

# Your Story

(testimony)

Your story matters. From the start of creation until today God is working – he is writing His story. And your story is part of and fits into God’s epic story.

Taking time to remember, reflect and record how he is working in your life is important. Knowing what God has done in your life is an anchor in difficult times (Heb 6:19) and a reminder to celebrate his goodness (Gal 4:7).

*\*Please see “What does it mean to be saved?” document for Biblical references.*

We want to help provide some suggestions and guidance as you write your story. Your story should have three key parts – **before** (prior to following Jesus), **commitment** (decision to follow Jesus), and **after** (how you live your life differently). The following are questions and ideas to consider as you write out Your Story (testimony about God’s work in your life). Consider writing the answer to every question in a notebook... and then you can edit it later.

## **Q1: What was your life like BEFORE Jesus?**

*Take some time to write out what your life looked like “before”. Don’t hold back specific situations, experiences or emotions as you write. Make sure to include where you were spiritually. Take as much time and space as needed – you can edit later. Here are some questions to “jump-start” your reflection.*

What was your lifestyle like? Activities? Who did you hang out with? How did you cope with life? What were your hang-ups? Did you worry? Did you wonder who you were? What were your emotions in your day-to-day life? What was your attitude towards life and people? How did you deal with challenges, setbacks, and crises? What motivated you in life? What did you feel was lacking in your life? How did you satisfy your inner needs? (Loneliness, fear, insecurity) What were your hopes and dreams? What did your relationships look like? Were there consequences to your actions/decisions/choices? What did you think about God? The Bible? Church? Where were you spiritually?

## **Q2: When did you COMMIT to follow Jesus? How did God move in your life?**

*As you write – simply recount the events and circumstances that caused you to consider Christ. What steps brought you to the point of trusting Christ? Don’t hold back emotions that come up as you remember your personal situation. This is where you are telling about Jesus and what He did for you. Here are some questions to “jump-start” your reflection.*

What caused you to want to explore a relationship with Jesus? What made you realize you needed God in your life? How did you come to terms with the sin in your life? When did you finally understand you were separated from God? When did you realize you needed forgiveness and had to change the way you were living? When did you realize you needed Jesus' death and resurrection to cover/replace your sin? Who introduced you to Jesus? Where were you when you trusted Jesus? Was there a Bible verse that God used? How did you actually invite Jesus into your life – what did you say or do? Why did you choose to trust Jesus for your salvation? Did you get baptized right away?

### **Q3: What is your life like AFTER you committed to follow Jesus?**

*Life isn't perfect. We are a work in progress, but it is important to see how God is changing us since making a commitment to follow him.*

What changes have you seen in your life? How has Christ made a difference in your life? How is Christ meeting your needs? How has His forgiveness impacted you? Have your thoughts and emotions changed? What is your attitude towards God, Bible, church, etc? What are your life goals – have they changed? What motivates you? How have relationships changed? How does your faith in Jesus affect your hopes and dreams? Is there a Bible verse that comes to mind? How is God growing you – small group, attending church, Bible reading, books, prayer, relationships? Where do you see yourself as part of God's plan?

### **Finishing Touches**

After you have answered the questions and written down all three parts of your story, you might need to edit it. Look at each section of your story and try to edit it down to 5-10 sentences. This will help you concisely articulate God's work in your life... and one day maybe you will be able to share your story with someone else who needs encouragement or is searching for God. Don't eliminate passion or emotion, and don't skip parts about commitment, your need for Christ, or receiving forgiveness.

**Now you have Your Story – a rescue story** – about God's love, forgiveness, grace and mercy that you can easily write down or share with others in less than 5 minutes. **Who knows how God might use you and His work in your life to impact someone for eternity.** As God provides opportunities to share or listen... be ready & willing.

If you have any questions or would like some help please don't hesitate to reach out to a pastor or elder at Foundations Church. [Office@foundationschurch.org](mailto:Office@foundationschurch.org) or [ELT@foundationschurch.org](mailto:ELT@foundationschurch.org)