs 4:14-27
- Day 3: Psalms 21-22, Proverbs 5
- Day 4: Psalms 23-24, Proverbs 6:1-19
- Day 5: Psalms 25-26, Proverbs 6:20-35

**Week 3:**

- Day 1: Psalms 27-28, Proverbs 7:1-13
- Day 2: Psalms 29-30, Proverbs 7:14-27
- Day 3-5: Catch-up or review

# **HEAR READING PLAN: PSALMS + PROVERBS**

**Month 2: Psalms 31-60 & Proverbs 8-15**

**Week 4:**

- Day 1: Psalms 31-33, Proverbs 8:1-21
- Day 2: Psalms 34-35, Proverbs 8:22-36
- Day 3: Psalms 36-37, Proverbs 9
- Day 4: Psalms 38-39, Proverbs 10:1-16
- Day 5: Psalms 40-41, Proverbs 10:17-32

**Week 5:**

- Day 1: Psalms 42-43, Proverbs 11:1-15
- Day 2: Psalms 44-45, Proverbs 11:16-31
- Day 3: Psalms 46-47, Proverbs 12:1-14
- Day 4: Psalms 48-49, Proverbs 12:15-28
- Day 5: Psalms 50-51, Proverbs 13:1-1

**Week 6:**

- Day 1: Psalms 52-54, Proverbs 13:14-25
- Day 2: Psalms 55-56, Proverbs 14:1-12
- Day 3: Psalms 57-58, Proverbs 14:13-35
- Day 4: Psalms 59-60, Proverbs 15:1-19
- Day 5: Proverbs 15:20-33, Catch-up or review

# HEAR READING PLAN: PSALMS + PROVERBS

**Month 3: Psalms 61-90 & Proverbs 16-23**

**Week 7:**

- Day 1: Psalms 61-62, Proverbs 16:1-16
- Day 2: Psalms 63-64, Proverbs 16:17-33
- Day 3: Psalms 65-66, Proverbs 17:1-14
- Day 4: Psalms 67-68, Proverbs 17:15-28
- Day 5: Psalms 69-70, Proverbs 18:1-12

**Week 8:**

- Day 1: Psalms 71-72, Proverbs 18:13-24
- Day 2: Psalms 73-74, Proverbs 19:1-14
- Day 3: Psalms 75-76, Proverbs 19:15-29
- Day 4: Psalms 77-78, Proverbs 20:1-15
- Day 5: Psalms 79-80, Proverbs 20:16-30

**Week 9:**

- Day 1: Psalms 81-82, Proverbs 21:1-16
- Day 2: Psalms 83-84, Proverbs 21:17-31
- Day 3: Psalms 85-86, Proverbs 22:1-16
- Day 4: Psalms 87-88, Proverbs 22:17-29
- Day 5: Psalms 89-90, Proverbs 23:1-18

# **HEAR READING PLAN: PSALMS + PROVERBS**

**Month 4: Psalms 91-120 & Proverbs 24-28**

**Week 10:**

- Day 1: Psalms 91-92, Proverbs 23:19-35
- Day 2: Psalms 93-94, Proverbs 24:1-22
- Day 3: Psalms 95-96, Proverbs 24:23-34
- Day 4: Psalms 97-98, Proverbs 25:1-14
- Day 5: Psalms 99-100, Proverbs 25:15-28

**Week 11:**

- Day 1: Psalms 101-102, Proverbs 26:1-14
- Day 2: Psalms 103-104, Proverbs 26:15-28
- Day 3: Psalms 105-106, Proverbs 27:1-14
- Day 4: Psalms 107-108, Proverbs 27:15-27
- Day 5: Psalms 109-110, Proverbs 28:1-14

**Week 12:**

- Day 1: Psalms 111-112, Proverbs 28:15-28
- Day 2-5: Catch-up or review

# **HEAR READING PLAN: PSALMS + PROVERBS**

**Month 5: Psalms 121-150 & Proverbs 29-31**

**Week 13:**

- Day 1: Psalms 121-122, Proverbs 29:1-14
- Day 2: Psalms 123-124, Proverbs 29:15-27
- Day 3: Psalms 125-126, Proverbs 30:1-14
- Day 4: Psalms 127-128, Proverbs 30:15-33
- Day 5: Psalms 129-130, Proverbs 31:1-9

**Week 14:**

- Day 1: Psalms 131-132, Proverbs 31:10-31
- Day 2: Psalms 133-134
- Day 3: Psalms 135-137
- Day 4: Psalms 138-140
- Day 5: Psalms 141-142

**Week 15:**

- Day 1: Psalms 143-144
- Day 2: Psalms 145-146
- Day 3: Psalms 147-148
- Day 4: Psalms 149-150
- Day 5: Catch-up or review