

# Personal Testimony – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

Think about a time when someone's testimony touched and inspired your life. It doesn't have to be an official testimony in church or at Teen Challenge, but it can be. There are also plenty of instances where someone shares something about their experiences—what God has done in their life or what God has taught them—and that can make an impact in our lives. Those are also a part of our testimony. Write about a time that someone else's testimony made an effect in your life. What about it touched you? How did God use it in your life? Did God use any other instances together with the testimony to bring you to understand something?

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## Day 2

A testimony can be defined as a personal account of a situation in which you were shown a certain truth. You don't necessarily have to talk about God delivering you from something, although that is also a great testimony to God's power and goodness.

### **JOHN 1:32-33 (NIV)**

<sup>32</sup>Then John gave this testimony: "I saw the Spirit come down from heaven as a dove and remain on him. <sup>33</sup>I would not have known him, except that the one who sent me to baptize with water told me, 'The man on whom you see the Spirit come down and remain is he who will baptize with the Holy Spirit.' "

What truth did his testimony declare?

What are a few different aspects to his testimony? What did it consist of? What effect did his testimony have? What should be the goal of every testimony?

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## Day 3

### Memorize

### **REVELATION 12:11 (NIV)**

They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.

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## Day 4

Take some time to write about things God has done for you physically. What were some experiences He brought you through? What were some things that you were saved from? What are some experiences you had in your life that God can receive glory from? How has God changed you as a person internally and spiritually? What kind of a person did you used to be, and who are you now? What was your motivation and selfishness that was in your heart before Christ came in and began to change you?

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## Day 5

What is the difference between giving God glory and giving the devil glory in your testimony?

What are some things that you have to watch out for when giving your testimony?

How can you give a testimony and end up glorifying yourself more than God? What are some good ways of dealing with people who want to hear glory stories of your sinful days? How can you direct your testimony to focus on what God has done, and not how tough you were?