

INSPIRED BY "BLESSED ASSURANCE"

THIS IS MY STORY

Blessed Assurance and the Testimony
of a Redeemed Life



GARLAND VAN DYKE

WHO I WAS • WHAT CHRIST DID • WHO I AM NOW

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By Garland Van Dyke

An ebook built on the refrain of “Blessed Assurance” and the testimony invitation of Psalm 66:16.

Scripture quotations are from the NASB. Hymn words from “Blessed Assurance” by Fanny J. Crosby, public domain.

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How to Use This Book

This ebook is designed to be read thoughtfully. Its controlling message is the refrain of “Blessed Assurance”: “This is my story, this is my song, praising my Savior all the day long.” Psalm 66:16 supplies the biblical invitation to tell what God has done for the soul. Each chapter closes with a heart check, a faithful step, and a prayer.

The testimony moves through three defining truths and then becomes a life of praise:

- Who I was — the truth about my need.
- What Christ did — the gospel at the center.
- Who I am now — a new life still being formed.
- This is my song — testimony becoming worship.
- Praising my Savior — Jesus, not self, as the subject.
- All the day long — assurance lived in ordinary hours.

The Refrain and the Invitation

“This is my story, this is my song, praising my Savior all the day long.” — “Blessed Assurance”

“Come and hear, all who fear God, and I will tell of what He has done for my soul.” — Psalm 66:16 (NASB)

The Song Behind the Story

"This is my story, this is my song, praising my Savior all the day long." — "Blessed Assurance," Fanny J. Crosby

More than a familiar refrain

These words are not sentimental decoration. They are a Christian confession. The singer possesses a story because Jesus has acted, and the story becomes a song because grace deserves praise. Blessed assurance is not confidence in ourselves; it is confidence in the Savior who purchased, cleansed, and keeps His people.

Psalm 66 gives the invitation

"Come and hear, all who fear God, and I will tell of what He has done for my soul" (Psalm 66:16, NASB). The psalmist and the hymn writer speak with one purpose: remember the saving work of God, then tell it so that others may praise Him.

Heart Check

- Is your assurance resting in your feelings, or in what Jesus has done?
- When did the gospel become more than information and become your story?

A Small Faithful Step

1. Write one sentence you want to remember.
2. Act on the clearest truth before the day ends.

Prayer

Father, anchor my assurance in Jesus Christ. Let the story of Your grace become the song of my life. Amen.

1. This Is My Story — Who I Was

“For all have sinned and fall short of the glory of God.” — Romans 3:23 (NASB)

The truth about the old life

Every redeemed story begins with honest need. Sin is not merely a collection of mistakes; it is rebellion that separates us from the holy God. Before Christ, we may have appeared respectable, religious, or successful, yet we could not rescue ourselves from guilt and death.

Grace does not hide the past

A testimony need not glorify sin or expose every private detail. It should tell enough truth to magnify mercy. We remember who we were so we will never mistake salvation for personal achievement. The darkness of the former life makes the light of Christ’s work unmistakable.

Heart Check

- What did sin promise you, and what did it actually produce?
- What truth finally helped you recognize your need for salvation?

A Small Faithful Step

3. Write one sentence you want to remember.
4. Act on the clearest truth before the day ends.

Prayer

Holy God, keep me honest about my need. Protect me from pride and from hopeless shame. Let my past magnify Your mercy, not my sin. Amen.

2. This Is My Story — What Christ Did

“He Himself bore our sins in His body on the cross.” — 1 Peter 2:24 (NASB)

The center of the story

The decisive event in every Christian testimony is not what we accomplished, but what Jesus accomplished. He left heaven, lived without sin, died for our sins, was buried, and rose again. At the cross, justice and mercy met. In the resurrection, death was defeated and living hope was opened.

Our response to the gospel

The risen Christ calls us to believe, repent, confess Him, and be baptized into Him for the forgiveness of sins (Mark 16:16; Acts 2:38; Romans 10:9-10; Galatians 3:26-27). Baptism does not boast in human merit; it submits in faith to God’s saving work. We are buried with Christ and raised to walk in newness of life (Romans 6:3-4).

Heart Check

- What part of Christ’s saving work most deeply moves your heart?
- Have you responded to the gospel in the way the New Testament teaches?

A Small Faithful Step

5. Write one sentence you want to remember.
6. Act on the clearest truth before the day ends.

Prayer

Jesus, You are the center of my story. Thank You for bearing sin, defeating death, and calling me into new life. Keep me faithful to Your gospel. Amen.

3. This Is My Story — Who I Am Now

“If anyone is in Christ, this person is a new creation.” — 2 Corinthians 5:17 (NASB)

A new identity

The gospel does more than improve behavior; it gives a new relationship and direction. In Christ, the forgiven sinner becomes a child of God, a member of Christ’s body, and a servant entrusted with good works. The old life no longer has the right to name us.

A story still being written

New creation does not mean instant maturity or a life without struggle. Christians still repent, grow, endure discipline, and depend on grace. Our confidence is not that we will never stumble, but that we walk in the light with a faithful Advocate and cleansing blood (1 John 1:7-2:2).

Heart Check

- Which old label must you stop allowing to define you?
- What evidence of Christ’s continuing work can you see in your life now?

A Small Faithful Step

7. Write one sentence you want to remember.
8. Act on the clearest truth before the day ends.

Prayer

God, teach me to live from the identity You have given me in Christ. Continue Your transforming work and make my life useful in Your kingdom. Amen.

4. This Is My Song

"I cried to Him with my mouth, and He was extolled with my tongue." — Psalm 66:17 (NASB)

Testimony becomes worship

The hymn does not say only, 'This is my story.' It adds, 'This is my song.' Grace remembered naturally seeks expression. The mouth that once complained, boasted, or remained silent now has a greater subject: the Savior.

A song larger than music

Our song includes congregational praise, but it also includes confession, gratitude, prayer, obedience, and speech that honors Christ. Even when the voice trembles, a faithful life can sing. Christian worship joins the heart, the lips, and the daily walk.

Heart Check

- What subject most often fills your speech?
- How can your words make the goodness of Christ more visible today?

A Small Faithful Step

9. Write one sentence you want to remember.
10. Act on the clearest truth before the day ends.

Prayer

Lord, place high praise on my tongue. Let my speech, choices, and worship agree that Jesus is worthy. Amen.

5. Praising My Savior

“Blessed be God, who has not turned away my prayer nor His favor from me.” — Psalm 66:20 (NASB)

The Savior is the subject

A testimony can quietly become self-centered if the storyteller appears to be the hero. The refrain corrects us: praising my Savior. The purpose of telling the story is not to display how far we climbed, but how far grace came to find us.

Praise grounded in assurance

The psalmist praises because God listened and did not remove His loving favor. The Christian has an even clearer ground of assurance: God has spoken through His Son, acted at the cross, raised Jesus from the dead, and made trustworthy promises to those who remain in Christ.

Heart Check

- Does your testimony leave listeners impressed with you or grateful to Christ?
- Which specific work or promise of Jesus will you praise today?

A Small Faithful Step

11. Write one sentence you want to remember.
12. Act on the clearest truth before the day ends.

Prayer

Savior, keep Yourself at the center of every word I speak. Receive the praise that belongs to You alone. Amen.

6. All the Day Long

“Whatever you do, do all things for the glory of God.” — 1 Corinthians 10:31 (NASB)

Assurance for ordinary hours

The refrain carries praise beyond the worship assembly into the whole day. Blessed assurance belongs in kitchens, workplaces, hospital rooms, traffic, quiet evenings, and difficult conversations. Every ordinary hour can become an offering.

A life that keeps singing

All the day long does not mean constant emotional brightness. It means enduring allegiance. In joy we praise; in grief we trust; in temptation we obey; in failure we repent; in uncertainty we remain. The song continues because the Savior remains faithful.

Heart Check

- Which ordinary part of your day is hardest to offer to God?
- What reminder could help you return to praise throughout the day?

A Small Faithful Step

13. Write one sentence you want to remember.
14. Act on the clearest truth before the day ends.

Prayer

Faithful Savior, carry my worship into every ordinary hour. Let joy, sorrow, work, rest, speech, and silence all belong to You. Amen.

Write and Share Your Refrain

A faithful testimony tells the truth about the past, centers on Christ's saving work, and gives God glory for the present.

Who I was

Describe your need without glorifying sin. What belief, bondage, guilt, or emptiness showed that you needed Christ?

What Christ did

State the gospel clearly. How did the death, burial, and resurrection of Jesus confront you? How did you respond in faith and baptism?

Who I am now

Name the change without pretending the work is finished. What identity, hope, obedience, and direction has Christ given you?

Heart Check

- Can you tell your story in three minutes with Jesus clearly at the center?
- Who needs the hope that your honest testimony could offer?

A Small Faithful Step

15. Write one sentence you want to remember.
16. Act on the clearest truth before the day ends.

Prayer

God, give me wisdom to tell the truth, humility to honor Christ, and courage to offer hope. May my story become praise and my life become a song. Amen.

My Story, in Three Movements

Use these prompts to draft a testimony that is honest, gracious, and centered on God.

BEFORE — What I carried

What burden, false belief, question, or need marked the beginning?

ENCOUNTER — Where God met me

How did God use Scripture, a person, conviction, mercy, or circumstance to reach me?

NOW — What grace is changing

What is different now? What is still unfinished? What hope can I offer honestly?

Keep the spotlight on God. Tell the truth. Protect privacy. Leave room for the work still in progress.

Closing Blessing

May blessed assurance be more than a hymn you sing. May it be the settled confession of a life redeemed by Christ. May you tell honestly who you were, proclaim clearly what Christ did, and live faithfully as the person you are becoming in Him. May your story become your song, and may your song keep praising your Savior all the day long.

“Come and hear, all who fear God, and I will tell of what He has done for my soul.” — Psalm 66:16 (NASB)