



## Jesus Changed My Life

### My 10 Second Testimony

As followers of Jesus He has changed all of our lives. This exercise gives us a simple tool to remind us how Jesus has changed our life and empowers us to share that with others. On this page, one will find a list of words that describes our sinful state, our identity, and/or how we saw ourselves before we came to Jesus. Ask God the question, “What was I like without you?” Then go through the list and circle the ones that most described you or you identified with. There are a few blank lines at the bottom for words that you might think of that aren’t on this list. Then go back through the list a second time and choose three that summarize your life before Christ. When you are done go to the next page.

- |                     |                  |                      |                   |
|---------------------|------------------|----------------------|-------------------|
| dead                | anxious          | trash                | foolish           |
| fearful             | selfish          | stubborn             | dumb              |
| proud               | greedy           | addicted to          | gossip            |
| abusive             | victim mentality | _____                | worthless         |
| lustful             | sexually immoral | rejected             | hopeless          |
| seeking affirmation | self-righteous   | relied on good works | vulgar            |
| negative            | critical         | self-made            | divisive          |
| lying               | murderer         | adulterer            | apathetic         |
| rebellious          | timid            | worshipped           | never good enough |
| perverse            | foul mouthed     | _____                | bulimic           |
| rude                | anorexic         | self-destructive     | regret            |
| self-reliant        | mistake          | disrespectful        | abused            |
| cutting             | suicidal         | depressed            | tough             |
| demonized           | racist           | had an abortion      | hateful           |
| shy                 | self-sufficient  | suspicious           | jealous           |
| mean                | harsh            | controlling          | restless          |
| manipulative        | bitter           | vengeful             | angry             |
| held grudges        | people pleaser   | worried              | _____             |
| impatient           | envious          | ungrateful           | _____             |
| threatening         | deceptive        | stole _____          | _____             |
| idiot               | self-absorbed    | aloof                | _____             |
| withdrawn           | perfectionist    | stupid               | _____             |

On this page you will find a list of words that describe who we become once we give our lives to Jesus. Ask God the question, "Who am I now that You have changed my life?" Then go through the list and circle the ones that now describe you or you most identify with. There are a few blank lines for you to write in any words that you did not find on this list. Then go back through the list a second time and choose the three that now summarize who you are in Christ now that He has set you free!

alive	truthful	free to _____	full of purpose
peaceful	life giving	pursue unity	hopeful
irreplaceable	faithful to spouse	celebrate with others	affirming
passionate	submitted	excited for others	sensitive
generous	valuable	trusting	image bearer
persistent	wise	trustworthy	at rest
humble	worshipper of God	gracious	bold
others focused	holy	let go	grateful
free from _____	pure speech	champion others	believing
good	testify of God's works	listener	enjoy life
caring	restored	engaged	honest
responsible	child of God	forgiving	committed
pure	thoughtful	believe the best	confident
renewed mind	gentle	God pleaser	loving
clean	content	dearly loved	_____
seeker of God	healing	patient	_____
righteous in Him	whole	warrior	_____
rely on mercy & grace	joyful	thankful	_____
positive	rejoicing	spirit filled	_____

***Now fill in your 10 second testimony and share it!***

Jesus changed my life.

Without Jesus I was

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

But when I put Jesus first in my life He made me / gave me

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.