

Preparing and delivering your personal testimony

Adapted from Cru material

Your Story is His Story

When we share our story with others we honor God and help people understand what becoming and living as a Christian is all about.

The Bible calls us to “always be ready” to explain our hope in Christ with gentleness and respect (1 Peter 3:15-16, NLT). We can get nervous or forget things when sharing our testimonies, which can be confusing or distracting for those listening. This is why a little preparation and practice can be valuable.

Put it Together

There are five basic parts to your story:

1. **The Opening.** Identify a theme you can use to frame your story. What did your life revolve around that God used to help bring you to Him?
2. **Your Life Before Christ.** Paint a picture of what your life was like before you came to Christ.
3. **How You Came to Christ.** Give the details about why and how you became a Christian.
4. **Your Life After Coming to Christ.** Share some of the changes that Christ has made in your life. If you became a Christian at an early age, most of your time will be spent talking about your life after coming to Christ.
5. **The Closing.** End with a statement that summarizes your story and connects everything back to your theme.

Helpful Hints

- Share, don't preach. Use “I” and “me,” not “you should...”
- Avoid naming specific churches or groups.
- Watch out for “Christian jargon” that people listening to you may not understand.
- Aim to keep your story to three to five minutes..

You can go to the testimony worksheet [here](#).

Worksheet

First, pray and ask God to help you with what to say. Then, take some time to work through the questions below so you can be ready for the next open door God gives you to tell your story.

My Life Before Christ

1. What about my life before Christ will relate most to the non-Christians I know?
2. What did my life revolve around? Where did I get my security, identity or happiness from?
3. How did those things begin to let me down?

How I Came to Christ

1. When was the first time I heard the gospel? What were my initial reactions? When and why did my perspective of Christ begin to change?
2. What is the gospel that I eventually understood and embraced? Be brief, but also clear, so that your listener would know how to put their faith in Christ.
3. What were the final struggles that went through my mind just before I accepted Him? Why did I finally decide to accept Christ (or give Him complete control of my life)?
4. Was there a particular Bible verse that helped me understand the gospel? Feel free to include it, but be ready to quote it exactly from memory.

My Life After Coming to Christ

1. How is my life different now? List some specific changes in your character, attitude and perspective on life.
2. What motivates me now? What do I live for?
3. Even though my life still isn't perfect, how does knowing Christ help me deal with that fact?

Now that you've answered these questions, take some time to write out your story as if you were telling it to someone. Don't be afraid to rewrite and edit! Then practice saying it out loud – maybe to yourself or to a friend. Ask them for feedback.

If you have worked through this worksheet, congratulations – you've created your personal testimony! The Lord can use it to help others come to know Christ. Ask Him for opportunities to share your story and the gospel with others.