

3-Minute Testimony

Practice telling one part of your story clearly, naturally, and with Jesus at the center.

Most testimonies are shared in ordinary places.

In the grocery store, after Bible study, over coffee, or on the drive to practice. We should practice telling parts of our testimony in three-minute bites so we are ready when God opens a door.

“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

1 Peter 3:15

1 Think on One Thing

Do not try to tell your entire testimony. Choose one area where you have clearly seen the faithfulness of God.

☐ Marriage

☐ Anxiety

☐ Identity

☐ Forgiveness

☐ Hopelessness

☐ Grief

☐ Motherhood

☐ Waiting

☐ Purpose

☐ Other: _____

Where have I clearly seen Jesus meet me?

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Build a clear path through your story, then practice until only what matters remains.

2 Build Your Story

Write only a couple of sentences for each section. You are not recording every detail.

1. My Background

Give a little context. What was your life, heart, or situation like before this part of your story?

2. How I Came to Know Christ

Briefly share how God drew you to Himself and how you came to trust in Jesus for salvation.

3. The One Thing

Tell the part of your story connected to the word you chose. What happened? Where did you need God?

4. What God Is Doing Through It

How has knowing Christ changed the way you walk through this? What is He teaching, healing, redeeming, or producing in you today?

3 Practice It

1. Set a timer for three minutes and tell your story out loud.
2. Listen for anything that is interesting but not essential.
3. Cut the fluff. Keep the details that help someone understand Jesus and the hope of the gospel.
4. Practice again, and again, until it fits naturally within three minutes.

Practice Notes

Use this page as you time, trim, and practice your testimony.

Ask yourself:

What details can be cut? Is Jesus clearly at the center? Have I included how I came to know Christ? Does this story point someone toward the hope of the gospel?

ATTEMPT 1	Time: _____
What I can cut:	
ATTEMPT 2	Time: _____
What I can clarify:	
FINAL ATTEMPT	Time: _____
What I want someone to remember:	

**You do not have to tell your whole story.
Faithfully tell the part of your story that points someone to Jesus.**