



YOUR 3-MINUTE STORY: QUICK REFERENCE GUIDE

From 15-Minute Bio to Life-Changing Testimony

The Power of Simplicity: The healed blind man in John 9 gave the most effective testimony ever: **"I was blind. I met Jesus. Now I see."** This simple framework transforms lives in just three minutes.

The Three-Part Framework

Part 1: "I Was Blind" (60-90 seconds)

Your Life Before the Change

Focus on:

- One primary struggle that defined your life
- The impact on you and others around you
- Your failed attempts to fix or cope
- The emptiness you experienced

Guidelines:

- Be specific but not graphic
- Focus on ONE main issue
- Keep it relatable
- Avoid distracting details

Example starters: "I was consumed by..." "My life was defined by..." "I felt trapped by..."

Part 2: "I Met Jesus" (60-90 seconds)

The Moment of Encounter and Change

Describe:

- When and how you encountered Jesus
- What drew you to consider change
- The specific moment of decision
- What happened immediately after

Guidelines:

- Be concrete about when/where
- Avoid Christian jargon
- Focus on personal encounter, not theology
- Make it a real, specific event
- **Example starters:** "Then I met someone who..." "I heard about Jesus and realized..."
"For the first time, I understood..."

Part 3: "Now I See" (30-60 seconds)

Your Life After the Change

Share:

- Specific changes in life, attitudes, relationships
- How you're different from before
- Ongoing impact of this change
- Hope for others in similar situations

Guidelines:

- Be honest about ongoing struggles while emphasizing real change
- Connect back to Part 1's original problem
- End with hope and invitation

Example starters: "Now instead of..." "The difference is..." "Today I can..."

Condensing Your Longer Story

Step 1: Identify Your Central Theme

- The ONE primary struggle for your "before"
- Your most significant turning point
- Clearest evidence of transformation

Step 2: Eliminate Supporting Details

Remove:

- Multiple side stories
- Extended background info
- Theological explanations
- Lengthy process descriptions

Step 3: Sharpen Your Focus

Ask yourself:

- Part 1: "What made me most desperate for change?"
- Part 2: "When exactly did I encounter Jesus?"
- Part 3: "What's the clearest proof I'm different?"

Practice Guidelines

Timing

- **Total time:** 2.5-3.5 minutes maximum
- Practice with a timer until natural
- Leave time for questions afterward

Delivery Tips

- Speak conversationally, like talking to a friend
- Use normal language, not religious terminology
- Be genuine and vulnerable without being overly emotional
- Maintain eye contact and natural body language

Common Pitfalls to Avoid

The "Preaching" Trap

- Don't explain what others should do
- Focus on what happened to YOU
- Let your story speak for itself

The "Perfect Life" Trap

- Don't present yourself as struggle-free
- Show progress, not perfection
- Be honest about ongoing growth

The "Technical" Trap

- Avoid theological terms needing explanation
- Don't get sidetracked by doctrine
- Keep it personal and relational

The "Rambling" Trap

- Stick to your three-part structure
- Resist adding "just one more thing"
- End strong with hope and transformation

Testing Your Story

Practice with different audiences and refine based on:

- **Clarity:** Did they understand your main points?
- **Connection:** Could they relate to your struggle?
- **Impact:** Did it leave them wanting more?
- **Invitation:** Did it give them hope?

Remember: Make It Your Own

Your story is unique—don't force it into someone else's experience. The goal isn't to copy the blind man's exact words, but to capture the same powerful simplicity: **a clear before, a definite encounter, and obvious transformation.**