

# How to Write a Personal Testimony

As you develop relationships with other women, you will have opportunities to tell them about your personal faith in God.

## Why Write a Testimony?

Personal testimonies are powerful because it can be difficult for someone to argue with your own experiences. If you have it written and memorized, you will avoid getting off track and rambling, forgetting to share key things you want to communicate, and accidentally using terms that your listener may not be familiar with.

## How to Begin

First, write down every thought that comes to your mind about how you began your relationship with Christ. Think of one central theme you feel was key to motivating you to open your heart to Christ. Common themes are insecurity, quest for success, loneliness, search for the meaning of life, desire for unconditional love, etc. Relate your theme throughout your whole testimony. Leave out most facts and thoughts that do not relate to your theme. Avoid using Christian terminology that your audience will not understand (“saved,” “convicted,” “born again,” “converted,” “sinner,” and so forth).

## The Five Parts of Your Testimony

**Part 1: Introduction** — Write a brief attention-getter to begin your testimony. This should be related to your theme. Other ways to introduce your testimony are through a question, a quote, a story, or an exciting episode from your life.

**Part 2: What your life was like before you were a Christian** — Don't feel like your testimony is boring. Every woman's life story relates to someone. It's okay to mention past wrongs, but don't dwell too heavily on them.

**Part 3: How you came to the point of trusting Christ** — Remember that the person you're talking to may not know that much about Jesus. This part should include enough details to explain to the listener the basics of the gospel:

*Sin:* Explain that God's standards are perfect and that you break these standards. Give an example in your own life (e.g., unloving thought towards a person, dishonesty, etc.). Help them see that God's standards are much more perfect than society's standards.

*Punishment:* Explain that we must be punished each time we violate God's perfect standards.

*Jesus:* Explain that He is an actual historical "person" — God Himself who came down in the flesh to live with us. As God, He is perfect and has never violated any of the perfect standards.

*Crucifixion:* Explain that Jesus accepted punishment for all the wrongs we have done by dying on the cross for us in our place.

*Trust and Invitation:* Explain that God assures us that if we ask Him to forgive us of our wrongs, He will. We can then begin a relationship with Him that will last forever, simply by praying and asking Him to be God of our life.

**Part 4: What your life has been like since you became a Christian** — This part should be longer than the pre-Christian section. Bring your theme into this section. Mention some concrete changes in your life (e.g., improved relationships).

**Part 5: Conclusion** — Try to tie the conclusion into the introduction or the theme.

## Extra Tips

- ❖ Don't mention names of churches, Christian groups, Christian speakers, or denominations.
- ❖ Try to make your testimony no longer than five minutes.
- ❖ Do not include more than two Scripture verses.
- ❖ If possible, have a friend read and listen to your testimony for feedback.
- ❖ Write the way you speak — make the testimony yours!
- ❖ Practice it over and over until it becomes natural.

# Testimony Worksheet

This will help organize your thoughts as you write your testimony.

## I. Before I Accepted Christ (or gave Him complete control)

What was my life like that will relate most to my non-Christian friend?

What did my life revolve around? From what did I get my security or happiness?

How did those areas begin to let me down?

## II. How I Received Christ (or gave Him complete control)

When was the first time I heard the gospel (or when was I exposed to dynamic Christianity)?

What were my initial reactions?

When did my attitude begin to turn around? Why?

What were the final struggles that went through my mind just before I accepted Christ?

Why did I go ahead and accept Christ?

## III. After I Accepted Christ (or gave Him complete control)

What specific life changes have been made, and how do I illustrate the changes Christ has made?

Why am I motivated differently?

How to Write a Testimony and Testimony Worksheet have been adapted from material developed by Cru (Campus Crusade for Christ).