

### 1 minute Testimony

#### Statement of Purpose:

Being able to share your short testimony quickly when prompted by the Holy Spirit can sow seeds for God's Kingdom. By practicing your testimony and narrowing it down to 1 minute, you will be more confident and concise when nudged to share.

#### Objective(s):

- Reflect upon what God has done in your life.
- Condense your story down to 1 minute so it may become part of any conversation. Details can be shared if asked.
- Develop confidence by practicing your short story.

### 60 Second Testimony (Short Testimony, Elevator Testimony)

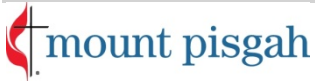
1. Be ready at all times to share your 60-second testimony. It is opportunistic. Read and discuss the following Scriptures:

- **John 15:27, NIV** - *And you also must testify, for you have been with me from the beginning.*
- **Mark 5:19, NIV** - *Jesus did not let him, but said, Go home to your family and tell them how much the Lord has done for you, and how he has had mercy on you.*
- **Revelation 12:11, NIV** - *They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.*

2. Your testimony is meant to inspire others and show what God has done in your life. It reminds others we are not alone and have similar struggles.

3. Structure of a testimony is 3 parts = 1) Life before, 2) how you surrendered and 3) life now.

## 60 Second Testimony - Leaders



### 4. Important tips to remember:

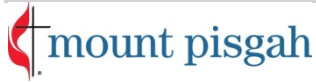
- Stick to the point. Your new life in Christ should be the main point.
- Be brief and specific. Include events, genuine feelings and personal insights that clarify your main point. This makes your testimony tangible - something others can relate to. But keep it short. They will ask questions if they want to know more details. Questions show they are interested.
- Be honest. Don't exaggerate or dramatize your life for effect. The simple truth of what God has done in your life is all the Holy Spirit needs to convict others of their sin and convince them of His love and grace.

5. Things to avoid: Stay away from "Christianese" phrases. These "foreign" or "churchy" words can alienate listeners and keep them from identifying with your life. What are some words that you have heard before that were not clear?

Here are some examples:

Avoid using "born again"	Instead use:	came alive spiritually	given a new life
Avoid using "saved"	Instead use:	rescued	found hope for life
Avoid using "lost"	Instead use:	heading in the wrong direction	had no hope
Avoid using "Gospel"	Instead use:	God's message to man	the good news about Christ's purpose on earth
Avoid using "sin"	Instead use:	falling away from the right path	rejecting God's ways or path
Avoid using "repent"	Instead use:	turn around	admit a wrong

6. Don't worry about results - Share your testimony whenever the Holy Spirit prompts but do not worry if that person is moved or interested in knowing more about Jesus. God has the next step; we can only share and pray for them. Of course if they do ask questions, share the Gospel (a different 12 best practice of discipleship).



### Materials and Resources

Recommended activity: My Soularium Cards - A great way to show your class how to share your testimony quickly through pictures and develop their 1-minute testimony. Spread out cards face up. Ask each person to pick 3 photos that represent the 1) old me, 2) how I came to follow Jesus, and 3) new me with identity in Christ. Have them share the details while showing the card. It is fast and easy. This is practice for their 1-minute testimony. Shows how easy it can be.

#### How to order cards?

Cards can be ordered from Campus Crusade for Christ for ~\$12.

<https://www.campuscrusade.com/catalog/SOULARIUM.html>

Because images connect deeply with our emotions and experiences they also enable us to engage people in spiritual conversation on a deeper level. In an easily transportable packet, Soularium provides 50, 4x6 original photographic images and 5 simple questions.

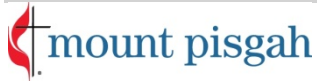
Note: There is also a copy of the Soularium cards in Discipleship Office Library of Mount Pisgah UMC that may be checked out for 1-2 weeks. Please contact Karen Pardue ([Kpardue@mountpisgah.org](mailto:Kpardue@mountpisgah.org)) or Beth Laury ([blaury@mountpisgah.org](mailto:blaury@mountpisgah.org)) to obtain the cards.

### Discussion Questions for understanding and application

1. Have you ever related to a story or testimony that someone shared? Tell about that.
2. Have you ever left a conversation and wondered if you should have shared about Jesus? Or told them of how you struggled so they realize that they are not alone? And give them hope in Christ?
3. What fears do you have about sharing your story?
4. What additional thoughts/concerns do you have for keeping the testimony clear and short?

### When to Facilitate

- Practice the 1 minute Testimony anytime in covenant group but after **Spiritual Journeys** (see library for that lesson).
- Look at curriculum and identify a good time to include this lesson.



### How to Facilitate

- Consider reviewing Bible characters that shared their experience with Jesus and how God used that (Paul, Women at the Well etc.).
- Consider having class members bring their Spiritual Journeys and break into 3 sections: 1) life before, 2) how you surrendered and 3) life now - to have a starting template for their one minute version.
- Review content above with class members.
- Have them give their 1 minute testimony after practicing at home.
- Provide feedback on 1 minute testimony.

### Procedure(s) and Time Allotment(s)

- This lesson can take 15-45 minutes depending on your leadership and review of biblical characters.
- Set aside time each week for a few members to share until all have done their 1 minute testimony. Class size determines amount of time.

### Works Cited/Bibliography

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