

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: PAUL'S LETTERS

Month 1: Galatians, 1 Thessalonians, 2 Thessalonians

Week 1: Galatians (Written ~48-49 AD)

- Day 1: Galatians 1:1-24
- Day 2: Galatians 2:1-21
- Day 3: Galatians 3:1-29
- Day 4: Galatians 4:1-31
- Day 5: Galatians 5:1-26

Week 2:

- Day 1: Galatians 6:1-18
- Day 2: 1 Thessalonians 1:1-10
- Day 3: 1 Thessalonians 2:1-20
- Day 4: 1 Thessalonians 3:1-13
- Day 5: 1 Thessalonians 4:1-18

Week 3:

- Day 1: 1 Thessalonians 5:1-28
- Day 2: 2 Thessalonians 1:1-12
- Day 3: 2 Thessalonians 2:1-17
- Day 4: 2 Thessalonians 3:1-18
- Day 5: Catch-up or review

HEAR READING PLAN: PAUL'S LETTERS

Month 2: 1 Corinthians

Week 4: 1 Corinthians (Written ~53-54 AD)

- Day 1: 1 Corinthians 1:1-31
- Day 2: 1 Corinthians 2:1-16
- Day 3: 1 Corinthians 3:1-23
- Day 4: 1 Corinthians 4:1-21
- Day 5: 1 Corinthians 5:1-13

Week 5:

- Day 1: 1 Corinthians 6:1-20
- Day 2: 1 Corinthians 7:1-40
- Day 3: 1 Corinthians 8:1-13
- Day 4: 1 Corinthians 9:1-27
- Day 5: 1 Corinthians 10:1-33

Week 6:

- Day 1: 1 Corinthians 11:1-34
- Day 2: 1 Corinthians 12:1-31
- Day 3: 1 Corinthians 13:1-13
- Day 4: 1 Corinthians 14:1-40
- Day 5: 1 Corinthians 15:1-58

HEAR READING PLAN: PAUL'S LETTERS

Month 3: 2 Corinthians, Romans

Week 7: 2 Corinthians (Written ~55-56 AD)

- Day 1: 2 Corinthians 1:1-24
- Day 2: 2 Corinthians 2:1-17
- Day 3: 2 Corinthians 3:1-18
- Day 4: 2 Corinthians 4:1-18
- Day 5: 2 Corinthians 5:1-21

Week 8:

- Day 1: 2 Corinthians 6:1-18
- Day 2: 2 Corinthians 7:1-16
- Day 3: 2 Corinthians 8:1-24
- Day 4: 2 Corinthians 9:1-15
- Day 5: 2 Corinthians 10:1-18

Week 9: Romans (Written ~57 AD)

- Day 1: Romans 1:1-32
- Day 2: Romans 2:1-29
- Day 3: Romans 3:1-31
- Day 4: Romans 4:1-25
- Day 5: Romans 5:1-21

HEAR READING PLAN: PAUL'S LETTERS

**Month 4: Romans (Continued), Philippians,
Colossians**

Week 10:

- Day 1: Romans 6:1-23
- Day 2: Romans 7:1-25
- Day 3: Romans 8:1-39
- Day 4: Romans 9:1-33
- Day 5: Romans 10:1-21

Week 11:

- Day 1: Romans 11:1-36
- Day 2: Romans 12:1-21
- Day 3: Romans 13:1-14
- Day 4: Romans 14:1-23
- Day 5: Romans 15:1-33

Week 12: Philippians (Written ~60-62 AD)

- Day 1: Philippians 1:1-30
- Day 2: Philippians 2:1-30
- Day 3: Philippians 3:1-21
- Day 4: Philippians 4:1-23
- Day 5: Colossians 1:1-29

HEAR READING PLAN: PAUL'S LETTERS

Month 5: Colossians, Ephesians, Philemon, Titus

Week 13: Colossians (Continued)

- Day 1: Colossians 2:1-23
- Day 2: Colossians 3:1-17
- Day 3: Colossians 4:1-18
- Day 4: Ephesians 1:1-23
- Day 5: Ephesians 2:1-22

Week 14: Ephesians (Written ~60-62 AD)

- Day 1: Ephesians 3:1-21
- Day 2: Ephesians 4:1-32
- Day 3: Ephesians 5:1-33
- Day 4: Ephesians 6:1-24
- Day 5: Philemon 1:1-25

Week 15: Titus (Written ~63 AD)

- Day 1: Titus 1:1-16
- Day 2: Titus 2:1-15
- Day 3: Titus 3:1-15
- Day 4: Catch-up or review
- Day 5: Catch-up or review

HEAR READING PLAN: PAUL'S LETTERS

Month 6: 1 Timothy, 2 Timothy

Week 16: 1 Timothy (Written ~63-64 AD)

- Day 1: 1 Timothy 1:1-20
- Day 2: 1 Timothy 2:1-15
- Day 3: 1 Timothy 3:1-16
- Day 4: 1 Timothy 4:1-16
- Day 5: 1 Timothy 5:1-25

Week 17:

- Day 1: 1 Timothy 6:1-21
 - Day 2: 2 Timothy 1:1-18
 - Day 3: 2 Timothy 2:1-26
 - Day 4: 2 Timothy 3:1-17
 - Day 5: 2 Timothy 4:1-22
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