

# How to Write Your Testimony Worksheet

*It is a proof of your faith. Many people will praise God because you obey the Good News of Christ – the gospel you say you believe – and because you freely share with them and with all others.*

**2 CORINTHIANS 9:13 NCV**

**Why should I write my testimony?**

**How should I write my testimony?**

**Why should I encourage others to write their testimony?**

## **PRINCIPLE 8**

Yield myself to God to be used to bring this Good News to others, both by my example and my words.

## **STEP 12**

Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

---

There should be no excuses for not doing my testimony.

*“Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One of Israel, your Savior.”*

**ISAIAH 43:1B-3A NIV**

The Bible says:

*Those who believe in the Son of God have the testimony of God in them.*

**1 JOHN 5:10A GWT**

*Your lives are echoing the Master's Word. .... The news of your faith in God is out. We don't even have to say anything anymore – you're the message!*

**1 THESSALONIANS 1:8B MSG**

**FIRST SECTION: "THE OLD ME"**

1. Start out with, "I'm a believer who's in recovery and struggles with \_\_\_\_\_."

2. What was the insanity of my life before recovery?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What are some of the circumstances that others can relate to?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What was my relationship to God like?

---

---

---

---

5. What was my attitude to others like?

---

---

---

---

6. What was my lowest point?

---

---

---

---

**SECOND SECTION: MY EXPERIENCES AND CHANGES IN WORKING THROUGH CELEBRATE RECOVERY**

7. How I got into recovery:

---

---

---

---

8. How has my growing relationship with Jesus Christ influenced my recovery?

---

---

---

---

9. How did working the program help me?

---

---

---

---

10. Did one particular Step touch my heart in a special way?

---

---

---

---

**THIRD SECTION: "THE NEW ME"**

11. What changes has God made in my relationships with others?

---

---

---

---

12. What areas of my old life are gone, and how have they changed?

---

---

---

---

13. How has my walk with God changed?

---

---

---

---

14. What are some of the great benefits that I have received from working the program?

---

---

---

---

**FOURTH SECTION: OUTREACH**

15. What encouragement can I give a Newcomer?

---

---

---

---

16. Am I sharing the Good News with the world? Where? With whom?

---

---

---

---

## Basic Testimony Guidelines for Celebrate Recovery Large Group Meeting

1. Always begin your writing time with prayer, asking God for guidance and help with the words.
2. Your testimony needs to be about 12-17 minutes long; 9-12 pages, double-spaced; 12-point font; and typed. Another way to look at it that it needs to be around 3,200-3,400 words – and 1,000 words takes about five minutes to read, on average.
3. Be sure to include one or two of your favorite Scriptures.
4. Be honest.
5. Remember that you are not cured.
6. Don't use religious clichés.
7. Keep it short and to the point.
8. And most of all, have fun!

**Biblical Support:** Verses can be found by looking for topics in the back of The Life Recovery Bible.

Do I have a “life verse”? Do I have a favorite verse? What topic/theme would I like to find a verse about?

---

---

Would you like to dig deeper? Go back to your CR Participant's Guides.

Your testimony writing has been started with your 4th Step.

### **FIRST SECTION: "THE OLD ME"**

- As a child, what coping skill did you use to get attention or to protect yourself?
- What was the family secret that everyone was trying to protect?
- How did you handle pain and disappointment?
- In what ways have you tried to escape your past pain? Be specific.
- How has holding on to your anger and your resentments affected you?
- How have your past expectations of others been unrealistic?

### **SECOND SECTION: MY EXPERIENCES AND CHANGES IN WORKING THROUGH CELEBRATE RECOVERY**

- Describe your experience of turning your life over to Christ.
- It is very important that you allow God to replace your character defects with positive changes. What are some of the positive changes that you have made in your recovery? In your family? In your job?
- Sometimes it is difficult for us in recovery to see the positive changes that God is making in our lives. Have you been able to accept and enjoy your growth? How?
- Have you forgiven yourself?
- How has Jesus Christ used your weaknesses and turned them into strengths?
- In what ways have you experienced God's grace in your recovery?

### **THIRD SECTION: "THE NEW ME"**

- What specific relationships have been restored or improved?
- How has your relationship with Jesus grown since you began your journey of recovery?
- Specifically, what do you do when you are: Hurting? Exhausted? Angry? Resentful? Tense?

- I think we all agree that recovery is a joy, but it also requires hard work. What do you do to celebrate your recovery – even the small victories?
- In what three areas of your recovery are you especially thankful for God’s power?
- Name three people God has placed in your recovery that you are grateful for, and why.
- What three areas of your recovery ministry, small groups, or other events are you thankful for?
- What are some of your recent victories that you could share with a Newcomer?
- What are some ways you can pick up the “Lord’s towel” today and start serving others?
- Describe what the phrase “You can’t keep it unless you give it away” means in your recovery.

#### **FOURTH SECTION: OUTREACH (NO WORKBOOK QUESTIONS CORRELATE HERE, BUT YOU SEE WHERE WE’RE GOING)**

- What encouragement can I give a Newcomer?
- Am I sharing the Good News with the world? Where? With whom?

#### **Where Might God Call Me to Give My Testimony?**

- Newcomers 101 as testing/proving ground for the blessings received when sharing your story
- Other churches
- New Celebrate Recovery programs
- Special events at other Celebrate Recovery programs
- Jails and prisons
- Recovery houses and treatment facilities
- Community events

- Trainings and workshops
- Weekend church services
- Mission trips (local and international)

*Your lives are echoing the Master's Word. ... The news of your faith in God is out. We don't even have to say anything anymore – you're the message!*

**1 THESSALONIANS 1:8B (MSG)**

## **Goals and Challenges to Complete**

I will have my testimony completed by: \_\_\_\_\_

This is the person who will keep me accountable: \_\_\_\_\_