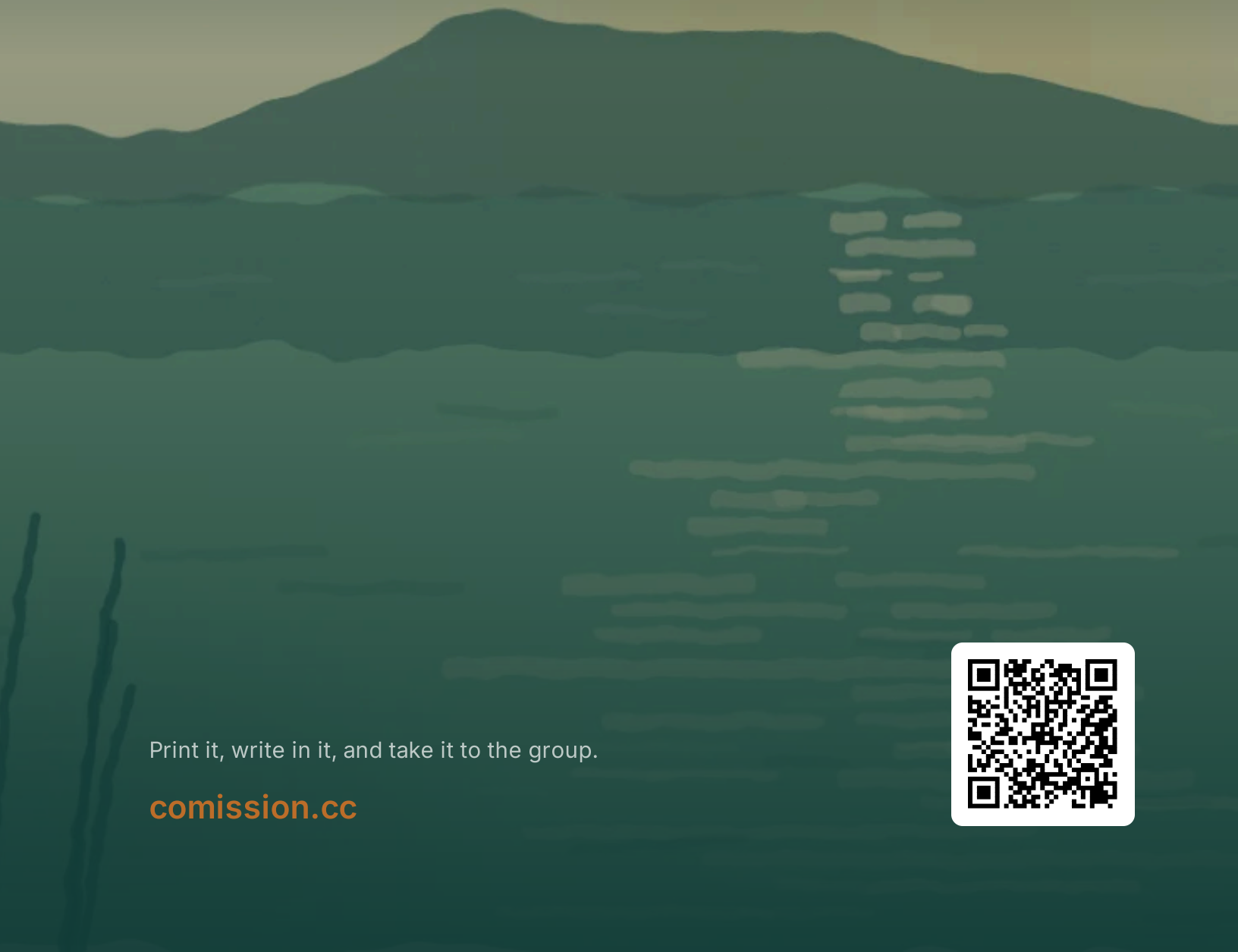
CoMission

WORKBOOK

Better Water

A testimony you can actually remember, and say to anyone.



Print it, write in it, and take it to the group.

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"I'm not qualified"

REMEMBER

I am the world's leading expert on what Jesus has done for me.

THE THREE ANSWERS, AND THE ONE REPLY

A Samaritan woman with no schooling, no standing and no warning brought her whole town to Jesus in an afternoon. If God used her, the bar is not where you think it is.

1. I'm not a pastor	Witness is not a sermon. It is your story plus a sincere invitation — there is no office required for either half.
2. I don't know enough	You know one thing completely. Nobody alive knows what Jesus has done for you better than you do.
3. I wouldn't know what to say	Four beats, learned in chapter 4, and you will never again be starting from nothing.

Ask a room of ordinary Christians why they do not talk about Jesus and you get the same three answers every time. I'm not a pastor. I don't know enough. I wouldn't know what to say.

They are not excuses. People believe them, because nobody has told them otherwise.

Watch this chapter

NOTES

The bar is on the floor

Witness, for an ordinary Christian, is not a sermon. It is your own story plus a sincere invitation. That is the entire skill. If you can say what Jesus has done for you and invite somebody to come and see, you have done the thing.

And notice who that makes qualified. You are the world's leading expert on what Jesus has done for you. The one subject you were most afraid of turns out to be the only one where nobody can correct you.

Somebody worse-placed than you already did it

A Samaritan woman at a well at noon — the hour you fetch water if you are avoiding people. Foreign, female, disgraced. No schooling, no standing, no warning. By evening her whole town had walked out to meet Jesus because of what she said.

Reflect and Discuss

1. **Which of the three is actually yours? Write it in your own words, before you argue with it.**

2. **"The real reason I have stayed quiet is ____." Be honest rather than tidy.**

3. **Write one thing Jesus has done for you that nobody could correct you about.**

NOTES

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Power to be a witness

Acts 1:4-8

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What are they told to wait for, and what will it bring (v. 8)?
   How far does Jesus say the witness will reach?

2. **What does it show me about people — and about myself?**

   Where is your 'Jerusalem,' the first place you are sent?

3. **What will I obey this week? (a concrete step, with a day)**

4. **Who will I tell?**

   Who in your daily life could be your first witness this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Holy Spirit, fill me with your power, and make me a witness even in my first weeks of faith.*

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A woman at a well

REMEMBER

Story and invitation. Nothing else is required.

READ IT TWICE, SLOWLY, AND COUNT THE PARTS

John 4:28-30, 39, 42

The woman left her water jar and went back to the town, telling the people, "Come, see a man who has told me everything I have ever done. Could this be the Messiah?" They left the town and made their way towards Him. ... Many of the Samaritans from that town came to believe in Him because of the woman's testimony, "He told me everything I ever did." ... They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man truly is the Saviour of the world."

The Open Translation Bible (OTB), openbible.uk, CC BY-SA 4.0.

Two sentences, two ingredients. Something that happened to her — he told me everything I have ever done. And an invitation to come and look — come, see a man. She raises the question and hands it to them to answer for themselves.

It is the hottest part of the day and a woman is walking to the well alone. Nobody draws water at noon if they can help it. Going at noon means you have arranged your life around not meeting people.

Watch this chapter

NOTES

Count the parts

Her entire witness is two sentences, and it has two ingredients.

Something that happened to her. *He told me everything I have ever done.* Not doctrine, not an argument — the one thing she could speak on with authority.

An invitation to come and look. *Come, see a man.* She does not settle the question. She raises it and hands it to them.

Where she sent them

To a person. Not to the synagogue, not to a meeting, not to somebody qualified to explain it. She pointed at Jesus and got out of the way.

And then she stopped being necessary

By verse 42 the town has its own reason, straight from Jesus, and her story has done its whole job and retired. That is what you are building: not an argument that wins, but a story that opens a door and then steps out of the doorway.

Reflect and Discuss

1. **Write out exactly what she said. Her words, not a summary of them.**

2. **Where did she send them — and where did she not send them?**

3. **What had happened to the town by verse 42? What does that mean her testimony was for?**

NOTES

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“Come and see”

John 4:28-30,39-42

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What did the woman do the moment she believed?
   Why did the townspeople finally believe (v. 42)?

2. **What does it show me about people — and about myself?**

   What is your version of her invitation, 'come and see'?

3. **What will I obey this week? (a concrete step, with a day)**

4. **Who will I tell?**

   Who could you say 'come and see' to this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Jesus, like the woman at the well, give me the courage to say 'come and see' to someone this week.*

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Story and invitation, not a sermon

REMEMBER

I found better water. Come, let me show you where.

ONE FACT, AND NO THEOLOGY TO DEFEND IT

> **John 9:25**
>
> He replied, “Whether He is a sinner or not, I do not know. One thing I do know: I was blind, but now I see.”
>
> The Open Translation Bible (OTB), openbible.uk, CC BY-SA 4.0.

A man born blind is interrogated by people far better educated than he is. He has no argument and does not pretend to. He has one fact, it happened to him, and it is unanswerable. A sceptic can dispute a doctrine you half-learned. He cannot dispute your experience.

Here is the whole method in a line you can carry around:

I found better water. Come, let me show you where.

Watch this chapter

NOTES

Two better waters

For somebody who does not yet know him, **he is better water** than whatever they have been drinking from. Every well runs out eventually.

For somebody who already believes, the better water is **water that moves** — a spring welling up, rivers flowing out. Water that is only ever stored goes stale. So: how long has it been since your water ran toward anybody?

Testimony cannot be argued with

I was blind, but now I see. No theology, one fact, unanswerable. That is why the untrained believer should be telling stories rather than arguing.

The two ditches

Substituting an invitation for the telling — *come to my church and they’ll explain* — feels humble and is actually a handover.

Growing a sermon out of your story — carrying on into what they should therefore conclude — turns something unanswerable into an argument they can dispute.

Say what happened. Offer to show them. Stop.

Reflect and Discuss

1. **Write the formula in your own handwriting: "I found better water. Come, let me show you where."**

2. **Which ditch is yours — sending people to a building, or growing a persuasive tail on your story?**

3. **"The last time my water ran toward somebody was ____." If the answer is "I can't remember", write that.**

NOTES

— DISCOVERY BIBLE STUDY

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“Go tell what the Lord has done”

Mark 5:18-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What does Jesus tell the healed man to do instead of coming with him?
   What is he to tell, and where?

2. **What does it show me about people — and about myself?**

   What has the Lord done for you that you could tell?

3. **What will I obey this week? (a concrete step, with a day)**

4. **Who will I tell?**

   Who are 'your own people' you could go home and tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Father, help me go home and tell my own people how much you have done for me.*

This study online

The four beats

REMEMBER

Before. Jesus. Now. The invitation.

THE SHAPE OF A TESTIMONY THAT STAYS SHORT

A worked example, with the beats marked: (Before) For years I ran on the belief that if I stopped performing, people would find out I was not worth much. (Jesus) A friend read Luke with me for a few months and somewhere in there Jesus stopped being a subject and started being somebody who knew me. (Now) I am not performing any more; my wife would tell you I am a different man to live with. (Invitation) If you ever want to look at one of those stories yourself, I would read it with you.

1. Before	What your life or your heart was like before. Honest, not dramatised. Ask what was missing, heavy or hollow — not how bad you were.
2. Jesus	How you met him, or the moment it stopped being secondhand. A season is a fine answer. He has to appear as himself, not as a word standing in for church.
3. Now	What is different because of him. Concrete, and true today. "I'm just happier" is a mood, not a testimony.
4. The invitation	"Come, let me show you where." The beat people drop, and the one that turns a story into a door.

Your testimony has four beats. Learn them in order and you will never again know you should say something and not know where to start.

Before. What your life or heart was like before. Honest, not dramatised. Ask not *how bad was I* but *what was missing, or heavy, or hollow?*

Jesus. How you met him, or when it stopped being secondhand. A season is a fine answer. But if you can take Jesus out and the story still makes sense, you have written a story about self-improvement. Put him back in.

Now. Concrete, and true today. Not “I’m just happier” — what would someone who has known you for years actually be able to see?

Watch this chapter

NOTES

The invitation. *Come, let me show you where.* This is the beat people drop, and without it you have told a nice story and left your listener nowhere to go.

Notice what the invitation is not. Not a request that they come to a service, and not a question demanding a decision. You are not closing anything. You are opening something.

Reflect and Discuss

1. **Before — words and fragments, not sentences. What was missing, heavy or hollow?**

2. **Jesus — the moment, or the season. How did he stop being secondhand?**

3. **Now — what would someone who has known you for years actually be able to see?**

4. **Invitation — in your own words. Not "come to church": an offer to look at Jesus together.**

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You are a new creation

2 Corinthians 5:17-21

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What has God done with our sins through Christ (v. 21)?
   What name does God give you in verse 20?

2. **What does it show me about people — and about myself?**

   What is the 'old' that has passed and the 'new' that has come for you?

3. **What will I obey this week? (a concrete step, with a day)**

   As an ambassador, whose reconciliation could you carry this week?

4. **Who will I tell?**

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Lord, thank you for making me new. Where I still feel like my old self, help me trust that you have already changed me.*

This study online

Write yours

> REMEMBER
> Write it as you would say it. Under a minute. No church words.

THREE RULES, AND THE SPACE TO DO IT

If you are working this with other people, protect the silence. Aguante el silencio. The discomfort of a room where nobody is speaking is the pressure that gets something honest onto the page, and whoever breaks it to be helpful is not being helpful.

1. As you would say it	Read each sentence out loud as you write. If it is not something you would say to a friend in a kitchen, cross it out.
2. No church words	Blessed, saved, walk with the Lord, gave my heart, born again. Not wrong — just noise to somebody outside, or a signal you have switched into a script.
3. Under a minute	Roughly 130 words. Shorter than you want it to be, and the shortness is what makes it usable in a doorway.

This is the chapter where the class either works or does not. Everything so far has been preparation for twenty minutes of writing, and no amount of agreeing with the earlier chapters will substitute for it.

Paper, pen, four headings, quiet.

Watch this chapter

NOTES

When a beat comes up empty

Blank before, because it was not dramatic. Then your story is faithfulness, not rescue. *Before, my faith was secondhand; now I have tasted it myself* is a complete testimony — and the most reproducible kind, because most listeners are not in the gutter either.

Blank Jesus, because there was no moment. Write the season instead.

Blank now, and nothing comes. Sit with it rather than filling it in. It may be invisible to you and obvious to everyone else — ask somebody. Or it may be something to take to God before you take it to a neighbour.

Blank invitation. That is not memory; you have never invited anybody, so there is no phrasing in your mouth yet. Borrow one: *If you ever want to read one of those stories yourself, I'd do it with you.*

Reflect and Discuss

1. **Your testimony, four beats, in one sitting. Do not stop to improve it.**

2. Now cut it by a third. What went is almost always explanation.

3. "My testimony fits in ____ words." If it is over 150, cut again.

NOTES

— DISCOVERY BIBLE STUDY

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You can know you have eternal life

1 John 5:11-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   Where is this life found, and who has it (vv. 11-12)?

   What does John want you to know (v. 13)?

2. **What does it show me about people — and about myself?**

   What is the difference between having the Son and not having him?

3. **What will I obey this week? (a concrete step, with a day)**

   God hears us — what will you ask him for this week (vv. 14-15)?

4. **Who will I tell?**

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *God, thank you that I can know I have life in your Son. Steady my heart whenever I start to doubt.*

This study online

Make it stick

REMEMBER

Four beats, not a script. Four pictures, not four paragraphs.

WHY WORD-FOR-WORD FAILS, AND WHAT TO DO INSTEAD

Two things should not drift and everything else can: the invitation, worn smooth into one sentence you always use; and the truth. A story told many times tends to improve, and the improvements go in the direction of a better story.

1. Not a script	A memorised testimony sounds recited and breaks catastrophically — forget one line and the whole thing stops, because you were retrieving a text.
2. Four words	Before, Jesus, now, the invitation. That is all your memory has to hold under pressure, and each one pulls its own paragraph up with it.
3. One picture per beat	Not "I was anxious" but the drive to work where you rehearsed conversations that never happened. You can recall an image when you cannot recall a sentence.
4. Cold, not warm	Once today, once in three days, once next week — each time without reading it first. Five times tonight teaches you to say it at your desk.

A written testimony in a drawer is not much use. The moments when somebody needs to hear it do not come with notice.

Do not memorise it word for word

A word-perfect testimony fails twice over. It sounds recited, and people hear it. And it breaks catastrophically — forget one line and the whole thing stops.

Memorise the four beats instead. Four words is all your memory has to hold under pressure, and each one pulls its own paragraph up with it. The words come out slightly different every time, which is exactly right: that is what it sounds like when somebody is telling you something true.

Watch this chapter

NOTES

Anchor each beat to one image

Abstractions evaporate; pictures do not. Not “I was anxious” but *the drive to work where I rehearsed conversations that never happened.* Say the image out loud and the sentence arrives on its own.

Practise cold, not warm

Once today, once in three days, once next week — each time without reading it first. The point is not polish. It is that the path from *somebody just asked me* to *first sentence out of my mouth* gets shorter every time you walk it.

Reflect and Discuss

1. **Your three images — one for before, one for Jesus, one for now. Concrete enough to see.**

2. **Your one invitation sentence, final. This is the line that stops drifting.**

3. **Three cold runs, with dates. From memory, not from the page.**

NOTES

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Hear it and do it

Matthew 7:24-27

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What is the one difference between the wise and foolish builder?

   What does Jesus call the rock?

2. **What does it show me about people — and about myself?**

   Where are you hearing Jesus' words but not yet doing them?

3. **What will I obey this week? (a concrete step, with a day)**

   What word of Jesus will you put into practice this week?

4. **Who will I tell?**

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Lord, help me not just hear your Word but do it. Build my life on the rock.*

This study online

Say it out loud

REMEMBER

I don't know. Let's read the Bible together and find out.

THE THREE OBJECTIONS, ANSWERED

Do the first repetition somewhere safe — one person who already knows you and already believes. Set it up plainly: "I've written something short and I need to hear myself say it once, will you listen?"

1. "Mine isn't dramatic"	It needs to be true, not dramatic. Most of your listeners were not rescued from anything spectacular either — a story about a life like theirs is the one that tells them something is available.
2. "What if they ask something I can't answer?"	You were never the expert on everything, only on one thing. "I don't know — let's read the Bible together and find out" is true, costs nothing, and opens the exact door you wanted.
3. "Isn't this bragging?"	Only if the story ends on you. The events are yours; the one who did something is Jesus. "Come, let me show you where" is what keeps that straight, because it points away from you at the end.

There is a gap between a testimony that exists on paper and one that has been out of your mouth, and it is wider than it looks. Until you have said it aloud once, you do not know what you have.

Do the first rep somewhere safe

Say it to one person who already knows you and already believes. Set it up plainly — *I've written something short and I need to hear myself say it once, will you listen?* — then say the whole thing without stopping.

In a group, work in pairs. Both people speak; nobody is only an audience. And when you listen, do not correct the content of somebody's story. You can say what landed. You cannot improve what happened to them.

Watch this chapter

NOTES

The three objections

“Mine isn’t dramatic.” It needs to be true. And an undramatic testimony reaches further, because most listeners were not rescued from anything spectacular either.

“What if they ask something I can’t answer?” *I don’t know — let’s read the Bible together and find out.* True, free, and it opens the exact door you wanted.

“Isn’t this bragging?” Only if the story ends on you. Check who the hero is when you finish.

Reflect and Discuss

1. **"I will say my testimony out loud to ____ on ____." A name and a day.**

2. **After you say it: what changed between the page and your mouth?**

3. **Which of the three objections is yours? Write the answer to it in your own words.**

NOTES

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Salt and light

Matthew 5:13-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   What are salt and light for?

   Why does Jesus say to let your light shine (v. 16)?

2. **What does it show me about people — and about myself?**

   Where might your light be hidden under a basket?

3. **What will I obey this week? (a concrete step, with a day)**

4. **Who will I tell?**

   Who around you needs to see the works that point to the Father?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Lord, let my new life shine, so that the people around me see you and praise the Father.*

This study online

A name and a date

REMEMBER

I found better water. Come, let me show you where.

GO HOME FIRST

Mark 5:19

Jesus did not let him, but said, “Go home to your own people and tell them what great things the Lord has done for you, and how He has had mercy on you.”

The Open Translation Bible (OTB), openbible.uk, CC BY-SA 4.0.

A man freed from something terrible begs to follow Jesus, and Jesus says no. Go home. Tell the people who already know you. They are the hardest audience because they remember your before — which is exactly what makes your now worth something. Your list is not a mission field somewhere. It is four or five names you could write in the next minute.

You have a testimony and you can say it. This chapter is about where the invitation sends someone, and about making sure the class does not end the way most classes end.

Watch this chapter

NOTES

Point to Jesus, never to a building

Come, see a man. She could have pointed at the mountain her people argued about, or at the teachers, or at anyone more respectable than herself. She pointed at Jesus.

That is the rule under every invitation you will make. Not because church does not matter — because it comes later, as fruit, when they want it.

The grace note: **if somebody asks to come to a service, never forbid it — go with them.** The rule restrains our invitations, not their curiosity.

Gently, and with respect

Ready is the word this class has been about. Not eloquent, not trained — ready, so that when somebody asks, there is something in your mouth. And speak equal to equal, *de igual a igual, nunca de arriba para abajo.* You are one thirsty person telling another where the water is.

A name and a date

Una idea sin nombre y sin fecha no produce nada. Write the name. Write the day.

Reflect and Discuss

1. **Four or five names. People who already know you.**

2. **"I will tell my story to ____ before ____." A real person. A real date.**

3. **Who is the hardest name on your list, and what makes it hard?**

NOTES

— DISCOVERY BIBLE STUDY

CoMission

A household believes

Acts 16:11-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. **What does this passage show me about God?**

   How does each household — Lydia's and the jailer's — come to faith, and what does each do right afterward?

2. **What does it show me about people — and about myself?**

   What changes if you think of planting as reaching whole households, not just individuals?

3. **What will I obey this week? (a concrete step, with a day)**

   Which household will you name this week and begin praying for and asking to gather in?

4. **Who will I tell?**

   Whom will you tell the moment a household opens its door, so the cohort can pray and help?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

> *Lord, in one city you opened Lydia's heart and a jailer's whole house. Open a household in my city where a church can be born.*

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