

THE CHURCH WITHOUT A NAME

I'm Sorry, Please Forgive Me, Thank You, I Love You

[INTRO]

I'm sorry.
Please forgive me.
Thank you.
I love you.

I'm sorry for the hurt we couldn't name,
For the truths we couldn't say.
Thank you for the love you gave me.
I can love you and choose another way.

[VERSE 1]

I was taught there was a narrow way,
The truth we were blessed to find.
Told the world outside was lost,
While I was never safe inside my mind.

We were chosen, we had the truth,
A step above, a step ahead.
But I was never pure enough
For the voice inside my head.

My mind became a courtroom,
Every thought a case to prove.
Was it sinful? Was it selfish?
Was it something I must undo?

Scrupulous, meticulous,
A conscience turned relentless.
Trying to be pure enough
To silence all the evidence.

This began when I was young.
I couldn't tell what came from me,

What was faith, what was fear,
What was compulsion dressed as certainty.

[VERSE 2]

I was just a girl,
But my body carried meanings
I was far too young to understand,
Too young to know what they were teaching.

My clothes became a conversation.
My shape became a threat.
I learned to manage other people's thoughts
Before I knew my own just yet.

His eyes, his thoughts, his wandering
Somehow all became my blame.
He was never taught to look away;
I was taught to carry shame.

I was not a temptation.
I was not somebody's test.
I was a girl who needed room to grow,
To live, to breathe, to just exist.

My family loved me fiercely.
That love was always real.
But fear was woven through that love,
A thread beneath the care I feel.

I don't have to blame you.
I don't have to call it all wrong.
I can stop the fear from travelling
Through me to the ones who come along.

[CHORUS]

Soulful, warm piano, layered harmonies.

I'm sorry.

Please forgive me.
Thank you.
I love you.

The love was real. The pain was real.
Both truths have room to breathe.
I can honour what you gave me
Without staying where I can't be.

[VERSE 3]

To the people who made up the church,
The church without a name,
Your hearts were real, your love was real,
And so was all the shame.

You taught me, "Judge not, lest ye be judged."
"Love your neighbour as yourself."
Then called the neighbours "worldly"
And turned that judgement on myself.

You said that grace was meant for all,
Then drew a circle round the few.
You said that love would know no limits,
Then made us earn our way through.

You taught me to forgive the sinner,
But not to question who could sin.
You said that God looked at the heart,
Then judged the bodies people lived in.

Not every heart was cruel,
Not every word a lie.
But love and harm can share a house,
And meaning well won't justify.

[VERSE 4]

I didn't leave because I hated you.

I left so I could finally be free
To hear the quiet voice beneath it all
And walk God's path for me.

I was learning I could question
And still be worthy of love.
My humanity was not a failure.
My doubt could still reach God above.

I could stop confusing fear with reverence,
Stop calling shame a sign.
Stop mistaking being small and silent
For being holy, being kind.

To the ones who choose to stay,
You're not my enemy for staying.
I'm not yours because I leave.
I can love you without remaining.

[FINAL CHORUS]

I'm sorry.
Please forgive me.
Thank you.
I love you.

I can name the hurt without hatred.
I can leave without shame.
I can honour where I came from
Without pretending nothing changed.

[OUTRO — A LETTER FROM MY HIGHER SELF]

Little one, look at the life you've lived,
At the love you were given.
You don't have to bless the wounds
To give yourself permission to heal.

Look at how you love your children,

How you make room for what they feel.
Your love of God survived the questions.
You kept an open heart.

You were never wrong for asking.
You were never wrong to grow.
You can love the people who remain
And still be free to go.

You don't have to make them villains
For your pain to have a name.
You don't have to call it all a lie
To step outside the frame.

If your voice is new and trembling,
Let it tremble. Let it sing.
You were never meant to earn
The right to be a human being.

You are not only what you suffered.
You are not only what you knew.
You are all the love you give the world
And all the life still growing inside you.