

# BREAK FREE FROM UNHEALTHY SOUL TIES

LOF2 - Series: FINDING YOUR FREEDOM

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**.

**1 Thessalonians 5:23b (NKJV)**

"May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ."

THE SOUL: OUR MIND, OUR EMOTIONS, AND OUR WILL.

## 1. 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.

**Romans 8:13-14**

**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.**

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

However soul ties are NOT always links between individuals.

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)**

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

- **GODLY SOUL TIES** ARE THE HEALTHY SOUL TIES.
- 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.

## 2. 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.**

Genesis 2:18 & 24 (NIV)

"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."

## 3. WHAT IS AN UNHEALTHY SOUL TIE?

- 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 GO'S PLAN IN YOUR LIFE.**

ROMANS 1:25 NLT

"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!"

WHEN WE WORSHIP OR SERVE OTHER THINGS OTHER THAN GOD!!.....

This is when we have created an **UNHEALTHY** Soul Tie.

- An unhealthy soul tie TO A PERSON OFTEN has a **SELFISH MOTIVE.**
- ITS 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.

Romans 13:14 (NIV)

"Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."

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
- Food
- Money / Shopping
- Sex / Pornography
- Alcohol / Drugs
- Approval
- A past relationship

## 4. HOW TO BREAK AN UNHEALTHY SOUL TIE?

• **RECOGNIZE** the soul tie as well as 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 - 'feel good', 'looks good'.
- Past relationship that we cannot move on from.

• **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!"

- **RELEASE** yourself - **DECIDE TO BREAKFREE.**

- 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 BREAKFREE** 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!!

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

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

- When Moms breastfeed their babies...there will come a time when they have to wean.
- Come on its not funny that they're already 3 years old and sucking breasts!
- Time to grow up. Its 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 the breast, 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.

- **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 kept 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.

### **LOF STUDENTS, WE NEED TO LEARN TO CUT!!!**

- Just gone through Heartbreak.
- "Still friends", keep looking at their photo, still keep their stuffs.
- Don't trust yourself! You're not that strong.
- 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.
- Stay away from places that tempt you, timing place that are always fragile / tempting you.

*Come on somebody!!*

### **ITS 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!
- **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.
- And **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 GODDD!!

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!!

## GROUP DISCUSSION

### BREAK FREE FROM UNHEALTHY SOULTIES

#### Check the soul ties you relate with at this time:

- Overly dependent relationship with \_\_\_\_\_
- Computer / Internet / TV / CellPhone / Video Games or Other Media
- Sports / Physical fitness
- Money / shopping
- Education knowledge / status / position
- Soap operas, Novels
- Pornography
- Sex
- Alcohol / Drugs (Illegal or Prescription)
- Isolation
- Self-mutilation
- Abusive behaviors
- Anger
- Control/manipulation
- Approval / Acceptance of Others
- Career/work
- Sleep
- Food/drink
- Church activities
- 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?**

## HOMWORK

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.