

Testimony Checklist for Ministry Leaders

The Old Me: 3 - 4 pages / 12 font / double spaced

_____ Starts with introduction

_____ Only list one or two struggles. Too many struggles confuse the newcomer. Keep it simple!

_____ This part of the testimony covers these types of questions:

- What was the insanity of your life before recovery?
- What are some of the circumstances that others can relate to?
- What was your family life like, how was your relationship with your parents, when did you first act out – drink, experiment with drugs, view pornography, struggle with body image? Did you live in a small town, in the city, move around a lot? Were you popular in school, or did you have few friends?
- What was your relationship with God like?
- Was there a relationship? Did you go to church?
- What was your attitude toward others like?
- Were you a people pleaser? A rebel? The good kid? The black sheep? How did you treat your friends and family? How did you feel about them?
- 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?
- Describe your lowest point when all you could do was look up. What was the situation?

_____ Check to make sure there are no potential “triggers” or graphic descriptions.

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My Experiences and Changes in Working Through CR: 3 pages

_____ This part of the testimony covers these types of questions:

- How did you get into recovery?
- Did someone tell you about a meeting? Did someone take you to your first meeting? Did you go to a secular meeting or to Celebrate Recovery? Did you come alone and sit in the parking lot crying before you went in? Or did you make a wrong turn and just end up in the church parking lot?
- How has growing your relationship growing in Christ influenced your recovery?
- What differences do you see in your recovery since depending on Christ?
- Did you try secular recovery before and it just didn't work? What was the difference?
- How did working the program help you? What was it that made an impact? What made it real for you? How did Celebrate Recovery help?
- 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?
- Tell us about your experience in Step Study. What is a favorite memory from Step Study that you want to share with us?
- Did one particular Step touch your heart in a special way?

The New Me: 3 pages

_____ This part of the testimony covers these types of questions:

- What changes has God made in my relationship with others? Are there relationships that have been restored? Which ones? How?
- What areas of my old life are gone, and how have they changed?
- Be sure to give examples so others can relate.
- How has my walk with God changed?
- 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.

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- 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 of the great benefits that I have received from working the program?

Outreach: 2 - 3 pages

_____ This part of the testimony covers these types of questions:

- What encouragement can you give a Newcomer?
- What about your story may be encouraging to someone like “The Old Me”?
- Are you sharing the Good News with others? Where? With whom?
- Are you in a Step Study, leading an Open Share?
- What is a favorite scripture of yours and how does it relate to your recovery?

Final Review of testimony:

_____ The testimony is 10 – 12 pages long.

_____ They included scripture.

_____ There is transparency.

_____ No religious clichés.

_____ Different areas of the testimony do not “repeat” over and over.

_____ Timeline of the testimony is easy to follow. It flows well.

_____ **Testimony is ready to be scheduled for Large Group.**

_____ **Testimony needs to be revised and returned to the ML for further review.**

Additional notes: