

MY 3 MINUTE TESTIMONY

A guide to support you in writing out your testimony.

THE PROCESS

Invite the Holy Spirit to be present and guide you. Reflect on the question prompts under each headline and write out your first draft below. (you can either write down your answers under each question, or simply reflect on them, as you write out your draft on the last page)

1. The Central Turning Point

- A) When did you make the decision to **invite** Jesus to be at the center of your life?
- B) What is the story around that? How did Jesus bring you to that point to make that decision?
- C) How did you **respond** to Jesus' invitation? What did you say? What did you do? What prayer did you pray? Did you make an action (i.e. go to confession? Light a candle? Sign a card?).
- D) Is your central turning point clear, simple and repeatable? This part is so **important**. It's showing the hearer how they too can respond to Jesus' invitation.

2. The Before

- A) What was your relationship with Jesus like before your central turning point?
- B) When you consider the battle that Jesus won for you, how was that being lived or expressed before Jesus saved you? What impact did that have on your life? How did it affect your thoughts and behaviours towards God, towards yourself and others?

3. The Now

- A) How has your life changed now that you've recognized and accepted Jesus as your Saviour?

4. Discovering your Theme

A) Theme:

- a) Identifying the theme is highlighting what Jesus saved you from. Jesus has paid the price of ALL of our sins, yet to reach us, He may come into one particular struggle or hardship and help us realize our need for a Saviour.

B) The Hook:

- a) Does the start of your testimony grab attention in a unique way? Does it captivate the hearer's attention? Would someone with no experience of Christianity be captured by it? (Ex: Your testimony should **NOT** begin with "I grew up Catholic")
- b) Include a question or statement that speaks to the theme. It must be relatable to our "lowest common denominator," to draw the hearer in (regardless of their background).

C) The End:

- a) Is the theme brought back and shows how Jesus has continued to save us from this central struggle / obstacle?

5. Editing

Things to consider when editing your testimony

- A) Is Jesus the protagonist in your testimony? (He should be!) How can you edit your testimony to reflect that?
- B) Is each section of your testimony written in the most clear and simple way?
- C) Does your testimony glorify sin? (We want to be authentic about where our sin led us, however, not brag or give unnecessary imagery to our sin) Appropriate wording to use would be: ie. "...this led me to an addiction to pornography or impure relationships or an abuse to drugs or alcohol"
- D) Jargon and Christianese - Are there terms or descriptions in your testimony that may confuse or distract the hearer?
Ie: Eucharistic adoration, Summit, "My heart was filled with the Holy Spirit" etc.