

My 3-Minute Story

Your story of what Jesus has done in your life is one of the most powerful things you can share. It isn't an argument. It's a witness. Aim for about three minutes.

Tips

- Keep the focus on Jesus, not on how good or bad you were.
- Use ordinary words. Skip church language like “saved,” “convicted,” or “washed in the blood” unless you explain it.
- Be honest about struggles that continue. You're not selling a perfect life.
- If you came to faith as a child, tell about a season when Jesus became real to you, or what your life would be like without Him.

Before

What was my life like, or what was I looking for?

Jesus

How did I come to trust Jesus? Who or what did God use?

Since

What's different now? How is He still changing me?

My hope in two sentences (1 Peter 3:15)

If someone asked, “Why do you follow Jesus?” I would say:

Sources & Acknowledgment

The original pathway

This booklet adapts and substantially rewrites material from *Discipleship Pathway* (2024) by Rev. Megan Koch and Rev. Phil Wiseman of Table Church in Des Moines, Iowa, used with the authors' blessing. The original identifies its license as Creative Commons Attribution 4.0 International (CC BY 4.0).

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The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's *Be the LIGHT Abide Guide* (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

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