



**HEART
TO TABLE**

A TESTIMONY PROMPT SHEET

Leadership & storytelling tool

Heart to Table · RISE

Your Story, Shared.

Healing doesn't happen in isolation.

YOUR STORY, STRUCTURED TO SHARE

You don't need a dramatic testimony. You need an honest one, and a shape that helps someone receive it.

"They triumphed over him by the blood of the Lamb and by the word of their testimony."

REVELATION 12:11

People forget advice. They remember stories. Use this four-part shape to build yours.

PART	WHAT IT HOLDS
Before	Where you were, what you believed or struggled with. Keep it brief.
Turning point	What happened or shifted. Spend the most words here.
After	What's true now, honestly. "Still walking through it, but differently" counts.
So what	The one thing you want your listener to believe or do.

NOW BUILD YOURS

01 BEFORE

Where were you before this chapter of your story?

02 TURNING POINT

What happened, or what shifted? Be specific.

03 AFTER

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

04 SO WHAT

What's the one thing you want your listener to walk away with?

BEFORE YOU SHARE IT

- 01 **Keep it under five minutes.** You can always say more if asked.
- 02 **Focus on transformation, not events.** What changed in you matters most.
- 03 **One clear takeaway** beats five vague ones.
- 04 **It's okay to still be in process.** "God is still working on this in me" is honest and powerful.
- 05 **Practise out loud.** To a mirror, a friend or a voice note, before you need it.

THE 30-SECOND VERSION

I used to _____ .

Then _____ .

Now I _____ ,

and that's why I _____ .