

## = So Long Self =

" So Long Self " is a song written and performed by Christian rock band MercyMe . " So Long Self " is musically a power pop song with a lyrical theme revolving around a figurative breakup with one 's self . " So Long Self " was released as the lead single from the band 's 2006 album Coming Up to Breathe .

" So Long Self " received positive reception from critics , who praised the song 's lyrical hook . It was added by fifty @-@ two Christian AC stations in its first chart week , a record for the Christian AC chart . The song had success on both Christian and mainstream radio , peaking at number one on the Christian Songs chart for four consecutive weeks ; it also peaked at number sixteen on the Adult Contemporary chart . It was listed on Billboard magazine 's 2006 year @-@ end Christian Songs and Adult Contemporary charts .

## = = Background and composition = =

Lead singer Bart Millard has described the story behind " So Long Self " as " ... really simple : It ? s Not About [ humanity ] . It never has been and it never will be . Just like when maybe you had to break up with a girlfriend or a boyfriend growing up , or maybe the same thing happened to you , the ultimate breakup in life is when we breakup with ourselves . Because Christ said you have to die to self to follow him " . The song is also lyrically about a break @-@ up with sinful human nature .

" So Long Self " was written and composed by MercyMe . It was recorded in Allaire Studios in Shokan , New York ; overdubs were recorded in Oxford Sound in Nashville , Tennessee , while strings were recorded at Abbey Road Studios in London , England . " So Long Self " is a power pop song with a length of four minutes and three seconds . The song is set in the key of E major and has a tempo of 144 beats per minute , with a vocal range spanning from B3 to E5 . " So Long Self " features a guitar solo near the end of the song , and the bridge of the song features what has been described as Electric Light Orchestra @-@ influenced vocals .

## = = Reception = =

### = = = Critical reception = = =

" So Long Self " received positive reviews from critics . Steve Losey of Allmusic commented that " [ ' So Long Self ' ] has mass appeal musically and lyrically " , also opining that " the coolest part about the poppy hook is the ELO type vocals that penetrate the song 's middle " . Lauren Summerford of Jesus Freak Hideout stated that " Lead single ' So Long Self ' is one the best tracks Coming Up To Breathe has to offer . With a lyrical hook sure to have radio listeners singing along , this song finds [ Bart ] Millard bidding farewell to sinful nature and moving closer to Christ " . Russ Breimeier of Christianity Today commented that " It almost seems like MercyMe is overcompensating to gain artistic credibility with the bouncy single ' So Long Self , ' an undeniably catchy breakup song with our sinful nature that echoes [ Steven Curtis ] Chapman covering The Beatles , going so far as to playfully evoke a carnival in the bridge " .

### = = = Chart performance = = =

Upon release , the song was added by fifty @-@ two Christian AC stations - a record for the most adds in the history of the Christian AC chart . The record was previously forty @-@ five adds , accomplished by the Joy Williams song " Hide " ( 2005 ) . " So Long Self " later peaked at number one on the Christian AC chart , as well as at number one on the Christian Songs chart and at number sixteen on the Adult Contemporary chart .

" So Long Self " debuted at No. 26 on Billboard magazine 's Christian Songs chart for the chart week of April 1 , 2006 . The song jumped up to No. 15 the next week before advancing to No. 10 in

its fourth chart week . " So Long Self " advanced to No. 4 for the chart week of May 13 , 2006 , and hit No. 1 ten weeks later , a spot the song held for four consecutive weeks . After " So Long Self " spent its fourth and final weeks at the top , the song spent nine more weeks on the chart before dropping out . In all , " So Long Self " spent twenty @-@ six weeks on the chart . On the Billboard Adult Contemporary chart , " So Long Self " debuted at No. 38 for the chart week of May 6 , 2006 , and advanced to No. 23 in its second week on the chart . The song advanced to No. 20 in its fourth week on the chart and spent a further three weeks inside the top 20 before dropping back to No. 22 on its eighth chart week . " So Long Self " reached its eventual peak of No. 16 for the chart week of August 5 , 2006 , and spent a further six weeks on the chart before dropping out . In all , " So Long Self " spent twenty weeks on the chart .

Billboard ranked " So Long Self " at No. 10 on its 2006 year @-@ end Christian Songs chart , and at No. 33 on its year @-@ end Adult Contemporary chart . They also ranked the song at No. 61 on the 2000s decade @-@ end Hot Christian AC chart .

= = Music video = =

A music video was released for " So Long Self " . The video opens with the members of the band watching a television program of their live soundcheck for a concert . When the band realizes it cannot possibly be playing a ' live ' soundcheck since they are in their tour bus , they exit the vehicle to stop the imposters . The real band members trap the fakes in a room , and then go out on stage and perform . Near the end of the video , security kicks the fake band members out of the arena .

Matt Johnson of Jesus Freak Hideout commented about the video on his review of MercyMe 's album 10 , noting that " Most people think of serious worshipful songs ( such as " I Can Only Imagine " & " Word of God Speak " ) when they think of MercyMe , but the " So Long Self " video captures a side that most don 't think of , their fun side " .

= = Charts = =