

Then I will thank you in front of the great assembly.  
I will praise you before all the people. Psalm 35:18

我在大會中要稱謝你，  
在眾民中要讚美你。詩篇 35:18

## Three Tips to Prepare Your Thanksgiving Testimony

- 1. First and foremost, our testimonies are an opportunity to give thanks and praise to God. Spend time to reflect upon the past year:**
  - In what ways have you experienced God in your life this year?
  - What were the obvious and not so obvious blessings that you now recognize were from Him?
  - How did you experience God in the difficulties you faced?
  - What were the spiritual lessons you were convicted about through the Word and the Holy Spirit?
  - Who were the people that God has used to minister to you, to encourage you, or to challenge you?
  - How has God used this church body for your spiritual growth?
  - How have you seen God transform your life or attitude this year?
  - What attribute of God do you most praise Him for this year?
- 2. Organize your thoughts to a few key points:**
  - Try not to read from your notes, but if you do, try to write the way you would speak, not as you would usually write, as we talk differently from the way we write.
  - Limit your testimony to this current year, not your entire life journey!
  - You should target your sharing for 2-3 minutes. (For reference, a 2 minute sharing is about 250 words or about ½ page typed with 12 point font. A 3 minute sharing is about 380 words, or about ¾ page typed with 12 point font.)
- 3. Before you go up to share:**
  - Pray before you go up that God would help you to bring Him glory and encourage others through your words.
  - Remember, this is your chance to give your testimony of what God has done in your life, no one else has a testimony like yours! So don't worry about how you sound or how you look up there. Just speak from your heart and give glory to God!

## 准备感恩节见证的三点建议

- 1. 首先，我们的见证是一个我们感谢神和赞美神的机会。请花一些时间来思考在过去的一年中：**
  - 在这一年中，在哪方面你经历了神？
  - 有哪些明显或是不那么明显的祝福，你现在认识到是从神而来？
  - 在困境中，你是如何经历到神的？
  - 通过神的话语和圣灵，你学习到了那些属灵的功课？
  - 神使用了哪些人来服事你，鼓励你，或是给你带来挑战？
  - 神是如何使用教会的肢体来使你得到属灵上的成长？
  - 在这一年中，你是否看到神改变了你的生活或态度？
  - 在这一年中，你最想赞美的神的属性有哪个？
- 2. 把你的想法整理出一个要点来：**
  - 试着不要像读书一样来读你的笔记，如果实在要读的话，就试着在写笔记的时候用你日常说话的方式来写，而不是书面写作的方式。因为我们说和写的表达方式是不同的。
  - 请限制你的见证内容在最近的一年，而不是你整个人生的历程。
  - 见证分享的时间应该控制在2至3分钟之内。（以下供参考：一个2分钟的分享大概是在250字，或是用12号字体打印的半页纸的内容；3分钟的分享大概是380字或是12号字体打印的三分之四页纸的内容）
- 3. 在你上台分享之前：**
  - 请向神祷告，让神帮助你通过你的分享能将荣耀归给神，同时也能鼓励其他的人。
  - 请记得，这是一个机会来让你见证神在你的生命中为你所做的。没有任何一个人的见证是完全和你相同！所以不必担心你的声音或是外表好不好，只要发自内心，并将荣耀归给神！