



Preparing a PERSONAL TESTIMONY

Sharing your story in the form of a personal testimony with families is suggested in **Step 2: Proclamation – Planting the Seed** to help families related to the Scripture Proclamation.

1 WHAT IS A PERSONAL TESTIMONY?



A testimony is your lived experience of God's presence, mercy, or guidance. It is not a sermon, a lecture, or a list of doctrines. It is your story of how God has met you, changed you, strengthened you, or drawn you closer to Him.



It highlights a moment of grace. A testimony focuses on one clear experience rather than your entire life story.



It points to God, not to yourself. You share honestly, but the purpose is to reveal what God has done.



It invites others to hope. Your story becomes a bridge that helps others recognize God's work in their own lives.

2 PREPARING YOUR TESTIMONY



Pray First

- Ask the Holy Spirit to guide your memory and help you choose the right moment to share.
- Pray for humility, clarity, and courage.



Choose One Story

Select one experience where you clearly saw:

- God's help • God's protection • God's forgiveness
- God's guidance

- A moment of conversion, healing, or deeper trust.

Keep it focused. One story is more powerful than many.



Describe Your Life Before the Moment

Briefly explain:

- What you were feeling • What you were struggling with
- What was missing or unclear

This sets the stage and helps others relate.



Share What Happened

Explain the moment of grace:

- What changed • What you realized • How God acted
- Who or what helped you (Scripture, a person, a sacrament, prayer, an event)

Be honest, simple, and concrete.



Describe Your Life After the Moment

Share the fruit:

- How you grew • What changed in your heart
- What you understand now
- How you live differently because of this experience

This shows the impact of God's work.



Keep It Short and Prayerful

Aim for 2–3 minutes when spoken.

Focus on clarity, sincerity, and gratitude.

3

TIPS FOR SHARING YOUR TESTIMONY

- ✓ Speak from the heart, not from a script.
- ✓ Avoid exaggeration; simplicity is powerful.
- ✓ Keep the focus on God's action, not on dramatic details.
- ✓ End with hope: what God did for you, He can do for others.

4

CLOSING ENCOURAGEMENT



Your testimony is a gift. It is one of the most effective ways to evangelize because it shows how God is alive and active today. When you share your story, you give others permission to recognize God's presence in their own lives.