



HOW TO WRITE YOUR TESTIMONY

A testimony should be 3-5 minutes long. The purpose is to give God glory. Every testimony is composed of 3 parts: before conversion, the moment of conversion, and after conversion. As you are putting your testimony together —pray, pray, pray! Thank the Lord for the love story He has given you! Ask Him to reveal to you the moment or turning point in your life.

PART ONE: BEFORE CONVERSION

1

- What was your faith background (ex: I grew up in a really Catholic family...etc.)?
- Who were you? How did you feel about the faith?
- Did you fall away? What did that look like?
- What did you struggle with?



IMPORTANT!

- DO NOT GLORIFY SIN. I REPEAT: DO NOT GLORIFY SIN.** There is the temptation to almost feel pride at how “bad” we were before our conversion. Don’t do that.
- While it is good to give a general idea of who you are, please don’t go into detail. You can be vague and get your point across. Phrases like, “I got really into the party scene” or “I entered into an unhealthy relationship” are descriptive enough.
- Mentions of suicide and abuse can be triggering for youth. So if you are not prepared to deal with it, don’t mention it explicitly.
- If you were not diagnosed with a disorder, **DON’T SAY YOU HAD IT.** Find another way to describe how you felt.

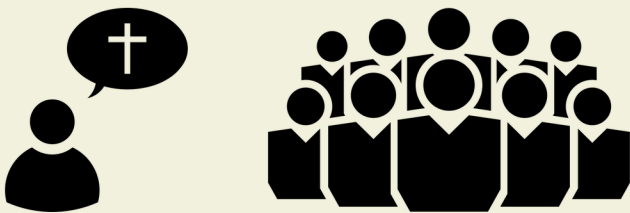
PART TWO: THE CONVERSION

2

- Create context. Where were you? How did you get there?
- What happened?
- How did you feel?

IMPORTANT!

- Know your audience: you might have to briefly explain what adoration is, or a youth conference, etc. Be brief and concise.



PART THREE: AFTER CONVERSION

3

- What changed? How did it change?
- Who are you now?
- How do you deal with the same struggles?

IMPORTANT!

- Don’t advertise that “ever since I let Jesus into my life, everything has been perfect!” That’s not true. You know it. I know it. People can smell insincerity a mile away.
- Be honest. For example, “Since I have let Jesus into my life, I still struggle- my circumstances haven’t changed, but I now know that no matter what happens, I can look to Jesus on the cross, and find comfort in Him, whose sufferings are far greater than my own.”

