

Soul Ties

God the Father is continually fashioning and orchestrating an astoundingly beautiful creation on this earth called the “Body of Christ”. You have an exact location and purpose within His “Body“ that was custom designed to utilize all your gifts and talents.

“Now you are the body of Christ, and each one of you is a part of it.”
1 Corinthians 12:27

The body of Christ is made up of individual born-again spirits rightly fitted together in an amazingly mystical way.

“You also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.”
1 Peter 2:5

Before you came to Jesus, you were most likely orchestrating your own life plan, based on the expectations and desires of the people you love and/or associate with. The problem is any relationship you have that is based on unhealthy emotional bonds can be used by the enemy to misdirect or yank you out of God’s desired place for you. So, the purpose of this chapter is to help you to surrender all your relationships to God, so He can set you free from any harmful manipulation.

A soul tie is a tie that binds your soul (your mind, will, and emotions) to the soul of another human being. Being soul-tied to another can weigh you down, and hold you in sin patterns, like lust, idolatry, addiction, control, etc.

“The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast.”
Proverbs 5:22

Ungodly soul ties can form during sexual fornication, adultery, drug taking, occult activities, pagan and coven practices, gang initiations or any other sinful behavior. When you open yourself up to the kingdom of darkness, your soul can become bound to the one you sin with. These ties then act like highways of un-holiness, transmitting defilement from one soul to another. In the exercises that follow, you will identify and cut any ungodly soul ties that the enemy might try to use to drag you back down into your old sin nature.

“Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.”
Romans 8:12-13

Cutting soul ties with someone doesn't mean you will reject that person and no longer interact with him or her. It just means you will allow Jesus to remove any unholy attachment that is binding your souls together. You never need to tell anyone that you are cutting soul ties with them. This is not a public act. It is a private prayer between you and God. In fact, announcing to someone that you are breaking soul ties with them is not wise, and will most likely lead to unnecessary conflict.

After you privately pray and ask God to cleanse a relationship, you simply put the relationship in God's hands, and trust Him to bring it into His divine order supernaturally. You may notice that your communication with that person slows down, changes for the better, or even ends. Whatever the case may be, you will most likely be amazed at how natural and right God makes all the adjustments appear to everyone involved.

The good news is God doesn't expect you to live an isolated life. He wants to bless you with relationships that will feed your spirit and strengthen your walk with Him. The Bible is full of loving friendships and unions that God ordained: King David and Saul's son, Jonathan; Ruth and Naomi; Moses and Joshua. You can study these relationships to see how God brings allies and helpmates to His people that help position them to fulfill their eternal destiny. The Bible says:

"I led them with cords of human kindness, with ties of love..." Hosea 11:4

You can always trust the Lord to give you the best, especially when it comes to relationships, including a spouse, friends, family, pastors and spiritual mentors.

"The blessing of the LORD brings wealth, and he adds no trouble to it."
Proverbs 10:22

This is not to say you won't have conflicts or issues with the people God brings into your life. Until the day you leave this earth, God will use whomever is necessary to help reveal blocked areas in your heart that need to be filled with His Holy Spirit.

"... I am again in the pains of childbirth until Christ is formed in you."
Galatians 4:19

Many times God's forging process comes in the form of fiery trials with loved ones. Sometimes God even has to break relationships in order to bring them into right alignment with His purposes. A long time ago, my sister broke her arm and didn't know it. A month later she hurt it again, but this time she knew something was seriously wrong. After her doctor took an x-ray, he could see that her arm had been previously broken and had begun setting in the wrong way. Unfortunately for her, the doctor had to re-break her arm, so it could heal correctly. God may need to do some re-breaking between you and some of your loved ones. This may even involve temporary separations. Just remember, God's plans for you are good, and will ultimately be a blessing, no matter how emotionally painful the process may feel.

"Don't think I've come to make life cozy. I've come to cut—make a sharp knife-cut between son and father, daughter and mother, bride and mother-in-law—cut through these cozy domestic arrangements and free you for God. Well-meaning family members can be your worst enemies. If you prefer father or mother over me, you don't deserve me. If you prefer son or daughter over me, you don't deserve me." Matthew 10:34 (The Message)

God also requires a break between sons and daughters and their parents at the time of marriage, so their new marriages will have a chance to become divinely unified. In this chapter, you will not only have the opportunity to cut soul ties with your past sexual partners and illicit friends, but you will also be instructed on how to cut soul ties with your parents. This may seem dishonoring, but it's not. The Bible says you must leave your parents before you can cleave to your new spouse.

"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh." Genesis 2:24

Many times boundary issues with in-laws are caused by soul ties that still need to be cut between parents and their children. Again, cutting soul ties doesn't mean you will no longer be in relationship with a person. It means you are giving the relationship to God, and allowing Him to re-connect you in a better way.

The devil wants to anchor you into this fallen world by tying you up in soulish knots with others. But God wants to set you like a gem into His divine design so you can sparkle and shine for His glory. In the exercises that follow, you will go through different categories of relationships in your life and ask the Holy Spirit if there are any ungodly soul ties that need to be cut. Your soul is about to be gloriously set free. Let's pray for God's grace to fill you as you review your relationships with Him.

PRAYER - Jesus, I am so grateful that You came to set me free from this fallen world, so I can take my rightful place inside the living "body of Christ." I invite You to reveal every ungodly soul tie that needs to be cut. I don't want anything clouding my mind or influencing my will from following Your Spirit. In Jesus' precious name, I pray. Amen.

BREAKING OFF ROMANTIC AND SEXUAL SOUL TIES

God designed sex on the wedding night to be the catalytic event that seals the marriage vow and reshapes two hearts into one. Therefore, something unseen, yet very profound, happens when a man and women come together physically for the first time.

“And the two will become one flesh. So they are no longer two, but one.”
Mark 10:8

Sex is a blessing designed by God to strengthen a marriage, and fill it with tender and joyful intimacy. Unfortunately, our modern culture is either not cognizant of God’s design, or else not interested in abstaining from sex before marriage. Therefore, many who have entered into casual sexual unions begin marriage with fractured, confused hearts. The Bible says:

“Above all else, guard your heart, for it is the wellspring of life.” Proverbs 4:23

Every time you have sex with somebody, your hearts become one, whether you are getting married or not. That means that your hearts will be torn in two when you leave each other. The devastating truth is there is no such thing as a clean break. Some parts of you will go with that person, and some parts of them will go with you. Therefore, multiple sex partners means more confusion and pain, as your heart becomes increasingly fractured and corrupted with pieces of other people’s hearts that you weren’t meant to have.

Fortunately, Jesus has the power to set you free, and to reverse the damage of fornication. Jesus is the restorer of all things lost, including pieces of your heart that have been broken. Jesus said:

“**... He has sent me to bind up the brokenhearted**, to proclaim freedom for the captives and release from darkness for the prisoners.” Isaiah 61:1

In these next exercises you will identify your past romantic and/or sexual relationships. The goal is to identify and renounce as many as possible. Your renunciations will be between you and God alone, so be honest. God already knows the truth anyway.

When teenagers and young adults fall in love they tend to form deep emotional bonds that become powerful soul ties. In the space provided below, write down old boyfriends or girlfriends that you were emotionally or romantically involved with in your youth or adult life, especially your first love:

Write down everyone you have entered into a sexual or adulterous relationship with. Use a separate piece of paper if you feel that is more private and will help you be more honest. Remember it's the truth that sets you free.

PRAYER FOR SEPARATION OF SEXUAL SOUL TIES

If you've gone through a divorce, it's a good idea to break soul ties with your past spouse(s) so the Lord can heal and restore your heart.

- **Lord Jesus, I confess I have practiced (fornication or adultery) with _____ (name the people on your list). Thank You for forgiving and cleansing me of this sin, by the power of Your sacrifice on the cross.**
- **Lord, I confess that I have feelings of guilt and shame for sinning. Thank You for cleansing my conscience and releasing me from this burden forever.**
- **Lord, I ask you to separate my soul from _____ (name each person on your list). I desire to be free and to be wholly given and presented to You and whomever You have or will call me to marry.**
- **Lord Jesus, please uproot all the tentacles of sexual bondage, emotional longings dependencies, and enslaving thoughts I may have towards those I have named. I break the power of any evil spirits that have reinforced this soul tie, or have been transferred between me and others. (Anytime, you feel the power of a soul tie tempting you to sin, focus on your freedom in Christ. The Bible says whom the Son sets free, is free indeed. (John 8:36))**
- **Lord, I bless _____ (name the people on your list). I forgive them for any part they played in our coming together, or in our breaking apart. I tear up any IOU's I have held against any of them. (Now rip up any list of names you may have written down.)**
- **Father God, I receive Your forgiveness. I believe I am totally forgiven, restored and set free by the power of Jesus' finished work on the cross.**

UNHEALTHY OR ILLICIT FRIENDSHIP SOUL TIES

The Bible says we are to know no man after the flesh (2 Corinthians 5:16). That means we are supposed to be relating to people's regenerated spirits, not their sinful natures. We all have a fallen nature that is prone to materialism, gossip, slander, perversion, greed, mockery, gluttony, drunkenness, etc. If you have any friendships that are based on sinful activities or attitudes, ranging from someone you tend to gossip or do drugs with, to someone you have committed serious crimes or gang violence with - now is the time to break soul ties with that person lest you be dragged back down into your dead fallen nature.

Never believe that you must be with any one particular person or have a certain friend in order to survive. Sometimes you have to make the hard choice between God and a friend or loved one, in order to keep moving forward with Jesus. You can lose a friend and survive, but you will not reach your destiny without God. God will make it possible for you to break free from anyone, no matter how connected, or caught up in sin you are with them. Change is always possible with God.

When you pray to break soul ties, you release God to work miracles and create circumstances that will safely separate you from any person or group. Trust Him. God wants to give you lots of friends who will build you up in your spirit, and help remind you of your new identity and destiny in Christ. It is important to identify any of your current relationships that cause you to feel unable or unwilling to be obedient to God's Spirit. Your time on earth is far too short to let anyone derail you from running your best race in God.

“...For what is your life? It is even a vapor that appears for a little time and then vanishes away...” James 4:14

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.” Hebrews 12:1

Ask the Holy Spirit to bring to mind any friendships that influence you to sin or grieve the Holy Spirit. (i.e., friends who influence you to: gossip, be materialistic, complain about your parents or spouse, engage in occult activities, witchcraft, stealing, petty theft, gang activity, or any other illegal or ungodly behavior.)

PRAYER TO BREAK UNHEALTHY SOUL TIES WITH FRIENDS

- **Lord I pray that you take Your sword and separate my soul from _____ (name the people on your list). Thank you for bringing these relationships into Your divine order.**
- **Lord, I bless _____ (name the people on your list) and I hold no grudge against them for any part they have played in influencing my behavior.**
- **Jesus, thank you for setting me free to be led by Your Holy Spirit.**

IDOLATROUS RELATIONSHIP SOUL TIES

Idolatry is the act of making someone or something the guiding force in your life. Of course, The Lord is the only One Who can successfully guide you into your destiny. Therefore idolatry is simply a snare of the enemy designed to yank you off course.

You will know you have made someone an idol when their approval and opinion is more important to you than God and His Word. If you find yourself running to a person for advice, before you seek God for answers, then you're actually placing that person before God. The Bible says:

“You shall have no other gods before me.” Exodus 20:3

It's very common to make idols of your spouse, children, friends, mentors, etc. If so, this is a soul tie that should be cut so that God can bring that relationship into His divine order. Again, that doesn't mean you will no longer interact with that person, it just means you will cut the unholy attachment, and stop idolizing him or her.

When you define yourself by your new creation in Christ, you have a core identity that can not be shaken. If you define yourself as somebody's wife, husband, mother or friend, than you have hung your identity on a person, not on the unshakable truth of God's Word. If something were to happen to your idol, you could end up totally lost and devastated. God is offering you an identity that cannot be shaken, and a relationship with Him that will never end.

Take a minute and ask the Holy Spirit to help identify any idolatrous relationships in your life that you need to break soul ties with: (i.e., your spouse, your children, your friends, your pastor, your boss, your sibling, your parent, your mentor, any famous people, etc.)

PRAYER TO BREAK IDOLATROUS SOUL TIES

- **Lord, I confess I have been idolizing** (name the person) _____. **I repent for all the ways I have believed the lie that their opinion was more valid than Your Word.**
- **Lord, I pray that You take the Sword of Truth and separate my soul from** _____ **so that I can be free to worship, and be led by, You alone.**
- **Lord, I pray blessings over** _____. **I forgive them for any part they played in reinforcing my desire to idolize them.**
- **Father, I receive Your forgiveness. I believe I am totally forgiven, restored and set free. In Jesus' name, I pray. Amen.**

Inheritance Alert – You've been adopted into God's family

When you become a believer in His Son Jesus, God the Father personally adopts you as His own child.

“I will not leave you as orphans; I will come to you.” John 14:18

“He predestined us to be adopted as his sons, through Jesus Christ, in accordance with his pleasure and will.” Ephesians 1:5

“For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by Him we cry, "Abba, Father." Romans 8:15

“Now a slave has no permanent place in the family, but a son belongs to it forever.” John 8:35

If you are a single person, God promises to make you a part of an earthly family as well.

“God sets the lonely in families. He leads forth the prisoners with singing....” Psalm 68:6

Welcome to the wealthiest family on earth. You have a royal inheritance in Christ!

“You are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.” 1 Peter 2:9

DRUG RELATIONSHIP SOUL TIES

Recreational drugs are a ploy of the kingdom of darkness to chain souls up in prisons of addiction, so they cannot reach their destiny. Whenever you do drugs, you are obviously being led by your sin nature, and not by the Holy Spirit in you. As you partake of illegal substances with others, you are all submitting to evil as you commune together. This is an open opportunity for the devil to tie your soul up in knots with other addicted souls. Jesus wants to set you free from addictions and unhealthy relationships, and restore your mind to its original pre-drug state.

Ask the Holy Spirit if you have any drug associations that He would like you to break soul ties with, especially drug dealers, and those who may influence you to get high in the future.

PRAYER TO BREAK ALCOHOL and DRUG SOUL TIES

- **Lord, I confess I have taken and abused drugs and alcohol. I repent for submitting to drunkenness, rebellion and addiction. I ask You to cleanse my body and restore my mind to Your divine design by the power of Your sacrifice on the cross.**
- **Lord, I pray that You take the Sword of Truth and separate my soul from _____ (name any drug or alcohol associates on your list).**
- **Jesus, please uproot all the tentacles of addiction, emotional longings, dependencies, and enslaving desires I may still have for drugs or alcohol. I bind, renounce and resist any evil spirits that were reinforced or transferred between my soul and the souls I got high with.**
- **Lord, I bless _____ (name the people on your list) and I forgive them for any way they influenced me to get high.**
- **Jesus, I receive Your forgiveness, healing and complete deliverance from drugs. Thank you for setting me free and giving me the mind of Christ.**

PARENTAL SOUL TIES

God's Word calls you to honor your parents so that your life may go well. Therefore, it may seem contradictory that God also wants you to break soul ties with your parents at a certain stage in your life. The Bible says that in order for a man to cleave to his wife, he must first leave his mother. Women must also leave their parents before they can properly bond to their husbands.

“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.” Genesis 2:24

If a man or woman does not cut soul ties with his or her parents, they will have a difficult time giving their spouse the respect and honor they are due. For example, if a woman is still attached to her father and mother, she may call her parents too often for their input on issues she should be discussing with her husband first.

Having a strong relationship with your parents is a good thing, but once you get married, the dynamic of your relationship must change in order for your marriage to grow and come into divine order. Women must learn to honor their husbands, and husbands must be willing to die for their wives, each submitting one to another (Ephesians 5:21-27). A mature marriage is not possible if parents are still leading their children.

Ideally, you would break soul ties with your parents on your wedding day. But it is never too late. You don't have to worry about how your parents will react to your breaking soul ties with them. Remember, this is not something you need to make public. You never need to announce to anyone that you are breaking soul ties with them.

God will honor your prayer to break soul ties by supernaturally bringing alignment to those areas that were out of His order. After you pray to break soul ties with your parents, you will probably be amazed at how your relationship naturally matures. Your communication patterns may change, but your parents will most likely feel peace about it.

If you are a parent, you should also break soul ties with your children at the appropriate time. All women need to accept the fact that their role as a mother is a sacred passage, but that role radically changes when their children become adults. This change doesn't have to be looked at as a loss. It can be seen as a graduation and growth in the relationship. For example, when kids are young, parents need to be their disciplinarians and leaders, but once kids get married, parents can begin forming more of a friendship with them based on mutual respect. When soul ties are cut between parents and children, it does not mean they will no longer be close. Their lives can still be divinely connected through Christ's Spirit for eternity.

The following prayer is a guideline for cutting soul ties with your parents and your children if they have already married. I suggest you pray it through once with a focus on breaking soul ties with your parents. Then repeat the prayer again, focusing on your married children if you have any. Always add to these prayers as God's Spirit leads you.

PRAYER TO BREAK SOUL TIES WITH YOUR PARENTS AND/OR MARRIED CHILDREN

- **Lord, I desire to be in full communion with my spouse. At this time I choose to break all soul ties with my parents (and children) so I can leave them and properly cleave to my mate as Your Word commands.**
- **Lord, I pray that You take the Sword of Truth and separate my soul from my mother and my father (and my children).**
- **Lord Jesus, please uproot any ungodliness between us, including wrong judgments, unforgiveness, or any resentment that I may still hold towards them in my heart.**
- **Lord, I pray blessings over each of my parents (and children).**
- **Thank You, Jesus, for divinely binding me to my spouse with Your ties of kindness and Your cords of love.**

Construction Zone – SLOW DOWN

You were designed to be completely satisfied and fulfilled by Jesus Christ. He wants to fill your heart and soul until you are overflowing with His abundant love and joy. The Holy Spirit is here now to remove any lies in your belief system that are causing you to search for fulfillment in a person, instead of God.

I renounce the lie that I need the love or acceptance of specific people in order to be satisfied. The truth is Jesus is more than enough. Once I have Him, all my human relationships are like added blessings.

“It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.” Ephesians 1:11 (The Message)

I renounce the lie that I should be liked and accepted by the world. The truth is Jesus said:

“The world will hate you. All men will hate you because of me, but he who stands firm to the end will be saved.” Matthew 10:22

“Blessed are you when men hate you, and ostracize you, and insult you, and scorn your name as evil, for the sake of the Son of Man.” Luke 6:22

I renounce the lie that if I choose to follow Jesus, my life will be dull and lonely. The truth is God will bless me with more than I give up. The Word says:

“Peter said to him, "We have left all we had to follow you!"
"I tell you the truth," Jesus said to them, "no one who has left home or wife or brothers or parents or children for the sake of the kingdom of God will fail to receive many times as much in this age and, in the age to come, eternal life."
Luke 18:28-30

“I came that they might have life, and might have it abundantly" [that it might be full and meaningful] “ John 10:10

PRAYER: Jesus, I ask for the grace to know and receive the fullness (the height, the width, and the breadth) of Your love for me. I know that as I abide in your love, my life will be filled with meaningful friends and a loving family of believers. Amen.

If you are now looking to Jesus to be the One who completes you, instead of a human being, than a very large section of the wall between you and God has been dismantled. Hallelujah!!

Praise the Lord

Let's praise the Lord for all the relationships He has blessed you with. Name one person whom you believe the Lord has placed in your life as a blessing. Tell God why you are grateful for that person.

Private Practice

Ask God how He would like you to bless or honor the relationships He has given you. He might have you make them a personal gift, write them a thank you, tell them in person, or do something for them anonymously. Spreading gratitude always results in more blessings.