

3 Minute Testimony Worksheet

Primary Objective: To help you put together a clear presentation of your personal testimony for a non-Christian audience by bringing clarity and organization to the events surrounding your conversion.

I. Before I received Christ (1 minute):

A. What was my life like before I accepted Christ? Use an attention getting first sentence. Describe it in a way that communicates well to non-believers (don't use religious terminology). *If you received Christ at a very young age, see back for help.

B. What did my life revolve around? What did I get my security or happiness from? (The non-believer is relying on something external to give him/her happiness).

C. How did those areas begin to let me down?

II. How I received Christ (1 minute):

A. BUT then I realized I had an even bigger problem—my sin. Share the gospel (God, man, Jesus, response). When was the first time I heard the gospel? Or, when was I exposed to Biblical Christianity?

B. Where were my initial reactions? When and how did I come to a decision?

III. After I received Christ (1 minute):

A. Specific changes I have seen in my life (attitudes and actions since becoming a Christian—include personal illustrations). Share how understanding that your sin was/is completely paid for changed your perspective.

B. How long did it take before I noticed changes?

C. Why am I motivated differently? How does my relationship with Christ affect my decisions regarding activities, relationships, future, etc.?

Remember:

- A. Write like you speak—make the testimony yours!
- B. Consider your audience (age, interests, goals in life, etc.).
- C. Choose a theme (i.e. insecurity, looking for success, loneliness, seeking meaning in life, looking for unconditional love, etc.).
- D. Practice it over and over until it becomes natural.
- E. Time limit should be 3 minutes.
- F. Don't ever feel like your story is boring. Every person's life relates to someone.
- G. It's okay to mention struggles. It will help the listener to identify with you.

*If you received Christ at a very young age, you still have a story to tell! Focus on an area you struggled in after you were a believer, then share the gospel and then share how you gave control of this area to Him in the last minute. Here's a shortened example:

I. Before Section: In high school, I had struggles with allowing accomplishments dictate who I am. The more I attained awards though, the more I needed more awards. It was unquenchable.

II. Receiving section: Although I had become a believer in Christ at 5 years old...meaning I realized that I had sin in my life (share gospel or more simply, share the four points of the booklet from memory)...I was still looking for accomplishments to give me a sense of worth and define who I was. This sin of pride was overwhelming me.

III. After section: After spending so much time looking for worth in my accomplishments, I finally realized that it is in Christ that I am defined. I repented of my sin of pride and gave myself fully over to making God's name great and not my own. Since I have realized this, I have no longer needed to have my accomplishments define me. I still work hard, but I have a great sense of who I am in Christ.