

SAMPLE H.E.A.R. JOURNAL ENTRY

READ: PHILIPPIANS 4:10-13

DATE: JANUARY 10, 2016

TITLE: SECRET OF CONTENTMENT

H (Highlight) - "I can do all things through Christ who strengthens me."
Philippians 4:13

E (Explain) - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply) - In my life, I will experience many ups and down. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond) - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.