Ungodly Soul Ties

breaking unhealthy attachments
‘Soul-ties’ are attachments which bind us to others whether we want to remain in those relationships or not. When we form loving, healthy relationships with others we refer to them as Godly soul ties. On the other hand, when we have a poor relationship with others filled with jealousy, hatred and/or abuse, we form ungodly soul ties.

HOW SOUL TIES FORM

Soul ties form as a result of:

- birth: parents, siblings, relatives
- decisions and choices we make: marriage, friendships
- force: abuse, rape, fear
- consensual sexual intercourse outside of marriage: fornication, adultery

In each of these instances, bonds are formed and these attachments affect our daily lives either to our benefit or to our detriment.
GODLY SOUL TIES

God intended for us to relate to Him and to each other in honoring love. We are called to be in a vital relationship with Jesus. Godly bonding energizes us and produces life and health spilling over into our relationships with others.

Some examples of Godly soul ties from Scripture:

- 1 Samuel 18:1 - David and Jonathan spirits were as one.
- Genesis 2:24 - Adam and Eve united become one flesh.
- John 17:21-23; Galatians 2:20; Colossians 1:27 - The believer, united with Christ.
- 1 Corinthians 6:17 - United with the Lord we become one with Him in spirit

UNGODLY SOUL TIES

An ungodly soul tie is any unacceptable bonding that is contrary to God’s plan and purpose. An ungodly tie can be established by choice or by force. Fear of a person with whom you are in relationship is a likely indicator that some form of ungodly domination is being exercised.

Some examples of ungodly soul ties from Scripture:
• **Genesis 4:4-8** - Cain’s jealousy led to murder.
• **1 Samuel 18:7-11** - Saul’s jealousy and hatred of David.
• **2 Samuel 11** - David’s sexual demands led to adultery and murder.
• **2 Samuel 13:1-22** - Amnon’s deception and power over Tamar led to rape, incest.

**Ungodly soul ties form between people when:**

- children have dominating, controlling parents
- parents have undisciplined and manipulative children
- partners have pre-marital sex
- partners have extra-marital sex
- relationships are abusive through sexual, emotional, physical and/or psychological manipulation
- relationships involve unhealthy dominance of one person over another such as with bosses, teachers, pastors, coaches
- unresolved grief from the death of a loved one leads to relating as though the person were still alive
- occult games or practices lead to communicating with the dead or with spirits
SO WHY IS SEX SUCH A BIG DEAL?

Sex is not the only thing that creates soul ties but it is more powerful in bonding people together than any other act.

God established the marriage covenant. During a wedding service, vows are made - a covenant relationship before God. We vow to love each other and honor one another. This covenant is consummated through sexual intercourse - the man and woman become one flesh. A Godly bond is created if the marriage bed remains safe and sacred as God intended.

The word for sexual intercourse in Hebrew is the same word used for “knowing” God and “knowing” truth - it implies a deep intimacy. A different word is used for David’s adulterous act with Bathsheba, (2 Samuel 11:4). During any sexual intercourse a soul tie is formed. This tie or attachment occurs regardless, whether there is or is not a marriage.

What the Bible Says

“**The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.** (1 Corinthians 6:13b NIV)

“**Do you not know that he who unites himself with a prostitute is one with her in body, for it is said, ‘The two will become one flesh.’ But he who unites himself with the Lord is one with him in spirit.** (1 Corinthians 6: 16 – 17 NIV)
Flee from sexual immorality. All other sins a man commits are outside his body. But he who sins sexually sins against his own body. Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. (1 Corinthians 6: 18 -20 NIV)

THE CONSEQUENCES OF UNGODLY SEX

We may turn to sex in an attempt to fill a void of loneliness or poor self-esteem, but the painful consequences of ungodly sex far outweigh the rewards.

Ungodly sex is harmful because it:

• interferes in our relationship with God
• brings emotional disturbance
• disrupts human relationships
• breaks intimacy with our spouse
• brings guilt and condemnation
• opens the door to the enemy
STEPS TO BREAKING UNGODLY SOUL TIES

As all sexual intercourse involves body, soul and spirit, a spiritual bond or soul tie will have been established with all past sexual partners and encounters. God can and will break such soul ties when confessed and asked, but until they are broken they will continue to hold the couple in spiritual bondage even though marriage with a new partner may have taken place.

**Step 1:**

Receive the power you need to break ungodly soul ties by asking Jesus to take control of your mind, your will and your emotions. If you haven’t already done this, you can do it right now by praying this simple prayer:

*A prayer giving Jesus control of your life:*

Jesus, I ask You to take control of my life, fill me with the Holy Spirit, and help me be the person You created me to be. I want You to be in charge and guide me in the decisions I make from now on. I love you Jesus.
If this is the first time you’ve prayed a prayer like this, you now have a resource—a source of power, available to you that you didn’t have before. That means that when you feel too weak to let go of unhealthy attachments, you can ask Jesus to give you the strength you need and He will do it. You are not strong enough in and of yourself, but Jesus living in and through you is strong enough.

**Step 2:**

Ask God to forgive you for consenting to sinful sexual encounters.

You cannot move on by letting go of unhealthy attachments until you receive forgiveness.

**A prayer asking God to forgive you:**

Jesus, I have sinned—I have messed up. I can’t make up for the things I’ve done wrong, I need for You to forgive me. Thank You for dying on the cross and paying the price for me so that I can be free from guilt and shame. Thank You for doing for me what I cannot do for myself. Thank You for wiping the slate clean and making me pure again.
**Step 3:**

**Tell God that you forgive those who have hurt you.**

If you have years of stored up offenses, this will take time. Don’t be in a hurry. You may want to write down the names of the people who have hurt you and the ways in which they have hurt you. **You need to pray specifically.** Broad, general prayers like: “I forgive my ex for hurting me,” do not reach down to the depth of your pain. Think about how you were hurt. Although these memories are painful to recall, you will not be released from their grip without acknowledging their hold on you. **You are looking back so that you can move forward.** This is not about wallowing is your despair or disparaging the person who sinned against you—it is about letting go and moving on.

**A prayer telling God you forgive others:**

Lord, I forgive ___(name the person)___ for___(name the offenses specifically)____. I forgive him/her because You have forgiven me. Release me from the burden and pain of carrying these offenses.

**An important note:** if you have been abused in any way, God may not expect you to reestablish relationship with your abuser. You can forgive without ever seeing that person again. Even if the abuser is truly repentant, it may not be God’s plan for you to be in relationship with him/her. The Lord will make His will clear to you if you earnestly seek Him.

If you have not read the Forgiveness eBook, it may help you to read it now. *(More on Forgiveness)*
Step 4:

Break ungodly soul ties.

Ungodly soul ties are not only formed through sexual relationships. The same principles apply no matter how the tie was formed. Don’t expect this to be an easy prayer to pray. It helps to pray out loud. If you find the words get stuck in your throat when you begin to name the person, press through and make yourself say it. You want to be free from this bondage and you can break free through prayer.

A prayer breaking ungodly soul ties:

Lord, I take back from ____ (name the person) anything he/she has taken from me that is rightfully mine. I take back ____ (purity, innocence, security, a healthy self-image)__. I give back to ____ (name the person) anything I took from him/her that is rightfully his/hers. I give back ____ (purity, innocence, security, a healthy self-image)__. I place the cross of Jesus Christ between ____ (name the person)____ and myself. I will no longer look to ____ (name the person)____ except through the cross and he/she will no longer look to me except through the cross. I ask You to sever this ungodly soul tie in the Name of Jesus.

It is helpful to pray this prayer for each person you are tied to. If you cannot remember names, it may help to recall the circumstances you were involved in (the guy at the bar, the girl in the park…) If your memory is blocked you can pray a general prayer. God knows your past and will honor your prayer.
Step 5:

Thank God for setting you free.

Gratitude is a way of expressing faith. Whether you feel different emotionally or not, you can know that your prayer was heard and that it was answered because it is God’s will for you to let go of unhealthy attachments.

A prayer of gratitude:

Thank You Lord, for hearing my prayer and for severing the ungodly soul ties I have allowed in my life. Thank You for doing for me what I cannot do for myself. I love you.

Note: You may need to pray the prayer to break soul ties several times if the attachment was especially strong. You should pray it when you find yourself being drawn back in. **This is not because God did not answer your prayer the first time;** it’s because we sometimes need the repetition in order to be convince ourselves. With each prayer the feeling of being “tied” or “attached” will lessen in strength. Eventually, you will experience “feeling” the freedom you have already attained.
GODLY AND UNGODLY TIES WITH THE SAME PERSON

In relationships, such as with parents, children, spouses and long-term friendships, there can be aspects that are healthy and other aspects that are unhealthy. For instance, a husband may control in ways that prevents his wife from being free, but protect in ways that helps his wife feel secure. A wife may criticize in ways that puts her husband down, but be intuitive in ways that helps her husband be a better man.

It is possible to break off the ungodly tie you have with someone while remaining in the relationship. You will change your own reactions to ungodly behavior and instead of being in bondage to it, you will be free to refuse it.

A prayer breaking ungodly soul ties while staying in relationship:

Lord, I thank You for ___(name the person)____. I place the cross of Jesus between ___(name the person)____ and myself and refuse to be controlled or dominated by him/her. I will no longer look to ___(name the person)____ except through the cross and he/she will no longer look to me except through the cross. I ask You to sever the ungodly soul tie that keeps me from being who You created me to be and to bless the Godly aspects of our relationship.
SOME HELPFUL SUGGESTIONS

Here are some things that can help if you feel stuck:

• Pray out loud. Our convictions somehow feel more real when we hear our own voice saying them. This may be difficult for you. Don’t feel foolish—press through. Say it out loud like you mean it.

• Find someone you trust to pray with you. It would be best to pray with someone who believes that Jesus paid the penalty for sin when He died on the cross. After you have prayed out loud, ask your friend to pray a blessing over you. You don’t always have to close your eyes when you pray. It may sink into your heart more if the person praying over you establishes eye contact with you.

• Invite your friend to check up on you in the days ahead. Give your friend permission to ask the sensitive questions that you may wish to avoid. By keeping your feelings in the light, the power of hiddenness and secrets is broken.

• Finally, if you do not have someone to agree with you in prayer over your situation, contact us through our website and we will get back with you. We care about your healing and want you to be free.

Enjoy your freedom in Christ,

Mark and Tammy
The importance of breaking ungodly soul ties is critical. Why not share this valuable resource with your family, friends or perhaps a neighbor?

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