

# My TESStimony

I'm glad I don't look like what I've been through



Contessa T. Walker-Jackson

# Wear It Again

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*“Wear it Again”... simply means that you can embrace your worth and not care what others think about you and/or your clothes.”*

*“We need to focus on bigger and better things of more importance, rather than frivolous things. I encourage you to live within your means and start appreciating your worth.”*

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## Spiritual Reference:

*“You desire but do not have, so you kill. You covet but cannot get what you want, so you quarrel and fight. You do not have because you do not ask God”  
(James 4:2, NIV).*

## Activities:

1. What issues do you have with how you look (your self-image)?

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2. What do you think will improve your self-image? Is this based on what OTHERS say or based on how YOU feel?

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3. List the moments when you have felt positive about yourself.

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4. What three (3) steps can you take to encourage more of this positivity in your life?

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**Inspiration:**

Write a prayer to God asking Him to help with any self-esteem issues in your *My TESStimony Prayer Journal*.

# Social Media . . . . Child, Please

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*"...Look to Jesus for all of your needs....If we rely on God for everything, our lacks would lessen and the only "like" we would need is from God."*

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## Spiritual Reference:

*"And he said unto them, ye are they which justify yourselves before men; but God knoweth your hearts: for that which is highly esteemed among men is abomination in the sight of God" (Luke 16:15, KJV)*

## Activities:

1. How many social media accounts do you have? Why do you feel the need to have them?

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2. Cut out the table below and paste it into your *My TESSstimony* Prayer Journal. Each time that you visit a social media page this week, write down the "time in" and "time out". At the end of the week, count up the minutes (hours) you spent online.

Website	Time In	Time Out	Total

3. List five (5) things that you can do using the same hours that you spent on social media.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

4. What are the ways that you can use social media for ministry or to help others?

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**Inspiration:**

Answer the following questions in your *My TESSstimony* Prayer Journal:

How did you feel after adding up the hours that you spent online?

Can you pinpoint a positive or uplifting thing that you did during this time? Did it uplift you, someone else or both of you? Write it down.

# Encourage Yourself

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*“The best thing you can do is implement Christ in your plans and ideas. He will guide you and order your steps along the way.”*

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## Spiritual Reference:

*“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”*  
(Deuteronomy 31:6, NIV)

## Activities:

1. What are some of your dreams and aspirations? *Think about some of the things that you would really love to achieve. Take a few minutes to write them down--from the most realistic to the ones that seem like fantasy.*

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

2. What are the things do you think are hindering you from achieving your dreams? *List the top 3 obstacles.*

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## Inspiration

Read through the lists that you made above. Read the following texts: Joshua 1:9, 2 Timothy 1:7 and then compose a prayer in your *My TESStimony* Prayer Journal, asking God to relieve you of self-doubt and to lift your discouraged spirit. Pray about your dreams individually and for the strength to overcome the obstacles that you think you are facing.

# Acceptance

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*"That's how Christ treats us. No matter who we are, He loves us just the same."*

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## Spiritual Reference:

*"I can do all things through Christ which strengtheneth me" (Philippians 4: 13, KJV)*

## Activities:

1. At what times in your life have you felt or experienced rejection?

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b. \_\_\_\_\_

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c. \_\_\_\_\_

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2. How did you overcome these negative feelings? Was it a song, scripture, motivating words, sermon, etc....? *Write it down.*

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3. Take a few minutes to think about any biases you have. How do you accept or treat those who look different from you or have different beliefs? **Be honest with yourself.**

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4. Take a few minutes to think about how you may have transferred these biases to others around you such as your children or a young person who looks up to you. What steps can you take to correct this? *List three (3).*

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**Inspiration**

- a. Write a letter in your *My TESStimony* Prayer Journal to someone who you have been biased towards. Apologize. You don't have to name them.
- b. Consider the person (s) who rejected you. Have you forgiven them? Write a second letter to them as well.

# True Friendship

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*“To the friendless, I know someone who wants to befriend us no matter who we are. He wants to be our personal confidant all of the time. He is someone we can share our secrets to, someone we can laugh and cry with and mainly a great listener. I am learning that no matter who is in my life, Jesus is the best friend anyone can ever have. He rebukes, reproves, chastises, loves, helps, fixes, provides...He does everything. I am learning to depend on Him more and more.”*

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## Spiritual Reference:

*“A friend loveth at all times, and a brother is born for adversity” (Proverbs 17:17, KJV)*

## Activities:

1. What are some qualities of a true friend?

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2. What are actions that you can take to show yourself friendly?

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3. Write about an instance when a friend made a real difference in your life.

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## Inspiration

Create a token for someone who was a good friend to you in your time of need.

# Learning to Forgive Genuinely

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*“Allowing yourself to harbour feelings and become bitter is only causing your wound to become even more infected spiritually. C’mon, let’s start today and forgive!”*

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## Spiritual Reference

*“But if you do not forgive others their sins, your Father will not forgive your sins” (Matthew 6:15, NIV).*

## Activities:

1. How do you define “forgiveness”?

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2. What would forgiving someone mean to you?

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3. List the names of those you need to forgive and pray for the ability to forgive them? Even if it’s yourself.

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4. What is hindering you for forgiving others?

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**Inspiration:**

Forgiveness heals the giver more than the recipient. In your *My TESStimony* Prayer Journal, write about how you feel to be able to let go and forgive.

Do you need to forgive yourself for something? If so, write a letter to yourself.

# Do We Really Observe The Sabbath?

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*“Most of the “I believe” and “I think” conversations will be alleviated if we spent more time learning how to honor God and learning more about what we can do on the Sabbath instead of what we can’t do. Sabbath was made for man, not man for the Sabbath.”*

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## Spiritual Reference

*“And he said unto them, This is that which the Lord hath said, Tomorrow is the rest of the holy **Sabbath** unto the Lord: bake that which ye will bake today, and seeth that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.” (Exodus 16:23, KJV)*

*“Ye shall keep the **Sabbath** therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.” (Exodus 31:14, KJV)*

## Activities:

1. What does a day of rest mean to you?

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2. What are some ways that you can improve your own Sabbath experience from now on?

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## Inspiration:

In your *My TESSimony* Prayer Journal, explain what the Sabbath means to you.

# Accusations or Just Pure Gossip

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*“False accusations and gossip can destroy lives, and this is only made worse when the accused is innocent. Instead of rejoicing when we hear of people who have been exposed negatively, and instead of spitefully gossiping about them, we should pray for their well-being.”*

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## **Spiritual Reference:**

*“For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be discord, jealousy, fits of rage, selfish ambition, slander, gossip, arrogance and disorder” (2 Corinthians 12:20, KJV).*

## **Activities:**

1. Think about the past week. Were there instances when you were the recipient or sender of gossip?

If so, why did you do it?

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2. Have you ever been gossiped about or falsely accused? How did it make you feel?

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3. What are some steps that you can actively take to reduce the amount of gossip that comes to you?

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**Inspiration:**

Copy the prayer from the book and paste it in a place where you can see and repeat it every day until you have developed the spiritual strength to stop false accusations and gossip about others.

# Unconditional Love

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*“God doesn’t love us for who we are; but because of who he is! Likewise, we ought to love others because of who they are; and not because of what they do. His love is unconditional.”*

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## **Spiritual Reference:**

*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life” (John 3:16)*

## **Activities:**

1. What does “love” mean to you?

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2. Write down an example of a time when you received unconditional love from someone.

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3. Is it hard or easy to show unconditional love? Why?

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## **Inspiration:**

Write a gratitude letter in your *My TESStimony* Prayer Journal to the person who has shown you unconditional love.

# Brotherly Love

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*“Let’s start our relationship anew and have the tightest familial bond no one can interrupt.”*

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## Spiritual Reference:

*“Be kindly affectioned one to another with brotherly love; in honour preferring one another” (Romans 12:10, KJV)*

## Activities:

1. Write down the name of some family members that you are no longer close to and pray for them.

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2. What are some steps that you can take to reach out to your loved ones?

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## Inspiration

1. Create an ancestry chart of your family. If you have kids, get them involved!!
2. Write down some childhood stories as a family keepsake/ heirloom!

# Don't Judge Me

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*"It is not the act of judging Jesus is concerned about; it is the attitude of how we do it. How many times are we often judged by what we wear? How many times do we judge others by their appearance? We need to allow the Holy Spirit to freely have His way so we can treat others the way we want to be treated."*

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## Spiritual Reference:

*"Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven" (Luke 6:37, KJV)*

## Activities:

1. When was the last time you judged someone? Why?

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2. How do you handle being judged by others?

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3. What are you often being judged for?

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4. How did this negative criticism feel?

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**Inspiration:**

What steps can you take to make sure that you are more aware of casting judgement on others? Journal your ideas!

# Consistency

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*“Learn to be consistent with God and in your everyday life. Set aside a few quiet moments in your day to find encouragement and inspiration from His Word. Pray on the hour with a prayer partner, start a prayer line, have bible studies, or start a devotional club to have a steady relationship with Him.”*

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## **Spiritual Reference:**

*“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me” (John 15:4, KJV)*

## **Activities:**

1. List the distractions that you have when it comes to worship time.

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2. In what other areas of your life do you need to have more consistency?

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3. How do you think consistency in your spiritual life will impact consistency in your daily routine?

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**Inspiration:**

In your prayer journal, keep a log of the moments that you spend communing with God, whether in Bible Study, prayer, or daily devotions. Is it enough? What could you improve?

# Comon Ladies, Be Virtuouss

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*“When you and I decide to choose God, commit ourselves to Him daily, and cultivate our hearts, then we can rest assured that we are becoming a woman of God”.*

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## Spiritual Reference:

*“Who can find a virtuous woman? For her price is far above rubies.”  
(Proverbs 31:10)*

## Activities:

1. What kind of qualities, for you, exemplifies virtue?

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2. Read Proverbs 31:10-31. What are the qualities of this woman of God?

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3. What kind of mentorship can you provide for young women as an example of how to be virtuous?

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4. Think about the persons that you interact with on a daily basis. What would you like them to say about you? Write it down.

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**Inspiration:**

Create a “virtue” mind map in your prayer journal based on your responses to question 1.

# Trust? Why Not?

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*“Usually, people don’t trust others because they themselves can’t be trusted. If we take the time to view ourselves and to comprehend why we can’t confide in others, trust will become so much easier.”*

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## **Spiritual Reference:**

*“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all ways acknowledge him, and he shall direct thy paths”  
(Proverbs 3: 5, 6, KJV).*

## **Activities:**

1. What would it take for you to trust someone else completely?

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2. Do you trust yourself? Why or Why not?

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3. What can you do to demonstrate more trust in your relationships?

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**Inspiration:**

In your prayer journal, detail some of the events that led you to distrust others. How can this trust be repaired?

# Who Are You?

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*"If you don't have a solid sense of self-worth, you'll listen to what others have to say all the time and be swayed by their insistence on what's wrong, right, and appropriate."*

*"A misconstrued image of one's self is the cause of poor self-esteem, fear, self-doubt, and negative thinking. Those who have successfully defeated rejection embrace a healthy self-image, while the unsuccessful remain trapped by the warped image of who others wish them to become. How you view yourself will ultimately decide how you live your life." (Mitchell, 2014)*

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## **Spiritual Reference:**

*"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well" (Psalms 139:14, KJV)*

## **Activities:**

1. Describe yourself in a sentence.

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2. In what ways have the opinions have others affected your life and your aspirations?

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3. Do you still maintain these attitudes or have you broken free? Why or how?

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**Inspiration:**

Who are you? Who do you want to be? Take some time to prepare a 5 year Vision Plan for your life. Post it on your bedroom wall to keep you inspired.

# Talents

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*“Knowing your purpose in life is only determined by you...Your life has a purpose. All that’s deposited in you is there for a reason-to make a difference, to leave a positive mark on the world, and to influence those around you so they too can flourish.”*

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## Spiritual Reference:

*“Those who work their land will have abundant food, but those who chase fantasies have no sense” (Proverbs 12:11, NIV)*

## Activities:

1. What are some things that you are good at? What are some things that others say that you are good at?

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2. What have you done to develop these skills?

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3. How have you used your talents to help others?

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**Inspiration:**

Still can't figure out your talent? Look back at your response to question 1. Usually where these two lists overlap is a great way to see the talent that you have! How can you develop and use this talent?

# Marriage? Not really sure about it

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*“There’s so much that couples need to understand before committing themselves to marriage. It’s more than just a sexual unity; understanding one another and learning to communicate is vitally important.”*

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## **Spiritual Reference:**

*“For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: For we are members of his body, of his flesh, and of his bones. For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. This is a great mystery: but I speak concerning Christ and the church. Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband” (Ephesians 5: 29-33, KJV)*

## **Activities:**

1. Describe the marriage of your dreams.

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2. How would you describe your spiritual life as a couple?

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3. Think of some challenging times that your marriage have been through. Did you invite God to become a part of it? How was it solved?

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**Inspiration:**

If you are single, what are some qualities that you are looking for in a partner? List them, and pray about it.

# Anger and Frustration

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*“When you face your anger and decide to deal with it God’s way, you can overcome it. We must take responsibility for our anger and learn to deal with it.”*

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## **Spiritual Reference:**

*“Do not be overcome by evil, but overcome evil with good” (Romans 12:21, NIV)*

## **Activities:**

1. Is your anger triggered by things, by circumstances or by people? How can you tell the difference?

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2. What makes you angry?

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3. Think about your most recent angry outburst? Was there a way to avoid it? How?

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4. What are some ways that you can actively control your anger?

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**Inspiration:**

Compose a prayer to help you pour out your feelings of anger and frustration to God.

If your anger causes physical or mental harm to yourself and others, consider getting professional help.

# Get Over It

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*“Are you complaining about things that you can change? Are you complaining about things that you cannot change? Why not change the things that you can and allow God to handle the rest?”*

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## **Spiritual Reference:**

*“I press toward the mark for the prize of the high calling of God in Christ Jesus” (Philippians 3:14, KJV)*

## **Activities:**

1. What are some things that you are clinging to and complaining about? List them.

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2. Write some solutions (realistic ones!) for the problems that you need to get past.

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3. Write the name of a friend (s) who can hold you accountable for getting over this issue; someone who will be your head cheerleader.

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**Inspiration:**

In your prayer journal, do some introspection. Think about the real cause of the issues that you are having. Do not be surprised if they stem from bad actions or reactions on your part. Now pray for the wisdom to learn from your mistakes and to take wiser decisions in the future.

# Discipline

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*“Discipline is not really willpower so much as focusing on what you really want. If you get clear on that, it suddenly becomes much easier. Discipline means acting according to what you have decided is best, regardless of how you feel in the moment. Therefore, the first trait of discipline is self-knowledge. You need to decide what behavior best reflects your goals and values and ask God for guidance and clear direction.”*

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## Spiritual Reference:

*“He openeth also their ear to **discipline**, and commandeth that they return from iniquity.” (Job 36:10, KJV)*

## Activities:

1. In what areas of your life could you have more discipline?

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2. What challenges do you have with exercising full discipline? List them and pray about them.

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3. What areas of your life have you been able to act with discipline? How can you transfer this discipline to other areas?

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**Inspiration:**

In your *My TESStimony* Prayer Journal, record some daily discipline goals.

# Transitions

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*"I realized that God's plans are different from ours".*

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## **Spiritual Reference:**

*"For I know the plans I have for you, " declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11, NIV).*

## **Activities:**

1. What are some transitions that you have been through in your life?

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2. How did you deal with those transitions? What was your attitude while you were going through them?

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3. How do you feel now looking back?

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**Inspiration:**

In your *My TESSimony* Prayer Journal, write about the lessons that you learnt from each of your transitions. How did you become a better person for what you went through?



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**Inspiration:**

Take a moment today to reflect on those that inspire you to remain steadfast in your trials and thank God for them.