

Already Loved

Scripture: 1 John 4:19

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;

Already Loved (cont'd)

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.

Bible verse · Little lesson

Already Loved

"We love him, because he first loved us."

— 1 John 4:19 (KJV)

LITTLE LESSON FOR LITTLE HEARTS

The world keeps telling us to "love yourself" — but if you have ever tried, you know it runs out. We can lift ourselves up on Monday and feel crushed by Friday, because we were never meant to be our own source of love. Here is the freeing truth: "We love him, because he first loved us" (1 John 4:19). "God commendeth his love toward us, in that, while we were yet sinners, Christ died for us" (Romans 5:8) — He loved you before you ever loved Him, and even before the world was made (Ephesians 1:4). So we don't come with our shine; we bring empty hands, because we are saved "by grace... through faith; and that not of yourselves... not of works" (Ephesians 2:8–9). And the best news: "There is therefore now no condemnation to them which are in Christ Jesus" (Romans 8:1). Laying down "my own way" is not hating who God made — He "knit me together in my mother's womb... fearfully and wonderfully made" (Psalm 139:13–14). It is simply trusting Him with the throne, being humbled now so He can lift us in due time (1 Peter 5:6). The empty tomb has won, so there is no more whip, no more proving, no more despair — just resting in His Son. You don't have to love yourself. You're already loved.