

GOD SHOWED UP: My Life Testimony Worksheet

A story about God's work in my life

Key Idea

Your testimony isn't limited to how you came to Jesus—it includes the moments He has been faithful, spoken to you, helped you grow, or clearly showed up in your life.

These moments are powerful stories that can encourage others.

Psalm 66:16

"Come and hear, all you who fear God; let me tell you what he has done for me."

Need help recalling a situation?

Think about a time when you experienced God in one of these areas:

- Friendship struggles
 - Fear of the future
 - School stress or pressure
 - Feeling anxious or overwhelmed
 - Sickness (yourself or someone you love)
 - Family struggles
 - Questions about identity or purpose
 - Struggles with sin or temptation
 - Feeling distant from God
 - A time God spoke through Scripture
 - Answered prayer
 - Unexpected peace or joy in a hard season
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How to Use This Worksheet

- Use the spaces below to write bullet points about your story.
 - If time allows, turn your notes into a short paragraph.
 - When you're finished, prepare to share a **3–5 minute version** of your testimony with the group.
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My Testimony: A Time God Showed Up

1 What was going on in my life?

Describe the situation.

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2 What was I feeling or struggling with?

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3 How did I experience God in that moment or season?

Did He speak through Scripture? Provide comfort? Give wisdom? Work through others?

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4 What did God teach me or show me about Himself?

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5 How has this experience changed me or helped me grow?

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Write Your Story

Using your notes above, write a short version of your testimony (1–2 paragraphs).

Practice Sharing

Share your story with a partner or small group in **2–3 minutes**.

Focus on:

- What happened
- How God showed up
- What changed

Final Thought

Testimonies remind us that God is still working, still speaking, and still changing lives—one story at a time.

Who could be encouraged by hearing your story?



Student Example: “Learning to See Myself Through God’s Eyes”

1 What was going on in my life?

There was a season when I really struggled with how I saw myself. I didn’t feel confident. I was comparing myself to people online and at school—how they looked, dressed, acted, how many friends they had. I felt like I never measured up, like I wasn’t enough.

2 What was I feeling or struggling with?

Honestly, I was dealing with a lot of insecurity. I’d look in the mirror and only notice what I didn’t like. I started believing lies like, “I’m not good enough” or “Nobody really notices me.” Even though I was surrounded by people, I felt invisible sometimes.

3 How did I experience God in that moment/season?

One night at a retreat, our leader read Psalm 139:14: “*I praise you because I am fearfully and wonderfully made.*” I had heard it before, but this time, she had us write down what we believed about ourselves and then what God says about us in His Word. It hit me how different those two things were. That night, I felt like God whispered, “You’re mine. I made you on purpose.”

4 What did God teach me or show me about Himself?

God showed me that He doesn’t see me the way I see myself sometimes. He looks at me with love and purpose. I learned that I am *fearfully and wonderfully made*, not by accident, not overlooked. He reminded me that my identity is found in being His child—not in likes, appearance, or achievements.

5 How has this experience changed me or helped me grow?

Since then, I’ve been learning to speak truth over myself. I’m more confident—not because I have it all together, but because I know God sees me with love and value. I still have moments of insecurity, but I now go back to what God says about me. That changes everything.

Short version to share:

There was a time when I struggled a lot with insecurity and comparing myself to others. I didn’t feel like I was enough. But through Psalm 139:14, God reminded me that I am *fearfully and wonderfully made*. That verse helped me realize that my worth doesn’t come from people’s opinions—it comes from being His. Now I see myself differently, because I know I’m His creation, and that gives me peace.