

# Already Loved

## 1 John 4:19

Track 05 · Love Not This World · Lambelujah

---

### *Intro*

Lord... I don't have to love myself today —  
You loved me first... so I lay my own way down.

### *Verse 1*

They told me, "love yourself" — but I never could enough,  
I'd lift me on a Monday, by the night I'd feel real rough;  
so I bring You empty hands, Lord — not my shine, just my shame —  
and before I ever loved You... You were calling out my name.

### *Pre-Chorus*

So I won't build my heart on a love I can't keep alive;  
bow me down, gentle Lord... in Your love let me abide.

### *Chorus*

You don't have to love yourself — you're already loved;  
not for the good you've done, not the proud, not the enough —  
while we were far away, the Cross spoke over us:  
"there's no condemnation now" — child, you're already loved.  
So I lay my life-of-self down, and I'm lifted by His blood;  
I don't have to love myself... I'm already, already loved.

### *Verse 2*

To deny myself, my Father, isn't hating who You make —  
it's laying down my own way, the one I crowned and the one I craved;  
You knit me, fearful-wonderful — though I came from the dust,  
to grant only You the throne, precious is it, Lord, in You to trust.

### *Pre-Chorus*

Wretched me, grieve the sin — the godly grief that leads to life;  
You mend, not break, bruised reeds, Lord... to bear fruit through strife.

### *Bridge*

I'm humbled beneath Your hand, O Lord; in due time, raise me whole —  
for the mercy I pour on others, Lord, comes good to my own soul.  
For I can't unbind my shame, Lord, but the empty tomb has won;  
no whip, no proving, no despair — just resting in Your Son.  
He lifts the lowly up. He lifts the lowly up.  
By grace — and grace alone. By grace — through faith alone.

### *Final Chorus*

You don't have to love yourself — you're already loved;  
no condemnation over you — only the Father's love;  
He hid your name inside His heart before the world was hung —  
so I lay my life-of-self down... and I'm lifted, You lift me up.

### *Outro*

You loved me first, You loved me first...  
and that is enough.  
I don't have to love myself, Lord —  
I'm Yours, I'm held...  
I'm already loved.