



Sharing My Life Story ©

PRACTICAL TRAINING

“MY LIFE STORY” WORKSHOP

The purpose of this workshop is to help you write a testimony and present it to others.

HOW TO PREPARE "MY LIFE STORY" - PERSONAL TESTIMONY

Any subject matter can be presented more effectively by careful organisation. A carefully prepared testimony, empowered by the Holy Spirit, can be of immediate and effective use in nearly every witnessing situation. It should be our desire to present Christ in such a clear, attractive, yet simple way, that those who hear will want to know Him too, and will also know "how" to receive Him personally.

Do's and Don'ts of a Personal Testimony

Do's:

1. Ask the Lord to give you wisdom and guidance as you write. (James 1: 5,6)
2. Follow a four-point outline: "My Life Story" (see sample worksheet).
 - a. Share about your life before knowing Christ.
 - b. Explain how you came to know Christ. (be specific)
 - c. Tell about your life after you received Christ (positive changes He has made, what He means to you now).
 - d. Give an appropriate Bible verse.
3. Emphasise point "c" above if you became a Christian as a young child.
4. Use approximately 10 seconds for point (a), 20 seconds for point (b) 25 seconds for point (c), and 5 seconds for point (d). Points (a) and (b) are past history. Once you have prepared them you will not necessarily be changing them. Point (c) should be kept current and fresh - what Christ is doing in your life now.
5. Begin with an interesting, attention-getting sentence and close with a good conclusion. Try to follow a theme throughout. Examples are:
 - a. Purpose for living
 - b. Sense of belonging
 - c. God's Word
 - d. Assurance of Salvation
 - e. Freedom from fear of death



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- f. Freedom from fear of living
- g. Freedom from self
- h. Peace of mind
- i. Fulfilment
- j. God's love
- k. God's forgiveness
- l. Success

Write in such a way that others will feel associated with you in past and present experiences. Talk about changes in attitudes such as: apathy or hate to love; resentment to concern; depression to joy; anxiety to peace; impatience to patience; lack of discipline to temperance.

- 6. Edit carefully and rewrite as necessary before final draft.
- 7. Memorise your testimony and practice it until it becomes natural.

Don'ts:

- 1. Don't use Christian jargon - words such as: "saved", "converted", "convicted", "born again", and "sin". Though these words and phrases are precious to us, they are often misunderstood by non-Christians.
- 2. Don't be too wordy, beat around the bush, or emphasise how bad you used to be.
- 3. Don't use words like "wonderful", "glorious", "fantastic", etc.
- 4. Don't mention church denominations, especially in a derogatory way.
- 5. Don't speak negatively about any other individual or group.
- 6. Don't give the impression that the Christian life is a life without problems.

EVALUATE YOUR "LIFE STORY"

- 1. What is my theme? _____
- 2. Will my opening statement catch their attention? _____



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My life before I received Christ:

1. Remember, I will be talking to non-Christians. Could they relate? Is it realistic?
2. What caused me to realise that I needed Christ?

How I received Christ:

1. Did I say specifically "how" I actually invited Christ into my life?
2. Would a non-Christian know how to and want to receive Christ as a result of hearing my testimony?

My life after I received Christ:

1. Did I use simple, clear illustrations of ways in which Christ has changed me?
2. Is it realistic? Remember, no one is perfect.
3. Does it show that it is Christ making the difference in my life?

Appropriate Bible Verse:

1. Does this verse tie in with the theme of "My Life Story"?

When Sharing Your Testimony, Be Sure to:

1. Share it with loving enthusiasm in the power of the Holy Spirit. (Ephesians 5:18)
2. Speak clearly in a natural, relaxed tone of voice.
3. Avoid mannerisms when you speak, such as: rubbing your nose, clearing your throat and using "ums" and "ahs".
4. Avoid using high-pressure methods to get a "decision" for Christ. Remember men are "born of the Spirit", not through the persuasiveness or logic of men, though God may use both.



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5. Avoid preaching at people. Present **a testimony**, not a preachimony. Say "I" not "you". Remember, it is **your** story.
6. **Smile often!** Ask the Lord to give you a happy, radiant face.

“MY LIFE STORY” WORKSHEET

MY LIFE BEFORE I RECEIVED CHRIST

HOW I RECEIVED CHRIST (Be Specific)

MY LIFE AFTER I RECEIVED CHRIST

APPROPRIATE BIBLE VERSE(S)
