



PRAYER AND FASTING JOURNAL
BISHOP KEVIN K. DICKERSON

A Word of Encouragement

I encourage you to use this 21-Day Prayer and Fasting Journal each day. I believe this book will strengthen and deepen your relationship with Jesus. Here are some tips that I believe will help you reap the greatest spiritual benefit from this prayer and fasting journal:

- Pray for clarity on the purpose of the fast, whether it's for repentance, spiritual breakthrough, church unity, or another goal. (*Proverbs 3:5-6*)
- Read the *Fasting Questions and Answers* to learn more about fasting
- Select a time and place that's free of distractions to complete your daily lesson and write what God is saying to you (Note: the reverse side of each journal page was intentionally left blank to give you more writing space).
- Use the hours you would typically spend eating to pray, meditate, read your Bible and complete your daily journal lessons
- If you miss a day (fasting and/or studying), don't stop! Persevere and continue the following day.
- Avoid distractions that may tempt you or discourage you
- If for health/dietary reasons you are unable to fast from food, fast something else and still commit to a daily time of prayer and completing each day's devotional activity
- Eat a sensible meal to maintain your nutrition and strength
- Close each day with prayer and additional journaling
- Enjoy your time of spiritual refreshment in the presence of the Lord!

Be Blessed!



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Everyone Has a Story Worth Telling

Introduction: Why Your Testimony Matters

Testimony is one of the most powerful gifts God has given His people. It is more than a story, it is a sacred witness to God's grace, faithfulness, and redemptive power at work in real lives. Throughout Scripture, God repeatedly calls His people to *remember*, *declare*, and *share* what He has done, not only for His glory, but for the strengthening of faith in others.

Your testimony has *value* because it carries truth that cannot be argued away—your lived experience with God. It has *purpose* because God uses personal stories to reveal His character, invite others into hope, and remind believers that they are not alone. It has *benefit* because testimony builds faith, ignites courage, brings healing, and serves as spiritual warfare against fear, doubt, and discouragement and the devil.

Many believers struggle to share their testimony because they believe their story is too ordinary, too messy, or incomplete. Yet Scripture reminds us that God delights in using ordinary people to display extraordinary grace. Whether your story includes dramatic deliverance or quiet perseverance, victory or waiting, restoration or resilience—God is present in it all. And where God is present, a testimony exists.

This 21-day prayer and fasting devotional journey is designed to help you *recognize*, *reclaim*, and *rediscover* your story. As you move through these daily lessons, you will see how God has been writing His faithfulness into your life—sometimes loudly, sometimes quietly, but always intentionally. Each day will encourage you to reflect, remember, and respond so that you can say with confidence, “*What God has done in my life is truly a story worth telling.*”

Commit to walking through each day prayerfully and honestly. Respond to the questions at the end of each daily lesson and journal what God is saying to you. Allow God to open your eyes to moments you may have overlooked and victories you may have minimized. By the end of this journey, may you not only understand the power of testimony—but embrace your calling to live it and speak it for the glory of God.

Prayer and Fasting

Daily Lessons

Day 1
Tell of God's Goodness

Scripture: Psalm 107:1 (NKJV) “Oh, give thanks to the LORD, for He is good! For His mercy endures forever.”

Reflection: Psalm 107 opens with a call to gratitude rooted in God's unchanging character. God is not good because our circumstances are favorable; He is good by nature. The psalmist invites God's people to respond to that goodness with thanksgiving and testimony. Throughout the psalm, those who have been delivered, restored, and redeemed are urged to speak up about what the Lord has done.

In today's world, voices of complaint often speak louder than voices of gratitude. Psalm 107:1 reminds us that thanksgiving is not passive, it is *intentional*. To "give thanks" means to publicly acknowledge God's goodness and mercy, especially after seasons of trouble. Gratitude becomes the doorway to testimony. When we remember and declare God's goodness, faith is stirred in the hearts of others.

Your Testimony is like a restaurant review, when you enjoy a good meal, you can't wait to tell somebody. If God has been good, how can you keep it to yourself? Instead of complaining about what's wrong, speak up about what God has done right in your life.

Reflection Questions

- Where have you recently experienced God’s goodness, even in small or unexpected ways?
- How does remembering that God’s mercy “endures forever” strengthen your faith today?
- What tends to come more naturally for you—gratitude or complaint—and why?
- Who can you intentionally tell about God’s goodness this week, and what will you share?

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Day 2

Let the Redeemed Say So!

Scripture: *Psalm 107:2 NKJV “Let the redeemed of the LORD say so, whom He has redeemed from the hand of the enemy.”*

Reflection: When we have been redeemed, we are not merely “invited” but *commanded* to speak. Redemption means being rescued, bought back, and delivered from a power we could not defeat on our own. Israel had been redeemed from captivity, and their deliverance demanded a response: testimony.

As believers, we have been redeemed through Christ from sin, shame, bondage, and spiritual death. Silence contradicts redemption. When God delivers us, He expects us to testify, not to glorify ourselves, but to declare His power. Testimony is not reserved for the polished or eloquent; it belongs to everyone God has redeemed.

To “say so” is an act of obedience. It announces that the enemy no longer has authority over our lives and that God alone deserves the glory. Sharing your story declares freedom and reminds others that deliverance is possible.

When you speak up about God’s redemption, you silence the lies of the enemy and strengthen your own faith. Saying so isn’t boasting, it’s worship. Your story may be the evidence someone else needs to believe that God still saves, still restores, and still redeems.

Reflection Questions:

- From what has the Lord redeemed you, and how has your life changed because of it?
- What fears or hesitations keep you from “saying so” about God’s work in your life?
- How does sharing your testimony weaken the enemy’s influence and strengthen your faith?
- Who in your life needs to hear a story of redemption, and how can you share yours this week?

Notes: _____

Day 3

Be Ready to Testify

Scripture: *1 Peter 3:15 (NKJV) “But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear.”*

Reflection: Peter writes to believers who were living under pressure, misunderstanding, and at times persecution. Rather than telling them to withdraw or become defensive, Peter instructs them to sanctify Christ in their hearts—to give Him first place inwardly—so that their outward response would be steady and faithful.

To “be ready” does not mean having all the biblical answers or a rehearsed speech. It means living so close to Christ that when questions arise, hope naturally overflows into words. People are searching for hope in unstable times. Your calm faith, resilience, and love will prompt questions. Peter urges us to respond with gentleness and respect, not argument or arrogance.

Your testimony is often sparked by everyday moments—casual conversations, difficult seasons, or unexpected questions. God calls you to be ready, not anxious. When Christ is honored in your heart, your story of hope will surface naturally. You may not know everything, but you know *the One* who gives hope. And that is always enough.

Reflection Questions

- What does it look like for you to sanctify Christ in your heart before you speak about Him?
- When others see your life, what kind of hope might prompt them to ask questions?
- What fears or hesitations keep you from feeling “ready” to share your faith, and how can you entrust those to God?
- How can you intentionally prepare your heart this week to respond with gentleness and confidence when opportunities arise?

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Day 4
Say Something that Gives God Glory

Text: Psalm 107:8 “Let them thank the LORD for His steadfast love, for His wondrous works to the children of man!”

Reflection: The psalmist repeats this theme in Psalms 107:8,15,21, and 31. Our testimony isn't about us; it's about God's glory (Matthew 5:16). When we say something about His goodness, redemption, and grace, others are drawn to Him. Silence benefits the enemy, but our praise lifts God up. A lighthouse doesn't shine for itself; it shines to guide others safely. Our testimonies of praise point others to God. Make it a habit to give God *public praise*, in conversation, social media, or prayer. Don't just think thanks, *say thanks*. How can your words this week point someone toward God's glory?

Reflection Questions:

- How does Psalm 107:8 shift your focus from personal blessing to publicly thanking God for His steadfast love and wondrous works?
- In what ways might silence about God's goodness limit your witness, and how does praise actively point others toward Him?
- Like a lighthouse guiding others safely, how can your words and actions this week intentionally reflect God's glory rather than your own story?
- How can your conversation, prayer, or a social media post move you from "thinking thanks" to *saying thanks*?

Notes:

Day 5

Testifying Boldly for God

Scripture: Acts 4:19-20 NKJV But Peter and John answered and said unto them, Whether it is right in the sight of God to listen to you more than to God, you judge. For we cannot but speak the things which we have seen and heard.

Reflection: In Acts 4, Peter and John were commanded by the Jewish leaders (Sanhedrin) not to speak or teach in the name of Jesus. They responded by asking the leaders to judge whether it was right to obey them or God. Peter and John said, “For we cannot help speaking about what we have seen and heard”. As Christians we are called to be courageous witnesses, “not silenced” by the culture, fear, or threats, but *empowered* by the Holy Spirit to share our faith. When human authority conflicts with God’s command, God takes precedence.

Reflection Questions

- When have you felt pressure, cultural, social, or personal, to remain silent about your faith, and how does Acts 4:19–20 challenge that silence?
- What have you personally “seen and heard” God do in your life that you cannot keep to yourself?
- How do you discern when obedience to God may require you to stand firm even when it conflicts with human expectations or authority?
- What would it look like for you this week to rely on the Holy Spirit for courage to speak openly about Jesus in your everyday life?

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Day 6
Come and See

Scripture: John 4:28-29 *The woman then left her waterpot, and went her way into the city, and saith to the men, 29 Come, see a man, which told me all things that ever I did: is not this the Christ?*

Reflection: John 4 speaks of a divine encounter between Jesus and a Samaritan woman. Jesus, traveling through Samaria, asks a Samaritan woman for water, breaking social and religious customs (Jews and Samaritans were enemies). Jesus offers her “living water,” which she initially misunderstands as physical water, but Jesus explains it as spiritual refreshment leading to eternal life, satisfying deep spiritual thirst. Jesus reveals He knows her past (having had five husbands and living with a man) and then boldly declares, “I who speak to you am He” (the Messiah). The woman leaves her water jar and rushes to her town, proclaiming, “Come, see a man who told me everything I ever did. Could this be the Christ?”. Many Samaritans came to believe in Jesus because of her testimony and their own encounter with Him.

Reflection Questions:

- What “waterpot” might God be calling you to leave behind—habits, distractions, or fears—so you can fully respond to your encounter with Jesus?
- How has Jesus met you at a point of spiritual thirst, and in what ways has His “living water” brought lasting change to your life?
- The woman shared her story despite her past being fully known—what hesitations keep you from inviting others to “come and see” Jesus?
- Who in your circle might come to faith, not through argument, but through hearing your honest testimony and having their own encounter with Christ?

Notes:

Day 7
Magnify the Lord with Me

Scripture: Psalms 34:1-3 A Psalm of David, when he changed his behavior before Abimelech; who drove him away, and he departed. I will bless the LORD at all times: his praise shall continually be in my mouth. 2 My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. 3 O magnify the LORD with me, and let us exalt his name together.

Reflection: In Psalm 34, God had delivered him from danger, and David couldn't remain silent. David makes a personal, intentional commitment to worship God always, in good times and bad, not just when convenient. Instead of boasting in personal achievements, David chose to glory in God's goodness and faithfulness, a testimony that encourages the humble and meek. David invites others to join in the worship, turning individual praise into an opportunity for others to exalt God's greatness. Our praise and testimonies of God's deliverance (like David's) expose others to His goodness, inviting them to testify, too.

Reflection Questions:

- What does it look like for you to bless the Lord “at all times,” especially during seasons of fear, uncertainty, or difficulty?
- Where are you most tempted to boast in yourself, and how can you intentionally redirect that boasting toward God’s goodness and faithfulness?
- How has your testimony of God’s deliverance encouraged someone else, or how could it encourage the humble and hurting if you shared it?
- Who can you intentionally invite to “magnify the Lord” with you, turning your personal praise into a shared act of worship?

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Day 8
One Thing I Know...

Text: John 9:25 KJV He answered and said, Whether he be a sinner or not, I do not know: One thing I know, that though I was blind, now I see.

Reflection: Jesus and His disciples see a man that was blind since birth. The disciples asked Jesus, “Who sinned, the man or his parents”, suggesting that sin was the culprit for this man’s lack of sight. It was common belief during these that physical ailments were the consequence of sins. But the answer Jesus gave was surprising, He said, “neither; the blind man nor his parents sinned, but he was born blind so that the works of God would be revealed in Him.” Jesus spits on the ground and makes mud and puts it on the blind man’s eyes and tells him to wash his eyes in the pool of Siloam. The blind man obeys and comes back to Jesus seeing for the first time in his life. The Pharisees question the man trying to find out who healed him. The man only knows it was a man named Jesus. The Pharisees believe Jesus is a sinner. The Pharisees interrogated the man again and he says, “Whether he be a sinner or not, I do not know: One thing I know, that though I was blind, now I see...” The man born blind didn’t debate theology; he just told what he knew. You don’t need all the answers, you only need honesty. Personal experience carries undeniable authority.

Reflection Questions:

- What is your own “one thing I know” testimony, how has Jesus changed what you once could not see or understand?
- When have you felt pressured to explain or defend your faith instead of simply sharing what God has done for you?
- How does the blind man’s obedience, even before fully understanding, challenge your response when Jesus asks you to act in faith?
- In what ways can your honest, personal experience with Jesus carry more impact than arguments or theological debates this week?

Notes:

Day 9

Text: Deuteronomy 6:12 Then beware lest thou forget the LORD, which brought you out of the land of Egypt, from the house of bondage.

Reflection: Moses and the children of Israel were literally standing on the edge of the Promised Land. They can literally see the Promised Land. Moses and Israelites have ended a 40-year journey through the wilderness and just across the Jordan River is the Promised Land. It's a land God calls the land flowing with milk and honey. Milk and honey describe a land that was rich, fertile, abundant, and satisfying, the exact opposite of the barren wilderness Israel came from. God has promised to lead from barrenness to abundance. As Israel prepared to enjoy blessings, God issued a warning about forgetfulness. Memory was essential to faith, because forgetting would weaken obedience and gratitude. The greatest threat to Israel was *not* enemies or famine, it's *forgetfulness*. Forgetting weakens our testimony. Remembering activates it. When we recall God's faithfulness, we are empowered to speak confidently about His goodness. Testimony begins when we intentionally recall what God has *already* done.

Reflection Questions:

- As you reflect on seasons of abundance or blessings in your life, how might success or comfort tempt you to forget what God brought you out of?
- What specific moments of deliverance, provision, or faithfulness do you need to intentionally remember so your gratitude and obedience remain strong?
- How does forgetting affect your testimony or dependence on God?
- What practical habit can you develop (journaling, sharing testimonies, prayerful reflection) to regularly remember God's work and speak confidently about His goodness?

Notes:

Day 10

Overcoming the Fear of Testifying

Scripture: 2 Timothy 1:7-8 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 8 Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

Reflection: The Apostle Paul, imprisoned and facing execution, writes to his spiritual son, Timothy, who was likely timid and hesitant in ministry due to growing hostility against Christians. Paul urges Timothy to *stir up* (fan into flame) the gift of God" (v. 6), meaning to actively use the spiritual abilities God gave him. God doesn't give believers a spirit of cowardice or timidity, especially when facing challenges for the Gospel. The Holy Spirit gives divine strength and boldness to overcome obstacles and proclaim faith. As Christians, we are called to overcome anxiety, intimidation, and fear of people by relying on the Holy Spirit's power, allowing them to live boldly for Christ. We have the spiritual capacity to testify and share our faith courageously, even in hostile environments. The Spirit empowers us to live lives of love and service, reflecting God's character.

Reflection Questions:

- What fears, anxieties, or intimidation currently challenge your willingness to live boldly or share your faith?
- How does knowing that God has given you a spirit of power, love, and a sound mind change the way you face opposition or uncertainty?
- In what ways might you be tempted to feel ashamed or hesitant about the testimony of Christ, and how does Paul's exhortation call you to a different response?
- What would it look like for you this week to "fan into flame" the gift God has given you and rely on the Holy Spirit to speak or serve courageously?

Notes:

Day 11

Testimony Through Obedience

Scripture: John 14:15 NKJV If you love me, Keep My commandments

Reflection: John 14 takes place on the night before Jesus' crucifixion. Knowing the fear, confusion, and pressure His disciples would soon face, Jesus anchors their faith in something practical and visible: obedience. Love for Christ is not measured by words, emotions, or religious activity alone, but by a life that responds to His voice.

Many believers want to testify with words, but the strongest testimony often speaks through obedience. When you forgive instead of holding a grudge, tell the truth when a lie would be easier, love when it costs you, or follow Christ when no one is watching, you are preaching a sermon without saying a word. In a world watching for authenticity, consistent obedience points others to Christ more powerfully than public statements alone. Your life becomes evidence that Jesus is worth following. Sometimes our *loudest testimony* is obedience. Faithful living preaches when words are few.

Reflection Questions

- How does Jesus' definition of love in John 14:15 challenge modern ideas of love and faith?
- Where in your life is God calling you to obey Him more fully as a testimony to others?
- What makes obedience difficult at times, fear, comfort, pressure, or misunderstanding, and how can you surrender that to God?
- How might your everyday obedience this week point someone toward Christ without you saying a single word?

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Day 12

Testimony in Suffering

Scripture: Job 1:21 (NKJV) “And he said: ‘Naked I came from my mother’s womb, and naked shall I return there. The LORD gave, and the LORD has taken away; blessed be the name of the LORD.’”

Reflection: In a single day, Job loses his wealth, his livelihood, and his children. His world collapses without warning. Yet Job's response is not denial, rage, or abandonment of faith; it is worship. Job acknowledges that everything he possessed was a gift from God, not an entitlement.

Some of our strongest testimonies are developed in times of suffering. Anyone can praise God when blessings overflow, but obedience in grief declares that God's worth is not dependent on our circumstances. Job's obedience was not emotional numbness; it was a deliberate decision to bless God despite the pain and heartache.

When we continue to trust, worship, and walk faithfully in seasons of loss, we testify to a watching world that our faith is *real*. Obedience in pain speaks loudly. It says, “God is still God, even now.” Your response to hardship may become the testimony that strengthens someone else’s faith. Suffering does not silence your testimony, it *deepens* it.

Reflection Questions

- How do you usually respond to loss or disappointment, and how does Job's response challenge your perspective?
- What does obedience look like when life feels unfair or confusing?
- Have you experienced a season where worshiping God required a conscious choice rather than an emotional response?
- How might your faith-filled response to hardship serve as a testimony to others who are watching your life?

Notes:

Day 13

Testimony in the Waiting Seasons

Scripture: Lamentations 3:31–33 (NKJV) “For the Lord will not cast off forever. 32 Though He causes grief, Yet He will show compassion. According to the multitude of His mercies. 33 For He does not afflict willingly, Nor grieve the children of men.”

Reflection: Lamentations was written in the aftermath of Jerusalem’s destruction, a season of loss, silence, and unanswered questions. In the middle of grief, the writer pauses to proclaim a truth that anchors faith: God’s discipline and delay are never permanent, cruel, or careless.

Waiting seasons test our trust more than our knowledge. They reveal whether we believe God's character when His timing feels slow. Lamentations 3 assures us that God does not delight in our pain or prolong it unnecessarily. Even in silence, He is working with purpose and compassion.

Your testimony in the waiting seasons is not about having all the answers; it's about continuing to believe that God's mercy has not expired. When you remain faithful, hopeful, and prayerful in the waiting, you testify that God is *still good*, even before the breakthrough comes.

Reflection Questions

- What waiting season are you currently in, and how has it challenged your trust in God's timing?
- How does knowing that God does not "afflict willingly" reshape the way you view hardship and delay?
- What truths about God's character can you hold onto while you wait for His compassion to be revealed?
- How can your faith during this waiting season become a testimony to others who are struggling to trust God?

Notes:

Day 14

You're a Living Testimony

Scripture: 2 Corinthians 3:2–3 (NKJV) *“You are our epistle written in our hearts, known and read by all men; clearly you are an epistle of Christ... written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart.”*

Reflection: In 2 Corinthians 3, Paul addresses critics who questioned his authority and demanded written credentials. Paul responds by pointing to transformed lives. The believers themselves were his “letter of recommendation.” Their changed hearts, renewed lives, and visible faith were proof that Christ was at work through the gospel.

You may never preach a sermon or write a book, but your life is already telling a story. Every response, decision, and interaction is a sentence in the letter Christ is writing through you. People may never open a Bible, but they are watching how faith shapes your life.

Being a living testimony doesn't mean being perfect; it means being transformed. When grace shows up in your patience, forgiveness, humility, and love, others encounter Christ through you. Let your life say what your mouth sometimes cannot: Jesus changes hearts.

Reflection Questions

- If your life were a letter read by others, what message would it currently communicate about Christ?
- In what areas is the Holy Spirit still writing and shaping your heart to reflect Jesus more clearly?
- How does knowing that others “read” your life influence the way you live out your faith daily?
- Where this week can you intentionally allow Christ's love, grace, or truth to be seen through your actions?

Notes: _____

Day 15

Sharing Your Testimony Naturally

Scripture: Colossians 4:6 (NKJV) *“Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.”*

Reflection: Paul wrote this letter to the church in Colossae to encourage believers to live wisely and witness effectively in a world that often misunderstands or opposes Christ. Here, he gives practical guidance for sharing your faith: speak with grace and let your words be “seasoned with salt.” This means your conversations should reflect kindness, truth, and discernment. “Seasoned with salt” implies your words have flavor and impact, they bring preservation, clarity, and life. When your speech is thoughtful, loving, and truthful, your testimony draws people to Christ rather than pushing them away.

Your testimony is most effective when it is natural. You don’t need a perfect script, have a rehearsed speech, or sound “preachy”; you need a sincere heart and a willingness to share God’s work in your life. Everyday conversations, lunch with coworkers, social media, or family gatherings, become opportunities to answer questions, provide hope, and reflect God’s grace. Sharing your story isn’t about convincing everyone immediately, it’s about planting seeds of faith and demonstrating Christ through your life and words.

Reflection Questions

- How comfortable are you sharing your testimony in casual conversations, and what usually holds you back?
- What does it mean for your speech to be “seasoned with salt,” and how can that guide the way you talk about your faith?
- In what everyday situations this week could you naturally share what God has done in your life?
- How can you prepare your heart and mind to respond with grace when someone asks about your faith unexpectedly?

Notes: _____

Day 16
God is a Storytelling God

Scripture: Psalm 66:16 (NKJV) “Come and hear, all you who fear God, and I will declare what He has done for my soul.”

Reflection: Psalm 66 invites believers to witness and participate in God's ongoing story of redemption. Here, the psalmist calls others to hear and see the works of God in his life, emphasizing that personal testimony is a key part of worship and faith.

In the world today, storytelling is powerful. Social media, blogs, podcasts, and conversations show that humans naturally connect through stories. God Himself uses stories—through Scripture, parables, and personal experiences—to reveal His character, faithfulness, and love. Sharing what God has done in your life is not boasting; it is participating in the divine narrative that inspires faith in others.

Sharing your story doesn't require eloquence or perfection. It requires honesty and willingness. When you speak of what God has done, you allow His story to intersect with the lives of others, encouraging faith, hope, and worship. God invites you to tell the story because He is a storytelling God, and your testimony is one chapter in His greater work.

Reflection Questions

- What specific ways has God worked in your life that you can share as a story to encourage others?
- How does understanding that God is a “storytelling God” change the way you view your experiences, even the difficult ones?
- Who in your circle might benefit from hearing your testimony, and how can you share it naturally?
- What steps can you take this week to record, reflect on, or share the story of God’s faithfulness in your life?

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Day 17

Your Testimony Begins with Gratitude

Scripture: Psalm 40:3 (NKJV) “He has put a new song in my mouth, Praise to our God; Many will see it and fear, And will trust in the Lord.”

Reflection: Psalm 40 highlights the transformative power of God’s deliverance. The psalmist declares that God “put a new song” in his mouth; a fresh expression of praise that comes from experiencing God’s faithfulness firsthand. This passage tells us that testimony is born out of gratitude.

Your testimony begins with gratitude because every story of deliverance, growth, or answered prayer starts with recognizing God's hand in it. Praise is not just a reaction—it is a declaration that God is faithful, even in ways others may not see.

When you share your “new song,” it inspires others to trust, bringing hope and faith to those who may be struggling. Gratitude transforms ordinary experiences into extraordinary testimonies. Your thankfulness not only honors God but becomes a beacon for others seeking hope and encouragement.

Reflection Questions

- What is your “new song” today, what recent act of God’s faithfulness fills your heart with gratitude?
- How does beginning your testimony with praise change the way others perceive your story?
- Are there experiences in your life you have overlooked that could be transformed into a testimony of gratitude?
- Who in your life could be encouraged to trust God by hearing your testimony of thankfulness?

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Day 18

Testify with Your Praise

Scripture: *Hebrews 13:15 (NKJV) “Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.”*

Reflection: Hebrews 13:15 calls believers to a life of continual praise. The writer reminds us that faith is lived out in ordinary actions and speech, not just in rituals or church services. Praise is described as a “sacrifice,” highlighting that it is intentional, even when circumstances are difficult.

Today it’s easy to focus on what is lacking, the challenges we face, or the injustices around us. Yet this verse reminds us that our words carry power. Speaking praise, thanking God for *who He is*, not just for *what He does*, is a testimony that declares His goodness publicly. The “fruit of our lips” becomes a living witness to others that God is faithful, trustworthy, and worthy of honor.

When you choose to praise God in difficult seasons, your words become a testimony of trust, faith, and perseverance. Your lips carry the narrative of God’s faithfulness, showing others that He is still working—even when circumstances seem contrary. In this way, praise itself becomes a powerful witness. Testimony is praise spoken out loud. It is the fruit of our lips that acknowledge God’s name. Praise becomes powerful when it includes personal evidence of God’s work.

Reflection Questions

- How often do your words reflect praise for God, even in challenging seasons?
- What is the difference between offering thanks only when things go well and continually testifying through praise?
- How can you make your speech a daily testimony that honors God and encourages others?
- Who might be encouraged or inspired if they heard you regularly give thanks and praise for God’s faithfulness?

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Day 19
There's Victory in Your Testimony

Scripture: Revelation 12:11 (NKJV) “And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.”

Reflection: Revelation 12 describes the spiritual battle between God’s kingdom and the forces of evil. This passage highlights the strategy of believers: victory comes not through personal strength or cleverness, but through two spiritual realities, the blood of Jesus and the word of their testimony.

The “blood of the Lamb” reminds us that our salvation and authority over sin are secured by Christ’s sacrifice. The “word of our testimony” emphasizes the power of speaking about our personal experiences of God’s faithfulness. Sharing what God has done in our lives is a weapon against doubt, fear, and spiritual opposition.

Every time you testify, you affirm the power of His blood and declare His triumph in your life. Speaking boldly about what God has done brings spiritual victory and encourages others to trust Him. Your story of triumph over sin, fear, or adversity testifies that God is still in control and that His power is real. The Cross *secures* the victory; and our testimony *declares* it. Speaking about what Jesus has done reinforces your spiritual victory.

Reflection Questions

- How has God brought victory in your life that you can boldly testify about today?
- What fears or hesitations prevent you from sharing your testimony, and how can you overcome them through faith in Jesus?
- In what ways can your personal story of God's faithfulness serve as a weapon of encouragement or victory for others?
- How does remembering that victory comes through the blood of Jesus and the word of your testimony change the way you face challenges?

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Day 20

Spiritual Warfare with Your Testimony

Scripture: Psalm 149:6 (NKJV)“Let the high praises of God be in their mouth, and a two-edged sword in their hand.”

Reflection: Psalm 149 celebrates God’s people as both worshipers and warriors. Verse 6 highlights a powerful truth: our praise and testimony are not just expressions of gratitude, they are tools for spiritual victory. The “high praises of God” represent heartfelt worship, while the “two-edged sword” symbolizes the authority and impact of our testimony in spiritual battles.

Speaking of God's faithfulness, even in difficult circumstances, is like wielding a sword, it pierces doubt, fear, and lies, both in our lives and in the lives of others.

When you share your story, you are participating in spiritual warfare, not with aggression, but with the truth and power of God. Praise-filled testimony is a weapon against discouragement, fear and the enemy's lie. Declaring God's faithfulness disrupts the powers of darkness and strengthens us for battle.

Reflection Questions

- How can your personal testimony act as a “two-edged sword” in spiritual battles, both for yourself and others?
- Where in your life have you experienced God’s faithfulness that could encourage or strengthen someone else?
- How does combining praise with testimony make your witness more powerful than words alone?
- What practical ways can you intentionally use your testimony this week to combat fear, doubt, or spiritual opposition?

Notes:

Day 21

God Uses Imperfect Stories

Scripture: *1 Corinthians 1:27 (NKJV) “But God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are mighty.”*

Reflection: Paul’s letter to the Corinthians reminds believers that God often works through what the world considers weak, foolish, or unworthy. The message is clear: God does not need perfection to demonstrate His power. Our weaknesses, failures, and ordinary circumstances do not disqualify us from being part of His redemptive plan.

We often hesitate to share our testimonies because we feel unqualified, inadequate, or “too flawed.” This verse flips that mindset. God delights in taking ordinary, broken, or imperfect lives and using them to display His wisdom, strength, and glory. What seems like weakness to the world becomes a platform for God’s power and testimony.

You might feel that your story is too messy, your past too complicated, or your life too ordinary to encourage others, but God disagrees. Some of the most impactful testimonies come from broken places, from lives that have faced failure, pain, or imperfection.

When you allow God to use your life, your testimony becomes evidence that His power is greater than your shortcomings. By sharing honestly, you show that it is not human strength, talent, or perfection that saves, it is God working through ordinary people who trust Him. Your imperfect story can inspire, heal, and point others to Christ.

Reflection Questions

- What parts of your story feel imperfect or unworthy, and how could God use them to glorify Himself?
- How does understanding that God chooses weakness and imperfection change the way you view your testimony?
- Who could be encouraged if you shared your honest, authentic journey with God, including struggles and mistakes?
- What steps can you take this week to surrender your flaws and trust God to use your story for His purposes?

Notes: _____

How You Can Receive Jesus Christ As Your Lord and Savior

If you would like to welcome Jesus Christ into your life, you can do so at anytime, anywhere. Consider these important facts:

God loves you and seeks a personal relationship with you!

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me. Revelation 3:20

The problem is: Everyone has been born into this world spiritually dead because of sin.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

Jesus will forgive us of all sin, assuring us of eternity in Heaven!

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

To receive Jesus, pray in this manner:

*Lord Jesus, I'm a sinner. Please come into my life and forgive me of all sin. I believe You died for my sins and rose from the dead. Now, fill me with Your Holy Spirit and guide me from this day forward. Thank You, Lord, for loving me!
Amen.*

Additional Notes

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