Thanks for being willing to share some of your testimony in worship!

**General info:**

Plan on your testimony lasting 4-5 minutes, (the time goes quickly!).

We're trying to help folks get connected to each other and **would like to include your email address on the screen** so that folks who identity with your testimony can be in touch directly. If you would prefer us NOT to do that, let us know.

**NOT A LOT OF "DOs and DON'Ts"** forCentral City testimonies, but some people ask for guidance/suggestions for preparing:

1. Your testimony is \*your\* testimony. Don't feel like it has to be like others you've heard. If yours is funny and full of levity, that's great! If it's more introspective, that's great, too. A short reflection, a story, a poem that you've written or some other media: share authentically how God's love is changing you or what God is doing in your life and you'll be just fine. :). It’s also OK to share questions/uncertainties you may be having with your faith.

2. Don’t try and cram too much in; pick a point or two and let that be it. 4-5 minutes.

3. Don't diss directly on other churches or denominations. We understand that we all come from some place and sometimes this includes a painful church experience. It's totally fine to be honest about experiencing pain or anger from a previous church experience and to reflect on that, but we ask that you not single out particular churches; for example, please don't say things like "the Baptist church is horrible and exclusionary" or "Roman Catholics don't understand." We want to avoid demonizing other traditions.

4. We’re hoping these testimonies will share “new life” experiences – i.e. a new perspective, a change of heart, a new belief or practice, a new community, etc.

5. Be yourself, and be sure to introduce yourself by name at the beginning. I would also practice a few times. :)