

# Testimony Worksheet

## Goal

Create a three-to-five-minute testimony that you can share with others.

## Instructions

Take some time to reflect on the different sections, or “acts,” of your life below. Begin by thinking about a theme and brainstorm thoughts for each section. Make a brief outline for each section that you can eventually develop into a completed three-to-five-minute presentation. Bullet points are acceptable and encouraged!

### Act 1: My life before I knew Jesus Christ

*What kind of a person were you socially, spiritually, and emotionally? Introduce a unifying theme to the testimony (for example: a familiarity with Christ but no personal knowledge of Him, loneliness in college, spiritual hunger). Avoid explicit details about sin.*

### Act 2: How I came to know Jesus Christ

*What happened when you encountered Christ? Let the audience understand and experience your decision in accepting Jesus and His Church. Even if the conversion was gradual, the testimony should still give one concrete moment or turning point for the audience to hang on to. If other people were involved in bringing about the conversion, take care to make sure this section is Christ-centered and not agent centered. Avoid over-dramatization.*

### Act 3: My life in Jesus Christ

*What changes have occurred in your life since that initial encounter? How are you living out your relationship with Jesus? Be especially careful about what language you use here: Avoid loaded words and phrases that could distance you from someone who is not familiar with them (e.g., "follow the Spirit," "indwelling of the Trinity," "vocation," "sacraments," "quiet time," "dark night of the soul"). Avoid extremes. Try not to come across as a perfected saint. At the same time, however, don't dwell on struggles and failures.*

### Act 4: The invitation

*Encourage the audience members, ask the audience, implicitly or explicitly: How will you respond to Jesus Christ?*