

ABIDING PRACTICE: DECLARE

3-Minute Story of Hope



SHARING A 3-MINUTE STORY OF HOPE

THE GOAL

Share how Jesus has changed your life in a clear, personal, and concise way.

- Aim for 2–3 minutes max

THE SIMPLE FRAMEWORK

1. Meditate on Ephesians 2:1-10
2. Before Christ
 - a. What was your life like?
 - b. What did you trust in (success, control, approval, comfort)?
 - c. How did you try to escape your brokenness (career, relationships, numbing)?
 - d. Where did you feel broken or empty?

Keep it honest, not dramatic

3. “But God” Moment
 - a. How did you come to know Jesus?
 - b. What did you understand about Him?
 - c. What changed in that moment?

Be clear: Jesus saved you

4. After Christ
 - a. What is different now?
 - b. How has Jesus changed your desires, identity, or direction?
 - c. Where are you still growing?

Be real, not perfect

KEY TIPS

- Keep the focus on Jesus, not yourself
- Avoid overly churchy language
- Be specific, not vague
- Don't overshare—leave room for questions
- Practice it out loud beforehand

EXAMPLE TRANSITION LINE

“That’s a little bit of my story—how Jesus has changed my life.” The group thanks them for sharing, and the facilitator turns the attention to the story of hope from Jesus.

REMEMBER

- Your story is powerful because it's real
- You don't need to impress anyone
- God uses ordinary stories to do extraordinary work

BEFORE CHRIST

BUT GOD

AFTER CHRIST
