

H.E.A.R. Journal (Sample)

DATE: August 9, 2019

READING: John 13

(H) - HIGHLIGHT: Underline, highlight, or copy the main verse or two from the chapter you felt led to study further from your weekly Bible reading.

John 13:5 & 34-35, "Next he poured water into a basin and began to wash his disciples' feet and to dry them with the towel tied around him." – "I give you a new command: Love one another. Just as I have loved you, you are also to love one another. By this everyone will know that you are my disciples, if you love one another."

(E) - EXPLAIN: In a few sentences, describe the biblical author's intended meaning for the text based on the immediate and broader contexts of Scripture.

Before Jesus spoke about sacrificial love, He showed it by washing the feet of His disciples. By taking on a task deemed too dirty even for Hebrew slaves, Jesus provided them with a picture of what it really looked like to love. With this example fresh upon their minds, Jesus moved from illustration to instruction, teaching them that the same sacrificial love He had just shown them, they were now to show to others. Jesus washed the feet, not just of the men who would make up the leadership of His church, but also of Judas, who would betray Him. The disciples discovered, that real love doesn't recognize a face as 'friend' or 'foe', but instead, focuses on washing the feet of all for the glory of Jesus (by this all people will know that you are my disciples).

(A) - APPLY: How is the Lord leading you to live out the text based on the key verses and meaning of the chapter?

Jesus made it clear that the depth of our love is revealed in the degree to which we serve. I need to love others like our Lord by leaving the comfort of the table to take up the towel of sacrificial service.

(R) - RESPOND: Share your response to what you have heard from the Lord through His Word.

Lord Jesus, help me to love others as You have loved me. In the ultimate act of love, You offered Yourself on the cross in my place. Make me more mindful of the cross, that I might be moved to surrender my pride daily. May I decrease, so that You may increase and through Your Spirit fill me with the strength to serve others.