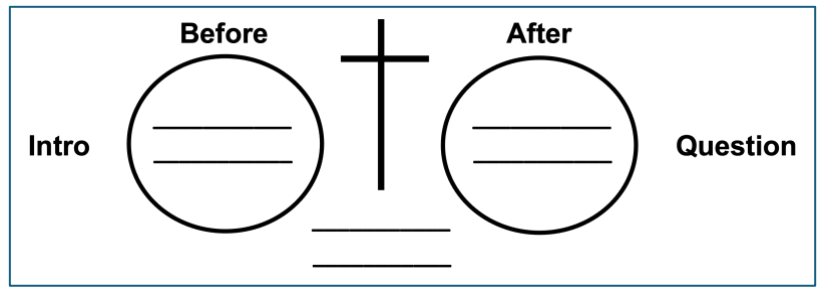


One-Minute Testimony

Your one-minute testimony is the story of how you came to follow Jesus. It is used to share the gospel, open up conversation, and invite others to consider following Jesus.



1. Intro

Use a phrase that is an easy introduction to your story.

Examples: "There was a time in my life", "When I was younger", "In high school"

2. Before

Share one or two words that describe your life before you chose to follow Jesus.

Example: "Seeking", "Empty", "Selfish"

3. Belief in Jesus

Use one or two words that describe how you came to know Jesus. I would recommend using forgiven and follow.

Example: "I was forgiven by Jesus and I chose to follow Him"

4. After

Think of one to two words that describe your life now that you're following Jesus.

Example: "Purpose", "Fulfilled", "Serve"

5. Question

Lastly, you want to invite the person that you're sharing with into the conversation. Ask a question that will turn the focus to them so you can find out about them.

Example: "Do you have a story like that?", "Have you ever felt lonely before?"

6. Practice

Put it all together and practice it with two or three other people.

Example: There was a time in my life where I sought girls, success in sports, and alcohol to fulfill me, but instead, I was left empty. Then I met Jesus and was forgiven. When I chose to follow Him, I discovered true purpose and fulfillment in life. Have you ever sought something that you thought would be fulfilling but it left empty?