

5-Minute Testimony Challenge

Instruction: This challenge is for you to write down your testimony using this template, practice to deliver it at your dinner table, share it with someone God leads you to this week and be prepared to discuss the result.

1. The Situation (60 seconds) — “The Challenge”

Briefly describe what you went through: What happened? Why was it difficult? What was at stake (emotionally, spiritually, practically)?

“I went through a season where _____.

It was difficult because _____.

I felt _____,

and at times it seemed like _____.”

2. The Struggle (60 seconds)

Show the tension and how you turned to God. What did you wrestle with? How did you seek God (prayer, Scripture, counsel, etc.)? What did God begin to show you?

“During that time, I struggled with _____.

But I began to seek God by _____.

Through that, God showed me _____,

and I started to understand _____.”

3. The Breakthrough (60 seconds)

This is where God moved in: What changed? Did He fix the situation, change you, or both? Be specific.

“Then God moved in a powerful way by _____.

As a result I am _____.”

4. The Result (60 seconds)

Share what you learned that others can apply.

“Through this, I learned that _____.

God is _____, even when _____.

If you’re going through something similar, know that _____.”

5. The Invitation (60 seconds)

Invite the person to take some action.

Was this helpful to you in any way? _____

Can I invite you to _____?