

Appendix 17 – Nouthetic Counseling

Preparing Testimonies – A Process of Prayer & Reflection for Completing a Testimony

Please consider the below as pre-steps to the Self-Confrontation Testimony Form (see Sessions Twelve & Thirteen)

HOW TO PREPARE A TESTIMONY

1. Begin with Prayer and Surrender

Before anything else, invite God into the process and surrender your story to Him.

- *“Search me, O God, and know my heart...” — Psalm 139:23–24*
- *Ask: Lord, what part of my story will most glorify You?*

2. Reflect on Defining Moments

Identify key turning points—both struggles and breakthroughs.

- *“Remember the former things, those of long ago; I am God...” — Isaiah 46:9*
- Look for moments where God intervened, redirected, or revealed Himself.

3. Identify the “Before and After”

A powerful testimony often shows transformation.

- *“If anyone is in Christ, he is a new creation...” — 2 Corinthians 5:17*
- *Ask: What was my life like before? What changed after encountering God?*

4. Discern the Central Theme

Pray about the main message God wants to communicate through your story.

- *“And we know that in all things God works for the good...” — Romans 8:28*
- Is your testimony about forgiveness, healing, provision, identity, or faith?

5. Consider Who It Will Help

Your testimony is not just for you—it’s for others.

- *“Praise be to... the God of all comfort, who comforts us... so that we can comfort those...” — 2 Corinthians 1:3–4*
- *Ask: Who might need this story? What pain or struggle will it speak to?*

6. Be Honest but Spirit-Led

Tell the truth, but with wisdom and guidance from the Holy Spirit.

- “*You will know the truth, and the truth will set you free.*” — John 8:32
- Share authentically, but avoid unnecessary details that distract from God’s work.

7. Highlight God’s Power, Not Just the Problem

The focus of your testimony should be God’s faithfulness.

- “*Let the redeemed of the Lord tell their story...*” — Psalm 107:2
- Emphasize what God did more than what you went through.

8. Trust That Your Testimony Has Purpose

Even the hardest parts of your story have redemptive value.

- “*They triumphed... by the blood of the Lamb and by the word of their testimony...*” — Revelation 12:11
- Your story has spiritual impact—don’t underestimate it.

Closing Thoughts

As you meditate in preparation of your testimony, consider journaling your thoughts after each step and transfer relevant info onto the below student Self-Confrontation Testimony Form. As you prepare, a clear testimony will emerge—one that not only reflects your journey but points unmistakably to God’s grace and power.

PLEASE BEGIN HERE TO COMPLETE your Self-Confrontation Testimony Form

1. My "old nature" problem was: _____

2. My problem caused other failures, which included: _____

3. Others were affected by my "old nature" problem because: _____

4. The scriptures that have helped me the most are:

Scripture	Key Thoughts
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5. The changes that have taken place in my life include: _____

6. I know that the "put-offs" and "put-ons" will continue in my life because:

Students will use this completed Self-Confrontation Testimony as part of this course. Please complete your testimony project and be prepared to have it ready by the end and conclusion of Session Thirteen.