

Communicating My Story

(3-Minute Testimony Worksheet)

“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.” 1 Peter 3:15

BIBLICAL EXAMPLE: PAUL’S TESTIMONY ACTS 22:1-21

Before (Acts 22:1-5) Paul describes what he thought and did before he became a believer.

Goal: to give specific, yet appropriate, examples of what your life was like (attitudes, needs, problems) before Christ.

Remember that examples will establish you as a credible witness in the minds of non-Christians. Avoid a religious focus. Do not spend a great amount of time talking about church activities before your life began to change. Do not mention denominations. Likewise, avoid being explicit and sensational in speaking of drugs, immorality, crime or drunkenness.

How (Acts 22:6-11) Paul explained how he became a believer.

Goal: to allow the listener to walk away with a clear understanding of how you became a Christian and how he can trust Christ as the payment for his sins.

Be careful not to use clichés and church language. Remember that a non-Christian might not understand terms such as ‘got saved’, ‘Four Laws’, etc.

After (Acts 22:12-21) Paul explained how becoming a believer changed his life.

Goal: to explain specific ways Christ has changed your life – to show that having Christ in your life really does make a difference!

Avoid using general statements such as “I have so much peace now.” Be specific. It is the Holy Spirit’s responsibility to draw someone to Christ, but you want to communicate your story in such a way to show the listener that your life is different and more meaningful with Christ.

HOW TO PREPARE AND COMMUNICATE YOUR TESTIMONY

Primary Objective: To best relate the testimony to where the non-Christian is.

As you begin your testimony consider: 1) The age of your audience and 2) The period of time right before your life really began to change.

Before I Accepted Christ (or gave Him complete control)

1. What was my life like that will relate most to the non-Christian? (Don't focus on religious self)

2. What did my life revolve around the most? What did I get my security or happiness from? (The nonChristian is relying on something external to give him happiness)
3. How did those areas begin to let me down?

How I Received Christ (or gave Him complete control)

1. When was the first time I heard the gospel? (Or when was I exposed to dynamic Christianity)
2. What were my initial reactions?
3. When did my attitude begin to turn around? Why?
4. What were the final struggles that went through my mind just before I accepted Christ?
5. Why did I go ahead and accept Christ?

After I Accepted Christ (or gave Him complete control)

1. Specific changes and illustrations about the changes Christ has made:
2. Why am I motivated differently?

Helpful Hints

1. Write the way you speak make the testimony yours!
2. Practice this over and over until it becomes natural.
3. Avoid religious words and emotional pressure
4. Give enough details to be interesting, but keep it to 3 minutes.
5. Be positive, and avoid speaking negatively about the church, organizations or people.
6. Start with an attention-getting opening sentence and close with a clear statement about how they can know Christ.
7. At the end - ask for their response! Gauge their interest in the gospel.