



Testimony Guide



Why give a testimony?

Sacred Scripture reminds us, *“Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence...”* (1 Peter 3:15-16). A personal testimony is a powerful narrative through which the grace of God’s work in your life can be shared. It’s through these stories that connections are forged, and relationships deepen. Sharing personal experiences creates a sense of community, grounded in shared lessons and moments that can transform lives and inspire real change. When we open up about the ways God has touched our lives, the impact deepens even further. The purpose of sharing a personal testimony is to illuminate the divine intervention you’ve experienced, thereby enriching the faith of those who hear your story.

How to structure a testimony?

A testimony is typically broken down into three distinct parts:

1. You set the scene by explaining your situation before God acted. While you don’t want to glorify sin or past struggles, people will connect with you as you share your history with sincerity and vulnerability.
2. You describe the moment God intervened in your life. Share your feelings and the change of heart you experienced in this breakthrough moment.
3. Offer insight into your current situation and how God has changed your life because of that graced experience.

Remember that the situation may dictate your time to share your story. Therefore, it is best to think through multiple versions of your testimony. Consider how you could share your story in one, three, and 10 minutes. Preparing a few different versions will ensure you are equipped for any opportunity, just as the Sacred Scripture instructs.

How to prepare and give a testimony.

- When preparing, ask the Holy Spirit to guide you in sharing the most important truths of your story. Believe that God will empower you through His Spirit to be his witness, as he promised.
- Remember, your testimony is a personal story of faith and transformation. Be authentic, and focus on how Christ has impacted your life. This story is ultimately about **him**, so ensure that you are authentically sharing about God's actions.
- Your story does not have to be about an unhappy or distressing time in your faith journey. Your testimony could be anything. It could refer to the birth of a child, an encounter with God through a joyful encounter with a stranger, etc.
- In your testimony, avoid criticizing or judging others. Instead, use words that give hope and meaning to your listeners, sharing with them the goodness of life in God.
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