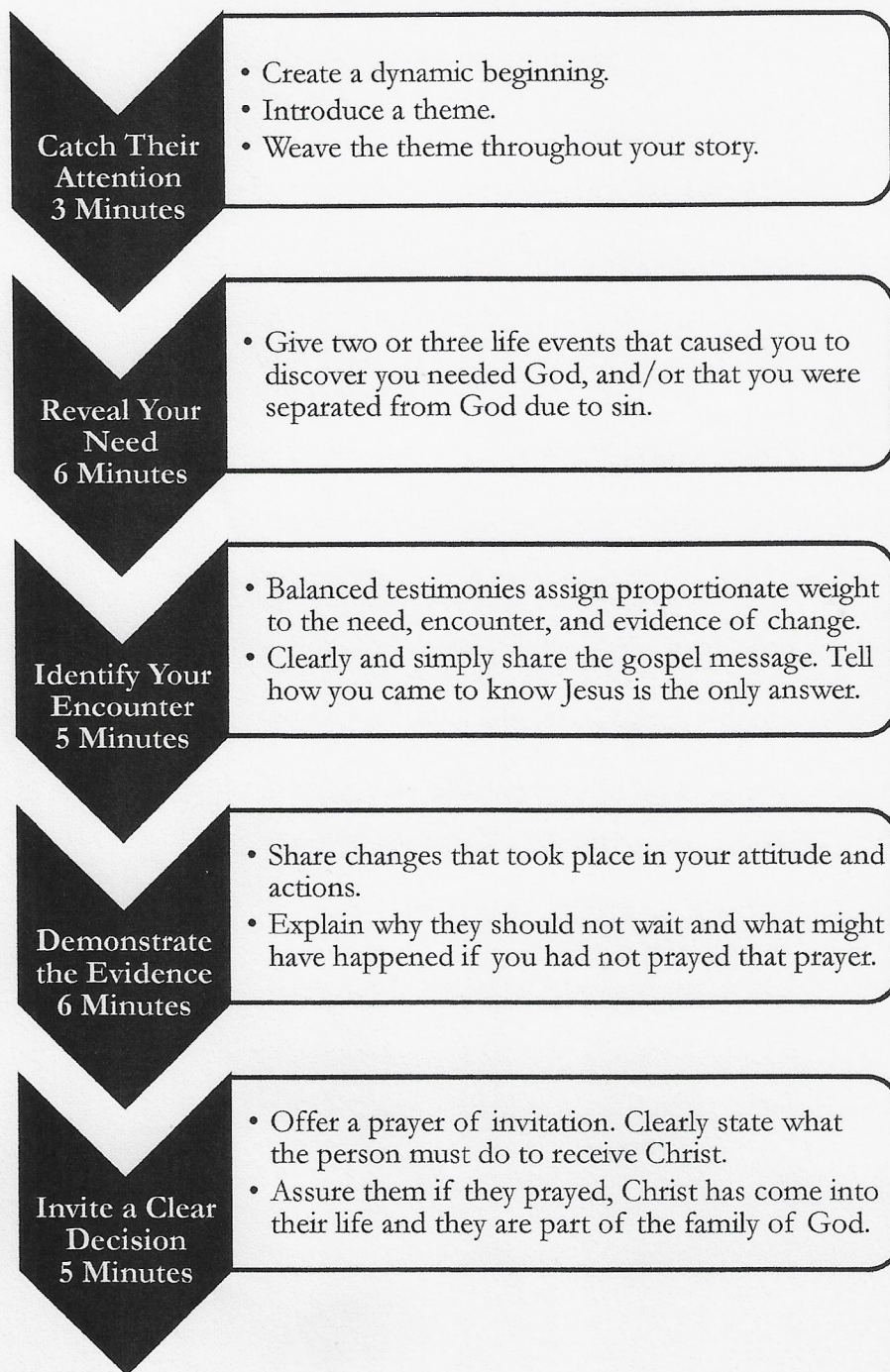


The Balanced Testimony

In different situations, your total speaking time will vary. Properly balancing our testimony includes the following key elements:

Think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. — Romans 12:3



A balanced testimony assigns a proportionate weight to the need, encounter, and evidence of change.

My Spiritual Timeline



Name three situations when you recognized you needed help beyond yourself.

1.

2.

3.

Identify the significant event that caused you to turn to Christ.

Give three illustrations that show the difference Christ has made in your life.

1.

2.

3.

My Spiritual Timeline: Life Issues ➔ Attitudes and Emotions

In the three situations you listed, with what Life Issues did you struggle?

Abortion	Addictions	Codependence	Financial Problems	Mental/Emotional Disorders
Abuse	Alcohol	Death	Gambling	Miscarriage
Physical	Drugs/Prescriptions	Depression	Health/Medical Issues	Parenting Issues
Emotional	Food	Disability	In-law Trouble	Relationship Issues
Sexual	Pornography/Sex	Divorce/Separation	Infertility	Remarriage
Verbal	Caregiver Stress	Domestic Violence	Job Loss	Suicide
	Childhood Issues	Eating Disorders	Marital Problems	Trust Issues

Other _____

How did these Life Issues affect your attitudes and/or emotions?

Abandoned	Devastated	Hateful	Proud/Arrogant	Shameful
Angry	Discontent	Hopeless	Purposeless	Stressed
Betrayed	Disappointed	Humiliated	Rebellious	Tormented
Bitter	Disgusted	Ignored	Rejected	Total Failure
Controlling	Empty	Insecure	Resentful	Unforgiving
Defeated	Faithless	Jealous	Sad	Untrusting
Degraded	Fearful	Lonely	Self-Centered	Worried
Desperate	Guilty	Perfectionistic	Self-Sufficient	Worthless

Other _____

How has Christ changed your attitudes and emotions?

Adopted	Restored	Loving	Humble/Gentle	Righteous
Calm	Content	Hopeful	Purposeful	Lighthearted
Defended	Satisfied	Unashamed	Respectful	Peaceful
Merciful	Accepting	Acknowledged	Accepted	Forgiven
Submissive	Filled	Secure	Caring	Forgiving
Victorious	Unwavering Faith	Giving	Joyful	Trusting
Pure	Confident	Connected	Selfless	Relaxed
Optimistic	Blameless	Complete	God-Dependent	Valuable

Other _____

Check Your Readiness

