Heart to Table

## A TESTIMONY PROMPT SHEET

**Leadership & testimony**

*Heart to Table · Rise Journey*

# Your Story, Structured to Share

*RISE · Confidence. Calling. Leadership.*

RISE · A TESTIMONY PROMPT SHEET

# YOUR STORY, STRUCTURED TO SHARE

You don't need a dramatic testimony to have one worth telling. You need an honest one, and a shape that helps someone else actually receive it. This sheet gives you both.

> *"They triumphed over him by the blood of the Lamb and by the word of their testimony."*
>
> **REVELATION 12:11**

Your testimony carries a kind of authority that a lesson or a principle can't, because it's proof, not theory. People forget advice. They remember stories. Use this simple four-part shape to build yours.

| PART | WHAT IT HOLDS |
|---|---|
| **Before** | Where you actually were, what you believed, felt, or were struggling with, before this chapter. Keep it brief. This isn't the part people need details on, it's just the starting point. |
| **Turning Point** | What happened, or what shifted. A moment, a season, a decision, a truth that finally landed. This is usually the part worth spending the most words on. |
| **After** | What's true now, honestly. You don't have to claim it's all resolved. "Still walking through it, but differently now" is a completely valid after. |
| **So What** | The one thing you want your listener to walk away believing or doing. Not everything you learned, just the one thing that matters most for them to hear. |

*Now go*
*and shine.*

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# NOW BUILD YOURS

## 1 BEFORE

In a few sentences, where were you before this chapter of your story?

## 2 TURNING POINT

What happened, or what shifted? Be specific, this is the heart of the story.

## 3 AFTER

What's honestly true now? It's okay if it's still in progress.

## 4 SO WHAT

What's the one thing you want your listener to walk away believing or doing?

BEFORE YOU SHARE IT

# A FEW THINGS WORTH KNOWING

1. **Keep it under five minutes in most settings.** You can always say more if asked, it's much harder to recover a room that's stopped listening.
2. **Focus on transformation, not events.** The facts of what happened matter far less than what actually changed in you because of it.
3. **One clear takeaway beats five vague ones.** Decide what you want people to remember, and let everything else support that single point.
4. **It's okay to still be in process.** A testimony doesn't require a finished, tidy ending. "God is still working on this in me" is honest and powerful.
5. **Practice it out loud, not just on paper.** A story that reads well doesn't always speak well. Say it to a mirror, a friend, or your phone's voice recorder before the moment you actually need it.

## THE 30-SECOND VERSION

I used to _____,

Then _____.

Now I _____

and that's why I _____.

*Now go*
*and shine.*

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RISE

# PEOPLE FORGET ADVICE. THEY REMEMBER STORIES.

Now go and shine.

*Now go and shine.*