

## **BREAKING UNHEALTHY SOUL TIES**

1. Definition: The soul is the mind, will, and emotions; soul ties refer to a strong, intimate bonding relationship between two or more people.
2. Two Types of Bonding.
  - a. Healthy bonding:
    - marriage
    - family
    - Biblical friendship
  - b. Unhealthy bonding:
    - sexual activity outside of marriage
    - sexual promiscuity before marriage
    - parents unwilling to let go of adult children
    - children not able to leave home after being released by the parents
      - i.e. marriage, military, college, etc.
    - intimate verbal communication with a member of the same or opposite sex which leads to a strong bond
3. Examples.
  - a. Friendship:
    - I Sam. 18:1b "...the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul."
    - Deut. 13:6-8 "...or thy friend, which is as thine own soul, entice thee secretly, saying, 'Let us go and serve other gods...' thou shalt not consent unto him nor hearken unto him..."
  - b. Marriage:
    - Gen. 2:21 "therefore shall a man leave his father and mother and shall cleave unto his wife, and they shall be one flesh."
    - Mark 10:7 "For this cause shall a man leave his father and mother and cleave to his wife, and they twain shall be one flesh: so then they are no longer twain, but one flesh. What therefore God hath joined together, let not man put asunder."
  - c. Sexual promiscuity:
    - I Cor. 6:15-17 "Know ye not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of an harlot? God forbid. What? Know ye not that he which is joined to an harlot is one body? For two, saith He, shall be one flesh. But he which is joined unto the Lord is one spirit."

4. God's Grace and Power Breaks Bondage of Unhealthy Ties.

- a. God does the breaking of soul ties.
- b. The Word of God and power of prayer separates unhealthy bonding and cements healthy bonding.

Heb. 4:12-16 "For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Neither is there any creature that is not manifest in His sight: but all things are naked and opened unto the eyes of Him with Whom we have to do. Seeing then that we have a great High Priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

II Peter 2:4-9 "...And delivered just Lot, vexed with the filthy conversation of the wicked:... The Lord knoweth how to deliver the godly out of temptations,..."

Psa. 103:14 "For He knoweth our frame (what we are made of), He remembereth that we are dust."

Psa. 78:38-39 "But He, being full of compassion, forgave their iniquity, ...yea, many a time turned He His anger away, and did not stir up all his wrath. For He remembered that they were but flesh;..."

Pro. 4:23 "Keep thy heart (affections) with all diligence."

Pro. 7:21-23 Proverbs warns against the many persuasions of a seductress, for in following them, you will lose your life.

Pro. 25:28 "He that hath no rule over his own spirit is like a city that is broken down, and without walls."

I Thess. 4:1-8 "...this is the will of God, even your own sanctification: that ye should abstain from fornication: That every one of you should know how to possess his vessel in sanctification and honor;..."

5. Guidelines for Breaking Unhealthy/Sinful Soul Ties.

- a. Confession of sin (repentant spirit)
  - sexual immorality: fornication, adultery, incest, ritual abuse (as victimizer, not as victim)
  - unhealthy bonding: parent/child, friendship, work relationship, counseling, etc.
  - e.g. prayer:

*Dear Heavenly Father, I come before the throne in Jesus Christ's name. I confess the sin of \_\_\_\_\_ with \_\_\_\_\_. I ask your forgiveness and I now choose to receive your forgiveness.*

I Jn. 1:9 "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

- b. Giving up memories/fantasies  
 We must give up painful or pleasurable memories/ fantasies associated with the person (s) you are praying about.  
 e.g. prayer:  
*I choose to forgive \_\_\_\_\_ for [coercion, physical violence, shame, etc.]. I now release \_\_\_\_\_ to freedom, love and salvation through Jesus Christ. I choose to release \_\_\_\_\_ to you, Heavenly Father, for your wise justice.*
- c. It is important to ask forgiveness and receive forgiveness.  
 We need to verbalize in prayer self-forgiveness for our willing involvement in the relationship.  
 e.g. prayer:  
*I choose to forgive myself for \_\_\_\_\_ in my relationship with \_\_\_\_\_.*
- d. Affirmation of forgiveness using appropriate scripture.  
 God's word says that we have God's forgiveness in the name and shed blood of Jesus Christ.  
 Rom. 8:1-2 "There is therefore now no condemnation to them which are in Christ Jesus..."
- e. Prayer asking God to break the bonding.  
*Dear Heavenly Father, please separate my body, soul and spirit from the body, soul, and spirit of \_\_\_\_\_ [partner(s)].*  
 Isa. 58:6 "God breaks every yoke and loosens every bond of wickedness."  
 Remember to pray for the severing of drugs, occult involvement, group sex, previous partners involvement.  
 Regarding rape, special attention should be given in prayer to effects of victimization, violent acts, anger, hatred, murder, etc. You may also need to ask God's forgiveness for not crying out.
- f. Take a strong stand against the enemy.  
 e.g. prayer:  
*In Jesus Christ's name I ask you, Father, to remove this stronghold away from Satan, in my life, the lives of my children and all future generations. Amen.*
- g. Personalize Psa. 25- a prayer for protection, pardon and guidance.
- h. Scriptures for encouragement.  
 Isa. 54:4 "Thou shalt forget the shame..."  
 Psa. 34:5 "They looked unto Him and were lightened."  
 Psa. 37:19a "They will not be ashamed in the evil time."  
 Isa. 43:18-19 "Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing:..."
- i. Reminder:  
 Growth is an ongoing process, however past issues that have been dealt with are under the blood. Freedom is yours in Christ.