



lifegroups

TESTIMONY WORKSHEET

"but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a **reason for the hope that is in YOU**; yet do it with gentleness and respect,"

- 1 Peter 3:15

KEY REMINDERS AS YOU CRAFT YOUR TESTIMONY.

- Take your time. Before you map out your story, take a moment to rest in God and still your mind on His presence with you.
 - Your testimony is all about Jesus. Look for ways to continually point the focus of your story to Jesus.
 - Be looking for themes throughout your story. What struggles, passions, or obstacles seem to be present throughout your life? Use these as a lens to bring clarity to the work of God in your life.
 - Every story can be used by Jesus. Don't get discouraged as you write. Jesus is able to use every single one of us the same.
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MAP IT OUT. Before you begin writing out the three parts to your story (before I met Jesus, how I met Jesus, and how He is continuing to change me) it can be extremely helpful to map out the major events/seasons of your life and reflect on how they have impacted who you are today. Using the timeline below, mark the 3-6 most impactful moments/seasons of your life (victories, tragedies, major life changes, etc.). Place all positively impactful events above the line and all negatively impactful events underneath. On the next page spend some time reflecting on the things you experienced as a result of each event or season and how they have impacted the direction of your life.

BORN _____ NOW

EVENT:

EXAMPLE

What happened? My first dog died when I was 9 years old

How did it make you feel? Was devastated, very sad, felt alone for a long time

What story have you told yourself in response? I will never get that close to a pet again so I don't have to feel that kind of pain all over.

EVENT:

What happened? _____

How did it make you feel? _____

What story have you told yourself in response? _____

EVENT:

What happened? _____

How did it make you feel? _____

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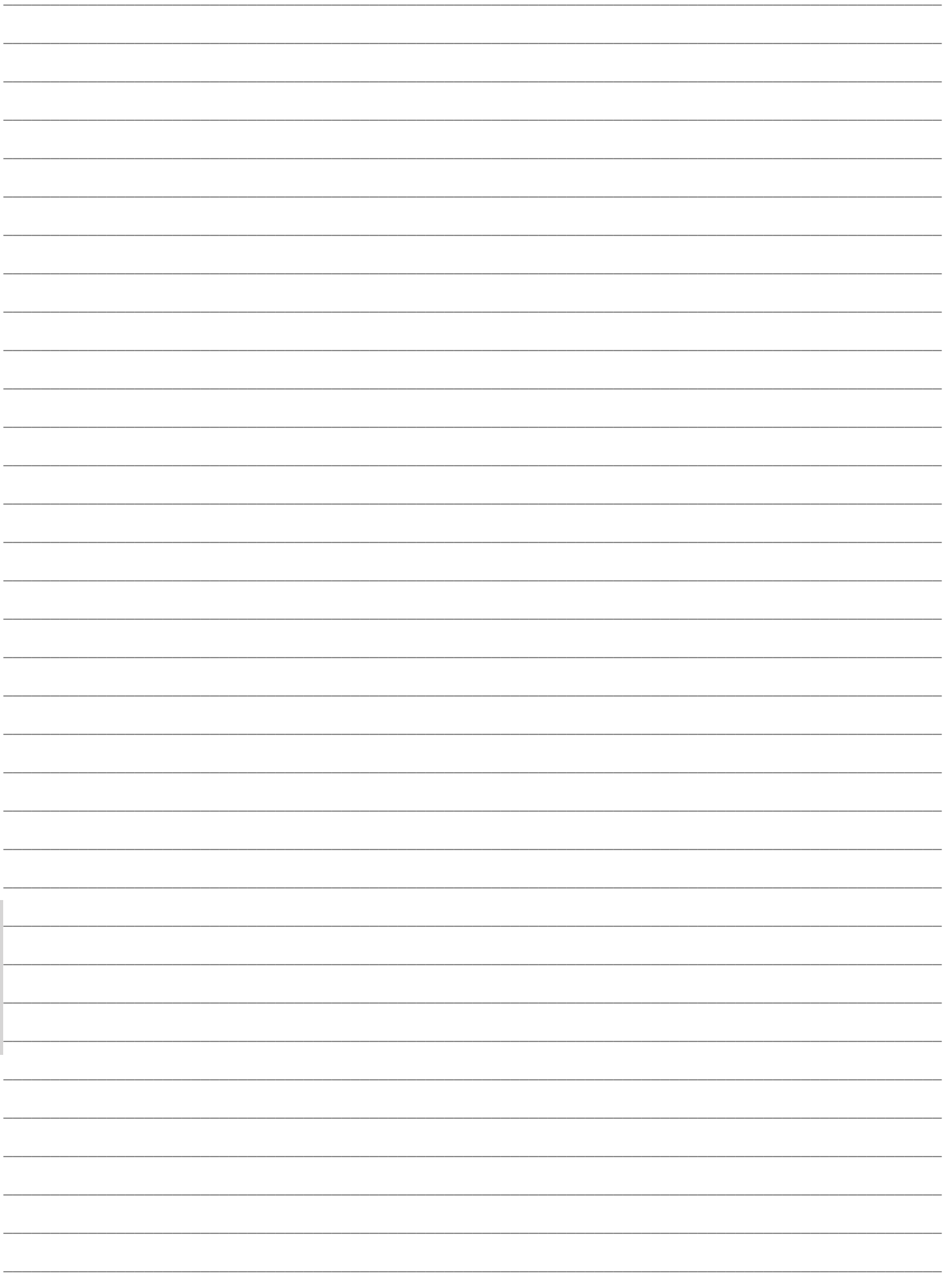
Section 3: HOW JESUS CHANGED AND IS CONTINUING TO CHANGE ME. This section details what happened after your breakthrough and how Jesus is continuing to change you even today.

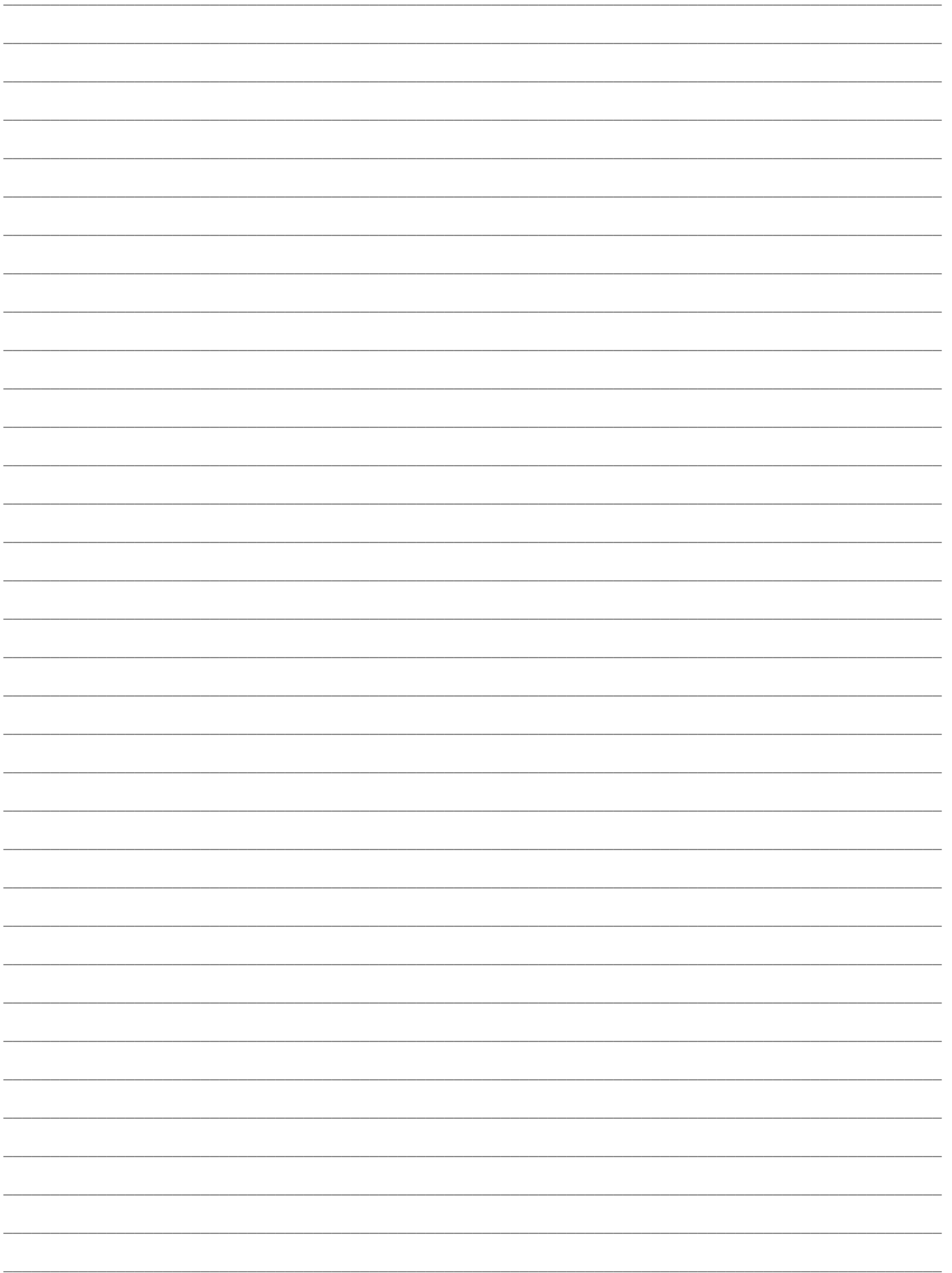
- What was the biggest difference in your life?
- What things did you let go of? What things did you start?
- What was the greatest change in your relationships with others?
- What word would you use to describe yourself now?
- Where do you feel like God is calling you to grow and/or take a next step?

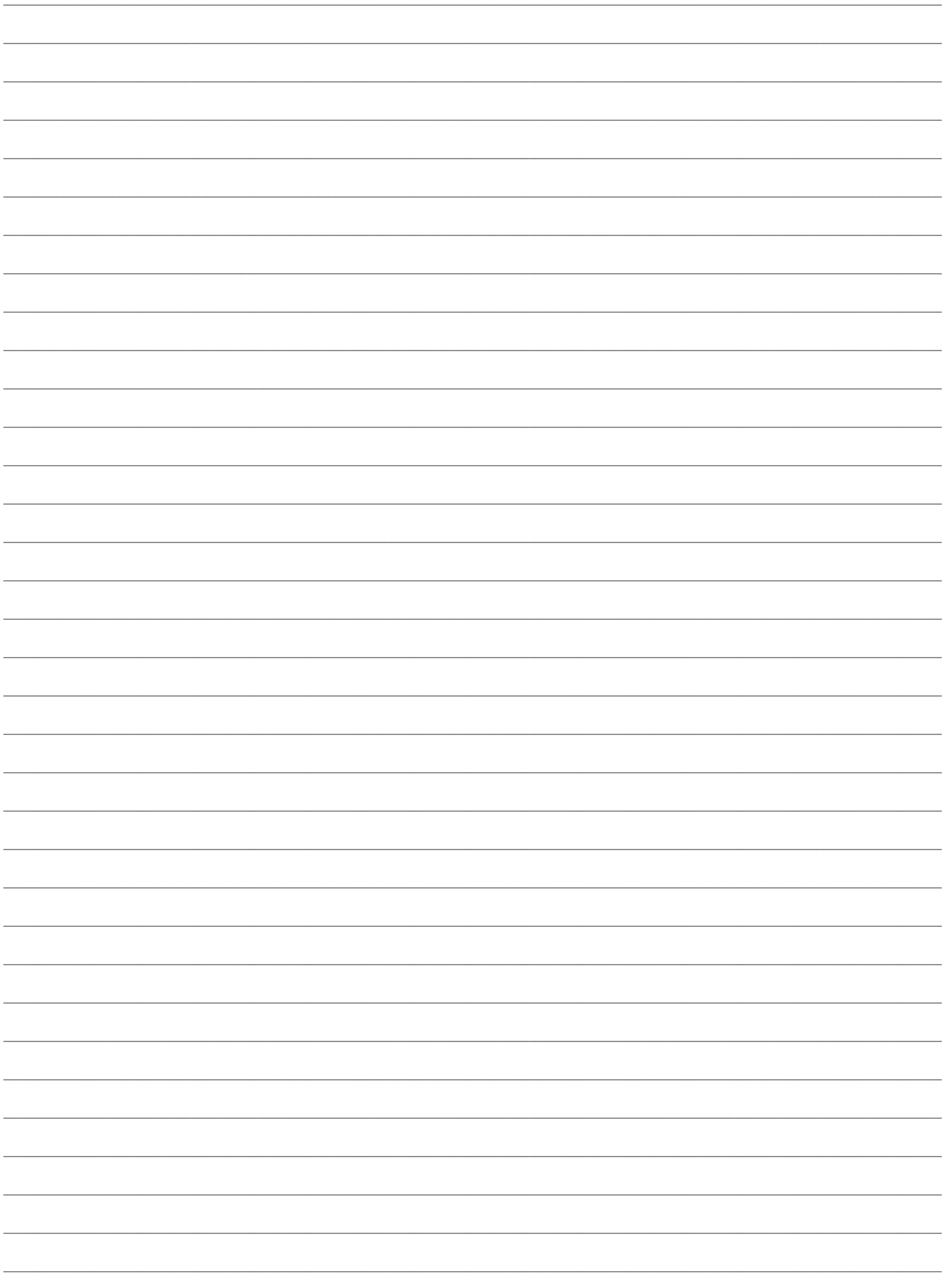
SEARCH FOR THEMES. Now that you have broken down your life story into three parts. Are there any themes that have stood out? What struggles, passions, or obstacles seem to be present throughout your life? (Possible themes: bitterness, insecurity, pride, anger, deceit, addiction, misplaced hope)

THEME:  _____

THEME:  _____







CREATE A 1 MINUTE VERSION. Try creating an elevator pitch version of your testimony: something you could share in a minute or less. You never know when a waiter, store clerk, someone at a park, etc. might be willing to hear your story in a quick moment of curiosity. As Peter says, “we should always be ready.”

PRACTICE. The more we tell our testimony, the more comfortable we become in sharing it with others. Start practicing now by yourself and with those close to you so that you will be ready when the opportunity arises to share with unbelievers. May we never grow tired of telling His story in our lives— it is a story that is always changing and always relevant. It is a story that has the power to change lives. Remember to:

- Read your testimony out loud and time it. If it is too long, adjust accordingly so it is under ten minutes.
- Practice by yourself just using notes.
- Share your testimony with your spouse or a close friend.
- Meet with someone in your life group and share your testimonies with each other.

After sharing your testimony with yourself, spouse, friend, and life group member, ask these questions:

- What themes are present?
- Who is the hero of my story? Jesus or myself?
- Are there areas that need more explaining?
- Are there details I should leave out to make for a better flow of the narrative?
- Does my testimony include who I was before Jesus, how I met Jesus, and who I am now because of Jesus?

“If you give it to God, He transforms your test into a testimony, your mess into a message, and your misery into a ministry.” Rick Warren