

# develop a microtestimony



A micro testimony is a story about how you experienced the gospel. You will have many micro testimonies, as they include but are not limited to your conversion testimony. These are helpful for remembering how God has changed your life, and knowing how to share the good news with others.

## Create your story

**1.** Spend a few minutes in prayer and ask God to help you identify a significant moment that he met you in a time of pain/fear/longing in your life. What was that moment? Describe the pain, fear and/or longing you were experiencing.

**2.** What lies about God, yourself and/or the situation characterized or influenced your thinking?

*Try to think of the lie behind the lie. For example, the lie might be "I feel like I'm stupid" and the lie behind the lie is "I believe that in order to be valuable or worthy I have to be smart, but because I feel like I'm stupid, I feel worthless."*

**3.** Describe the ways you were trying to cope with your pain, fear, or longings:

**4.** How did God address those lies (from question 3) to bring about a change in your perspective (often through Scripture, experience, people, etc)? What is the truth or good news about God and/or yourself that he showed you?

**5.** How does believing that truth or good news affect how you walk through fear, pain or longing *today*?

**6.** Next you will summarize your time of fear, pain, and/or longing, your encounter with the good news of God, and how it affects your life today. You may use the suggested prompts or your own wording as you utilize this structure.

**Intro - Fear/Pain/Longing** (responses to #2)

A few months ago I was dealing with

**Lies** (responses to #3)

I believed I (or God) was

**Coping mechanisms** (responses to #4)

I tried to cope by

**God** (responses to #5)

Then God spoke to me through/by (Scripture, experience, people) . . . and showed me

**Good News Today** (responses to #6)

Even now when I hear that lie again, I remember that God

Guess what? You just wrote one of your micro testimonies! Read through it and enjoy.

## Share your microtestimony

### 1. Listen

While in everyday conversations, listen for emotions people express about a hard situation (pain, fear, or longing), how they might be beating themselves up (lies they may be telling themselves), or ways they are trying to cope with difficulty.

### 2. Care

Connecting begins when we enter into someone else's story with the empathy of a fellow struggler.

### 3. Pray

Ask the Holy Spirit if or when the appropriate time would be to share part, or all, of your micro testimony.

### 4. Share

Don't be afraid. Your desire is for people to thrive! You might share one section of your micro testimony, or your short summary of it, or all of it, as the particular conversation flows.