

BREAKING FREE FROM UNHEALTHY SOUL TIES

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TODAY, WE ARE GOING TO LEARN ABOUT: **SOUL TIES.**

As Christians, we are **3-PART BEINGS.**

We are made up of our reborn **SPIRIT**, our **SOUL**, and our **FLESH.**

May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23b.

THE SOUL IS MADE UP OF THREE DISTINCT PARTS: OUR MIND, OUR WILL AND OUR EMOTIONS.

- Your mind is how you think.
- Your will is what you desire
- Your emotions display how you feel.

WHAT IS SOUL TIE?

SOUL TIES ARE EMOTIONAL BONDS THAT FORM AN ATTACHMENT.

Our soul was created to be tied to something.
Without this tie, our soul will be empty.

You can tie it to **godly** or **ungodly.**

You can tie it to **healthy** things or **unhealthy** things (bad, demonic ties)

THE POWER OF LIFE AND DEATH HINGES ON WHERE OUR SOUL IS TIED TO.

- When we tie our soul to people or things to please the flesh, it will always produce **DEATH.**
- Tying our soul to please the Holy Spirit brings **LIFE** in all we do.

**FOR IF YOU LIVE ACCORDING TO THE FLESH, YOU WILL DIE;
BUT IF BY THE SPIRIT YOU PUT TO DEATH THE DEEDS OF THE BODY, YOU WILL LIVE.**
Romans 8:13-14

Talking about soul tie, the most common thing people first think of is the bond that is formed between two people who have sex or sexual soul ties --- when your mind, will and emotions are strongly **entangled** with someone else.

Most people think that soul tie to refer to connections linking **PEOPLE** (sexual partner, romantic friends, unhealthy obsessions with teachers, counsellors, leaders, mentors, idols etc.)

However soul ties are NOT always (or limited to only) links between people....

We can form an ungodly attachment with a thing.

Some people can get overly attached to pets, possessions, or anything else.....

"YOU ARE A SLAVE TO WHATEVER CONTROLS YOU." (2 PETER 2:19 NLT)

Soul tie is formed when someone allows his soul to become attached to **someone** or **something** that has the power to affect & control him.

THERE ARE DIFFERENT SOUL TIES IN LIFE --- WHO / WHAT WE HAVE EMOTIONAL ATTACHMENT ON.

- **GODLY SOUL TIES** ARE THE **HEALTHY SOUL TIES, CONSTRUCTIVE ONES.**
- **BUT THERE ARE ALSO UNGODLY SOUL TIES - THAT ARE DESTRUCTIVE IN OUR LIFE.**

AND TODAY GOD WANTS US TO **BREAK THESE UNHEALTHY SOUL TIES** THAT KEEP US BONDAGE AND KEEP US AWAY FROM LIVING A LIFE PLEASING AND RIGHTEOUS TO GOD.

WHAT IS A HEALTHY SOUL TIE?

THE DIFFERENCE BETWEEN HEALTHY AND THE UNHEALTHY SOUL TIE IS **ITS PURPOSE.**

- *A healthy soul tie occurs when the mind, will and emotions are tied together to SOMEONE OR SOMETHING for the DISTINCT PURPOSE OF FULFILLING GOD'S PLAN.*

"And the Lord God said, 'It is not good for a man to be alone. I will make a helper, suitable for him'....
For this reason a man will leave his father and mother and be united with his wife, and they will become **one flesh.**"
Genesis 2:18 & 24 (NIV)

- God uses the act of intimacy to cause the Knitting of two souls in marriage so they can serve God as one.
- It creates a lasting unified bond in the context of marriage the way God designed it....a Godly soul tie that is unbreakable by man (Mark 10:7-9)..... for the purpose of fulfilling God's plan.

WHAT IS AN UNHEALTHY SOUL TIE?

UNHEALTHY SOUL TIE IS FORMED WHEN WE HAVE TIED OURSELVES TO SOMETHING OR SOMEONE FOR THE PURPOSE OF COMFORTING AND SATISFYING OUR FLESH, AND IT WILL DISTRACT YOU/ TAKE YOU AWAY FROM FULFILLING GOD'S PLAN IN YOUR LIFE.

Godly Soul ties create intimacy and a lasting bond in marriage.
But **outside of marriage context**, sexual ties in romantic relationships can be detrimental and destructive to someone's emotional, spiritual and physical well-being.

An unhealthy soul tie is why you many still feel attached to someone even after you've broken up or stopped sleeping together.

- Especially / inevitably when it comes to sex.
- Sex was intended **to bond or attach you to other person for life (A GLUE)**, and this bond doesn't automatically break when you break up.
- **Sex is NOT just physical..... it's an emotional and spiritual connection,**
- And when two people have sex outside of the God-designed context of MARRIAGE....
- There is no way to protect their heart from an ungodly soul tie.

That's why there's nothing "casual" about sex..... or "friends with benefits"

- We cannot protect our heart from the emotional and spiritual bonds that form during the act, and we cannot prevent the soul tie that forms, attaching them together.
- And with More and More.... You end up **entangled** with several people.

(Ripped glued paper)

- They start leaving a piece of yourself with each person, and they start carrying parts of other people's lives that they were not meant to carry..... end up carrying all the junk and drama that the other person carries in their life.
- They won't be able to **form a healthy bond** with the other person because they've been glued and ripped apart so many times.....

- And when people end up bringing their soul ties into marriage, they are bringing all the baggage, drama and junk from their past relationships into their marriage.
- It prevents them to **create true intimacy** with their partner if they are still bonded or attached to other people.

- **God created sex to glue or tie a HUSBAND AND WIFE together.**

UNNGODLY SOUL TIES CAN CAUSE DELAYED DESTINY, WASTED TIME, EMOTIONAL STRESS, TRUST ISSUES, BITTERNESS, INSECURITIES AND MORE ISSUES TO A PERSON'S LIFE.

Forming ungodly soul ties is one of the biggest reasons why **people don't achieve the relationship goals that God wants for us.**

It holds us back from pursuing healthy relationships with the right person and from experiencing God's best for your life.

AN UNHEALTHY SOUL TIE IS FORMED WHEN WE HAVE OVERLY ATTACHMENT (OR OBSESSION) WITH SOMEONE FOR THE SELFISH PURPOSE OF COMFORTING & SATISFYING OUR OWN FLESH, NOT FOR A GODLY PURPOSE.

It's not just limited to people....

They traded the truth about God for a lie.
So they worshipped and served the things God created **instead of the Creator himself, who is worthy of eternal praise!**
Romans 1:25 NLT

When **WE WORSHIP OR SERVE OTHER THINGS OTHER THAN GOD.....!**
When **WE WORSHIP / PUT OTHER THINGS IN HIGHER ORDER / IMPORTANCE THAN GOD.....**
When we go to them **FIRST TO FULFILL OUR NEEDS** rather than **GOD FIRST!!**
When we **PURSUE OTHER THINGS FIRST** at the expense of Worshiping, Honouring God.
When we **SEEK TO PLEASE A PERSON (MEN)** more than Pleasing God...
This is **WHEN WE have created an UNHEALTHY SOUL TIE.**

- An unhealthy soul tie TO A PERSON OFTEN has a **SELFISH MOTIVE.**
- IT'S ALWAYS FOR THEM, **FOR THEIR OWN BENEFIT.**

- An unhealthy soul tie TO A THING, ALWAYS serves the purpose of **PLEASING OURSELVES / OUR FLESH**, fulfilling the wrong motives instead of God's purpose.
- Do what feels right / good in the moment, NOT making divine decision to stay put in God's purpose & destiny.....that's an unhealthy soul tie.

"Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature." Romans 13:14 (NIV)

We have tied ourselves to unhealthy soul tie when we want to achieve things from someone / something that we can only get from GOD.

3 things that only GOD CAN FULFILL AND GIVE TO US:

- **IDENTITY**
- **PURPOSE**
- **ACCEPTANCE**

No one else and nothing else can truly fulfil these 3 things in our life, **only God can.**

- **But when we put our Identity attached to our Possessions,**
- **When we live a life continuously seeking Acceptance from another Person.**
- **We find Purpose through our Career, our Success, Our Wealth as the measure.**
- **That means we have Unhealthy Soul Tie that we need to decide to break tonight!!**

EXAMPLES OF UNHEALTHY SOUL TIES

- **Unhealthy relationships** --- *uneven yolk, abusive, manipulative, toxic, unhealthy, controlling / owning.*
- **Food**
- **Money / Shopping**
- **Sex / Pornography**
- **Alcohol / Drugs**
- **Approval / Attention**
- **A past relationship** --- *trauma (should be weapon for testimony, not to seek attention /self-pity)*

HOW TO BREAK AN UNHEALTHY SOUL TIE?

1. **RECOGNIZE** the soul tie as well the **THE VOID YOU HAVE BEEN TRYING TO FILL WITH IT.**

- What FULFILLMENT we have been trying to achieve out of it?
- Why do we always need Approval of that person?
- Pleasure of flesh that we get out of it --- *It makes me 'feel good', 'looks good'.*
- Past relationship that we cannot move on from.

2. **REPENT** for seeking and craving counterfeit affections.

- Repent: *"God I have been seeking approval from men rather than from you"*
- *"God I have been letting other people, my things, my achievements define who I am,*
- *define my worth and value rather than holding on to the promise that I am a Child of God! I have been created beautifully and wonderfully made, that I am precious in Your eyes!"*

3. **RELEASE** yourself - **DECIDE TO BREAK FREE.**

- A lot of people stop at REPENTING.
- But you will fail if you stop there!
- Because a soul tie like this needs to be broken!!

You need to be released from this tie, this chain has been holding you back.

You got to **DECIDE to BREAK FREE** from this!

- *Release yourself from this Prison of Addiction,*
- *this Prison of endless Approval-seeking,*
- *this chain from Mammon / Money holding your life.*

Decision is only a beginning of the battle -- and now let the fight begin!!

4. **WEAN** yourself from the comfort of the soul tie.

Wean = to withdraw from some object, habit, from enjoyment, or the like.

- When Moms breastfeed their babies...there will come a time when they have to wean.
- Come on it's not funny that they're already 5 years old and sucking breasts!
- Time to grow up. It's time for bottle milk.....its time to move on and eat solid food!

WEANING IS THE FIRST STEP TO MATURING.

- And for some of us tonight, we need to wean ourselves if we want to **grow up spiritually!**
- Don't be like a Baby: "I love my milk, I love the bottle!" We got to stop - take an intentional action to **WITHDRAW** from it!

- *Stop going to the mall and window shopping*
- *Kill your credit card if that's your weakness .*
- *Don't go to the places that you're always tempted with.*
- *Cut the bad destructive relationships in our lives.*
- *Don't give yourself any chance to fall and fail.*
- *Do whatever you need to do: unsubscribe, unfollow, uninstall, cut it off.*

5. **REPLACE** the unhealthy soul tie by: **ESTABLISHING NEW, HEALTHY RELATIONSHIPS.**

- Focus on creating and building healthy relationships that draw us closer to God.
- Focus on healthy relationships that build independent strong identities rooted in God.

- Focus on relationships that are 'giving' not 'taking'.
- Giving Faith into our Life, Speaking Positive into our life..... not draining and sucking the faith and the life out of us.

CREATE HEALTHY BOUNDARIES

- To be free and keep your freedom.
- To be free and stay free.

We need to create BOUNDARIES that will keep us from falling out again and stay in freedom.

To many times we feel bad saying "No" to people, but at the expense of saying NO to God. We feel bad about saying "No" to people but also the expense of our own Wellbeing.

First priority is God, second is your well being, your own spiritual being.
Create healthy boundaries.

DISCIPLES, WE NEED TO LEARN TO CUT!!

- *Eg. just gone through heartbreak.*
- *"Still friends", keep looking at their photo, still keep their stuffs.*
- *Don't trust yourself! You're not that strong.*
- *Throw away any items that still connect you to the person.*
- *Get yourself back to neutral position*
- *Set up healthy boundaries to help you succeed and break free!*

IF IT'S THINGS.....

- *Don't buy it, don't store it in your fridge.*
- *Store healthy stuffs.*
- *Make it harder for you to get it.*

STRUGGLING WITH SEXUAL ISSUE:

- **WIFE - HELP YOUR HUSBAND.**
- **HUSBAND - HELP YOUR WIFE.**
- *Identify the pattern of your 'weak moments': What triggers the urge or feeling, what you see..... And make intentional decision to 'wean' and 'cut'.*
- *Stay away from places that tempt you, particular timing, place that are always fragile / tempting you.*

Come on somebody!

IT'S TIME TO TAKE BACK CONTROL OVER OUR SOUL!!

And only let God fulfill and satisfy what only God can give us.

- **OUR IDENTITY IS IN GOD** - not in other people and not in things!
We should root ourselves wholly in who God says we are, NOT in what others say about us.
- **OUR ACCEPTANCE IS IN GOD** - you do not need to try so hard to be accepted, because God has accepted you as you are, He had died for you when you were still a sinner.
- **OUR PURPOSE CAN ONLY BE FOUND IN GOD** - No people, No amount of Money can give us fulfillment of life, because He has come to give us LIFE, and LIFE to the ABUNDANCE!!

Come on.....tonight let's **BRING IT BACK TO GOD!!!**

- Perhaps certain parts of your soul are stuck somewhere else either in previous relationships, negative parts of your life.
- Perhaps you are repeating cycles of your failures, weak points, things you unhealthy attach yourself or gain pleasure from....
- Whatever the case....**GOD WANTS TO RESTORE YOUR SOUL!!**

And I believe there is enough Anointing today for God to break us free from any unhealthy soul tie that is out of God's perfect plan for you and me!!

The Bible makes it clear that God wants us to worship God with all of our soul (Mark 12:30-31)
Not fragments of soul clinging to ungodly cause, and unhealthy source.
All of our spirit, mind, emotions are to be for Him alone.

GROUP DISCUSSION

BREAK FREE FROM UNHEALTHY SOUL TIES

ASK GOD TO REVEAL ANY UNHEALTHY SOUL TIES IN YOUR LIFE:

Check the soul ties you relate with at this time, Particularly with people or the following things:

- Overly dependent relationship with _____
- Computer / Internet / TV / CellPhone / Video Games or Other Media
- Hobby / Sports / Physical fitness
- Money / shopping
- Education knowledge / status / position
- Pornography
- Sex
- Alcohol / Drugs (Illegal or Prescription)
- Self-mutilation
- Abusive behaviors
- Anger
- Control/manipulation
- Approval / Acceptance of Others
- Career/work
- Food/drink
- A past relationship
- Other: _____

Choose one of the above to discuss the following with your group.

1. **What is the soul tie providing for you?**
2. **When does your flesh crave it the most?**
3. **What discomfort** can you expect as you **wean yourself?**
4. **Name some practical things** you can do to **help you get through the weaning process?**

PRAYER FOR RENOUNCING THE SOUL TIE (TO BE READ AND REPEATED)

In the name of the Lord Jesus Christ, I cancel, break and renounce all relationships set up by Satan and wicked spirits between **(Name each person/thing)** and me.

I renounce in Jesus name any tie empowered by Satan and reject all ways the enemy has used these ties in my life.

I cancel all the ungodly, destructive, and hurtful effects these relationships has/have had upon me (and my marriage, my family and my ministry), I forbid the enemy's interference or continuing use of this/these relationships against me, I claim the blessing of the Lord Jesus on any part of this/these relationships that is empowered by God.

I pray this in the name and power of my Lord Jesus Christ, Amen.

HOMEWORK

Choose **one soul tie** seriously affecting your life at this time.
Respond to the following questions in your journal.

Try to answer only one each day, rather than all at once:

1. **To whom/what** is this tie bonded? Explain its fleshly benefit to you.
2. **When** are you drawn to engaging in it the most? Be specific.
3. **What is your first memory** of this type of behavior?
Describe what life was like for you back then.
4. **What people** have you mentioned in these responses? Write a forgiveness letter to them.
Follow last week's homework steps to do so.
5. Write out a practical **"weaning plan."**
Include what you will do when you feel the discomfort of the process.
Take your detailed plan to **prayer**, receiving God's mercy and grace to carry it out.