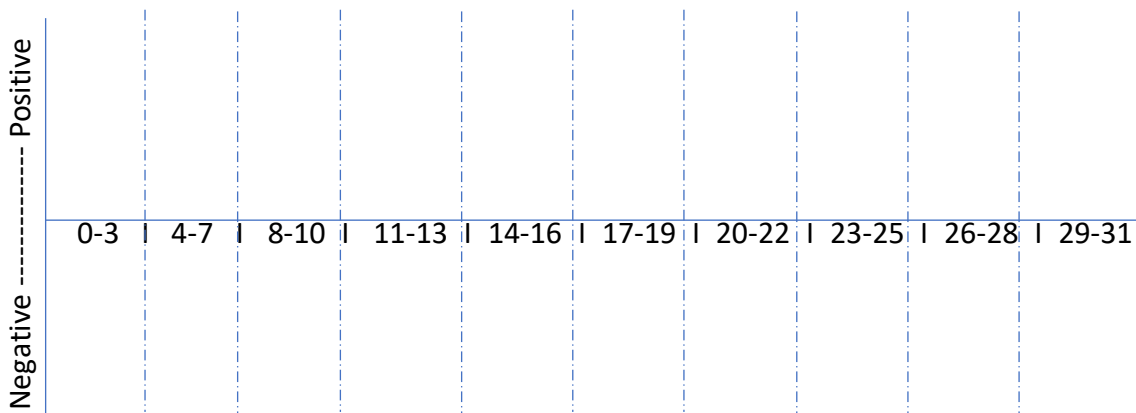


Creating Timeline Testimonies

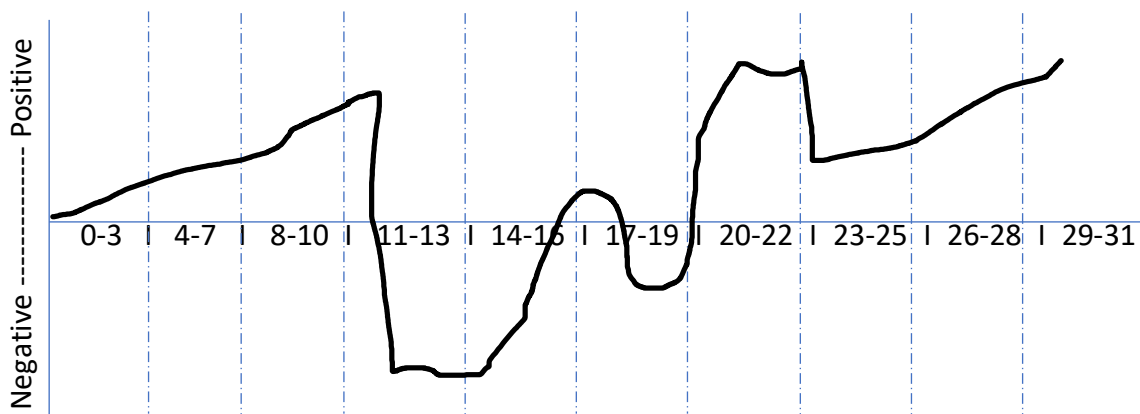
From “Timeline Movement Method,” by Jessy Fagerstrom

Following this method allows you to creatively share your testimony by preparing a timeline of your life. Drawing this visual allows you to see your life in chapters, create separation between events, identify the highs and lows, and see the overall arc of your life story. Using this information, you are able to create a well-constructed and creative representation of your life through art.

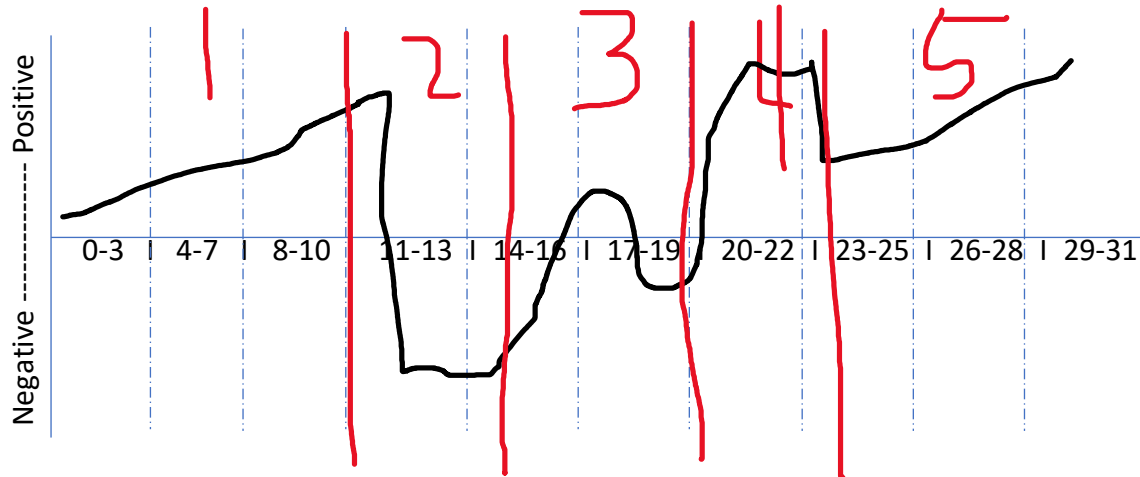
1. Begin by creating a timeline, like the one below. According to your age, decide how many years to tally together on the horizontal line (3 years, 5 years, etc). End with your current age.



2. Next, chart your life according to the positive/negative trend according to each timeframe.



3. Separate your timeline into chapters, and give each chapter a title. You can be as literal or as abstract as you like throughout this whole process.

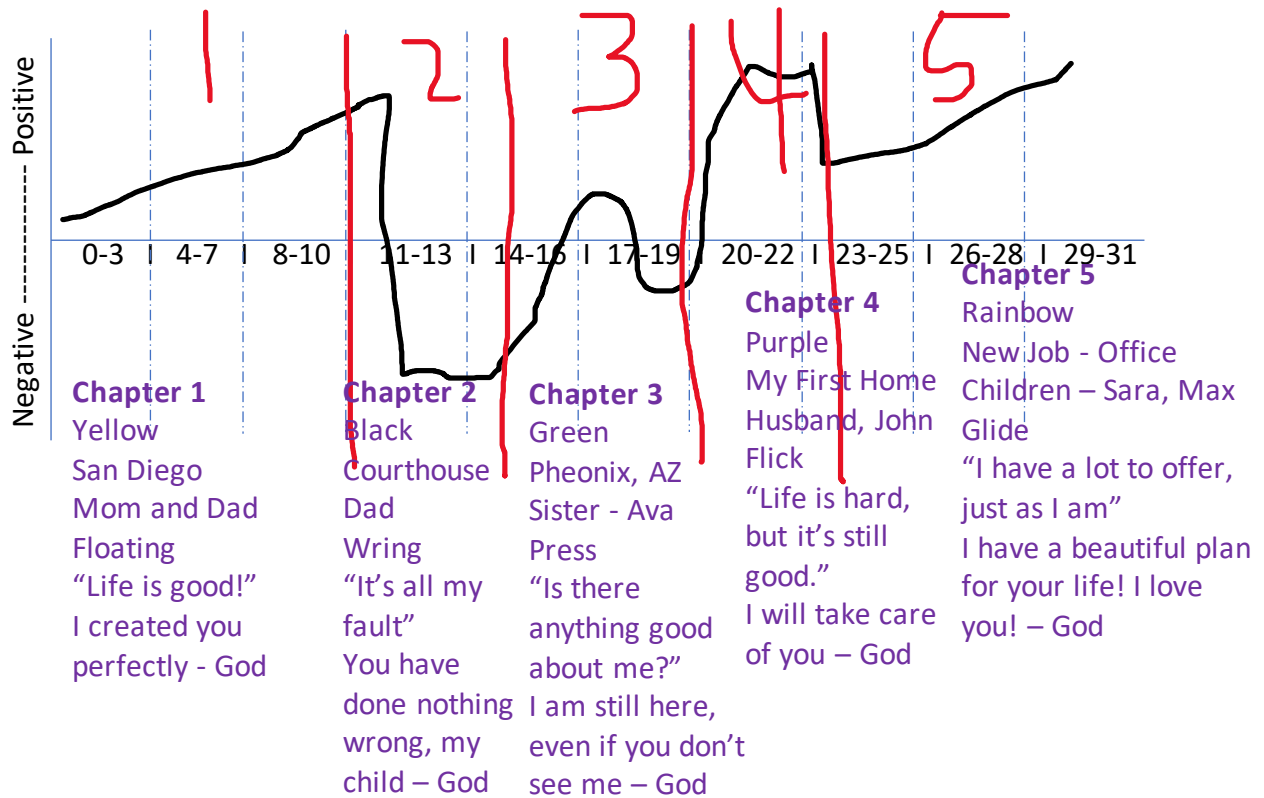


Chapter 1: Happy Kid
 Chapter 2: The Incident
 Chapter 3: Roller Coaster Ride
 Chapter 4: Build Me Up, Let Me Down
 Chapter 5: Getting to Know Myself

4. Next, you'll want to find ways to process each chapter. These prompts will help you identify the mood, action, main characters, feelings, lessons, etc, of each chapter of your life. Feel free to use as many/few of these (or create your own prompts!) that you like:
 - a. What color would you assign to each chapter?
 - b. Who was a main character / influencer during each chapter?
 - c. If you could assign an animal to each chapter, what would you choose? How would that animal move? (for example: dog wagging tail, ostrich hiding head in sand, rabbit running for its life, bird flying free)
 - d. Is there an item attached to these chapters?
 - e. What would the setting / location be for each chapter?
 - f. Is there an activity that was prominent?
 - g. Advanced: which of Laban's eight efforts would you assign to each chapter?
 - h. Advanced: if you could ask God one question in this chapter, what would it be?
 - i. Advanced: what is a consistent thought you had during this time?
 - j. Advanced: what is one thing you think God would want you to know in this chapter of your life?
 - k. Is there a scripture passage that you would assign to each chapter?

1. Is there a song that you would assign to each chapter?

5. Your final timeline will look something like this:



6. Now – use these prompts to help you design your artistic and creative testimony!

Movement – use the motions, words, actions, and emotions to create a movement or dance for each chapter. It can be a simple quick motion, or a longer series of motions.

When it's time to perform, go one chapter at a time. Have a reader present the chapter title, then perform your movement. Pause before moving on to the next chapter. You can feel free to discuss music with a musician or DJ ahead of time to facilitate your testimony, though it's not necessary. Don't let the music overpower the movement you've created.

Acting – Like in movement, you will use the motions, words, actions, and emotions to create a scene for each chapter, but you can feel free to include words and characters in each scene. You can be yourself through different ages, speak in 3rd person the whole time, or take on a different personae with each

chapter. Do what feels right. (It is best to keep the message of each chapter simple; use the phrases you ask/answer/wish-you-had-known to help you settle your chapters into concise scenes/monologues.) If you choose not to use words, make sure your motions give a clear telling of the story / emotions you want to convey (as a mime would).

Creative Writing – use the characters, setting, colors, words, phrases and emotions to write a poem about your life. You can use each chapter as a break or new paragraph. You can include the chapter titles, or not. Allow the information you gathered in the timeline portion of this exercise to inspire your words and creativity in designing your poem. You can follow a rhyme scheme, write free verse, spoken word, create word images, write a song, etc – let your imagination run wild!

Music – Think of each chapter of your timeline as a short movement in a suite of pieces. Let the feelings / emotions / settings / songs attached to each chapter dictate the tempo, weight, and even motifs of each piece. Is there an underlying theme throughout?

What would it feel like to allow your notes to simply follow the arc of your story's timeline? (As the graph line goes up, the notes ascend, and vice versa.)

Play with it! See what works and what doesn't. At the end of the day, this exercise is meant to give you a creative opportunity to examine your life and share your testimony – to whatever degree of detail you feel comfortable. Use this as a way to prepare a public presentation, or keep it as a private exercise only for yourself. Just be honest, open, and allow the Lord to speak to you and through you in the process.

Enjoy!