

# Writing Your Testimony

LENT 2022

Resource developed by Rev. Lisa Johnson

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Each week, work on the portion of your testimony described.  
Feel free to stray from the outline as the Spirit moves you -  
this is YOUR story!

As we approach Easter, consider whether you'd be willing to share  
your testimony with the congregation.

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Choose a moment in your life when you know God was  
with you - holding you up, guiding you, encouraging  
you, etc. Maybe there's one particular point. Maybe you  
have many to choose from.

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Using the moment you chose last week, spend time  
detailing the problem/challenge you were facing.

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To the best of your knowledge/remembrance, what  
were things like before that moment when God was  
with you? Your faith? Your life circumstances? Your  
spirit? Your relationship with God? With others?

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Spend time detailing the way God was with you in the  
moment that you chose. What shed light on that  
intervention for you? Scripture? A hymn or song?  
Another person? A sign? A message from God?

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In that moment/in the midst of that situation, how did  
God's presence with you make a difference? What  
changed? What helped?

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Where has God taken you since that moment? How  
has it affected your life? Your relationships? Your faith?  
Your spiritual journey? Yourself?

# Prayers as You Write

Written by Rev. Lisa Johnson

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**As you begin:** Break me wide open, God. Open my eyes, my heart, my mind to what is to come. Walk with me and guide me through this process of self-reflection. Tune my attention and my focus to those times and places in my life when your hand has been most present, most active, most saving. Speak in me. Speak through me. Amen.

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God, you are my rock and my refuge, whether I recognize it or not. Sometimes in those crucial moments when you are holding and keeping me, guiding and inspiring me, I recognize you immediately in that moment. And sometimes, it takes looking back to truly see those breakthrough moments in my life. Help me to see them, to remember them, to cherish them. Amen.

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God, you are my comfort. God, you are my strength. God, you are my hope against all hope. Even in the hard times. Especially in the down times. Truly in the chaotic and broken times. You are with me, bearing my burdens and banishing my shadowed places with your everlasting light. Enfold me in your comfort and reassurance as I remember those challenging times. Amen.

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Eternal and everlasting God, you are my greatest support and most constant companion. Bless my remembering and my reminiscing. Hold me secure in my relationship with you - in who I am as your beloved and treasured child, always and forever. In my remembering, teach me. In my remembering, guide me. In my remembering, enfold me in your grace. Amen.

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Holy one, you are God of my yesterdays, my todays, and my tomorrows. Shine the light of your love and your breaking-in on my remembering and my writing. In the brilliance of your great hope, may I find my own spark of hope. In the reassurance of your great strength, may I find my strength. In the glory of your great story, may I write my story. Amen.

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God, you are the one who knit me together. You know my days and my nights, my thoughts and my joys, my illusions and my fractured edges. You are ever-changing in that you move with me, shift with me, learn with me, grow with me. And yet you are changeless in that you are always there no matter what, no matter where, no matter how. You are always and forever my God. Amen.

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Send me out, God of the journey. Send me out, strengthened in my faith and in my story. Send me out reassured in my place in your grand and forever story. Send me out, inspired and encouraged to share my story, not because I have to, but because I cannot contain the overwhelmingly good news of your grace and your love in my own life. Amen