

Breaking and Avoiding Unhealthy Soul Ties

An unhealthy soul tie is an “unholy alliance” or a “perverse relationship.” Perhaps it can best be defined as *an unhealthy strong intimate bonding relationship between two or more people.*

I like to use the term “soul-joined” to describe this kind of relationship. The Greek word for soul is *psyche*—meaning mind, will, and emotions. (*James.1:21, 1 Peter 1:22*) The Greek word for joined is *kollao*, which means to glue or to stick. (*1 Corinthians 6:16*)

Healthy soul ties are centered on that which is founded on love (agape), on what is godly, eternal and good. Unhealthy soul ties are centered on that which is lustful, sinful, temporal, and evil.

Types of Soul Ties

Healthy: approved by God, representing the bonding of two persons in agape love

- **Marriage**—In marriage it is God’s purpose that a man and woman “*be joined ... and the two shall become one flesh.*” (*Eph. 5:31 NKJV*) They are to be bonded by love. “*So husbands ought to love their own wives...*” (*Eph. 5:28 NKJV*)
- **Friendship**—“*The soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.*” (*1 Samuel 18:1*) Pure and holy soul ties among friends are always based on godly love.
- **Parent & child**—“*His father loves him...His life is bound up in the lad’s life, and his soul knit with the lad’s soul.*” (*Gen. 44:20,30*) These verses illustrate Jacob’s love for Benjamin. When a child is born, the infant should be bonded to his parents. When a healthy tie is formed, it ministers life, love, and security to that child. The soul tie between parents and child stabilizes a child’s personality.
- **Other Christians**—The church is made up of many members who are knit together and built up together through love. “*From him the whole body joined and held together by every supporting ligament, grows and builds itself up in love, (growth of the body) as each part does its work.*” (*Eph.4:16 NIV*)

Unhealthy: demonic soul ties founded on sin and lust

Satan cannot go beyond his limited rights; he must work within the framework of what he is allowed. When the enemy gets the opportunity, he will pervert that which is pure. ***Unhealthy soul ties are formed when a person looks to someone else other than God to meet needs of love, acceptance, security, and significance.***

- **Sexual immorality**— “*Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, ‘The two will become one flesh.’” (1 Cor. 6:16)* Through sexual relationships outside of marriage, demonic soul ties are made. Those who engage in sex outside of marriage become one flesh, which God has purposed solely only for a husband and wife.
- **Evil companions**— “*Do not be deceived and misled! Evil companionships (communion, associations) corrupt and deprave good manners and moral character.” (1 Cor. 15:33 AMP)* A person is easily influenced by his friends, so it is important to choose righteous and holy friends.
- **Family ties that are unhealthy**
 - ◊ When a son or daughter is ready for marriage and marries, it is important that the soul tie with the parents be terminated in order for the soul tie between the husband and wife to be formed.
 - ◊ Sexual perversions within a family will cause an unhealthy soul tie to be formed.
 - ◊ When the essential bonding with parents is missed at birth, it leaves children a target for the enemy because of the rejection and insecurity they feel.
 - ◊ Parents must never control adult children as they get older and their relationship continues. Adult children must not be too dependent on a parent spiritually, emotionally, or financially.
- **Soul ties with the dead**—Prolonged mourning may indicate the continuation of a soul tie, and the stress of extended grief will create an opportunity for an unhealthy bond with the dead. After a reasonable time of grieving, it is important to completely release these people to the Lord.
- **Church**
 - ◊ There are evil soul ties represented by cliques which cause division within the church. These factions oppose the unity of the church and must be confronted. (*1 Corinthians 12:24, 25*)
 - ◊ Some pastors join people to themselves rather than to Christ. (*1 Cor. 6:17*) This unnatural bonding actually seduces the people away from Christ. Such ungodly soul ties may be formed by a pastor’s intentional or unintentional design. They may be initiated by members of the congregation who idolize the pastor above Christ. Cults and cultic-type churches are an outgrowth of these kinds of soul ties. (*1 Cor. 3:3-5*)

Possible Symptoms of Soul Ties that are Unhealthy

- Someone you have dreams about or wake up in the night thinking about
- Someone your mind continues to focus on, especially obsessively
- Continuing emotional reaction to another individual when you meet him or her unexpectedly, hear his or her voice on the phone, or hear his or her name mentioned
- Someone you are obsessively emotionally afraid of
- Someone whose name or face comes into your mind while you are intimate with your spouse
- Someone you dread running into or hope you won't see
- Someone you look to who feeds or meets your unfulfilled emotional needs
- Hearing someone's voice in your head and/or talking with that person

Breaking the Power of Control

- God ultimately breaks the bondage of unhealthy soul ties. (*2 Peter 2:7, 9; Isaiah 58:6*)
- Our responsibility is to follow the right path and guard our hearts. (*Proverbs 4:23; 1 Thess. 4:3-4; Proverbs 4:14-16, 23-27; Prov. 7:5,7,10,11,21; Prov. 22:4, 5; Titus 1:5-11*)

Prayer for Breaking Unhealthy/Sinful Soul Ties

Confession of sin (repentant spirit)

Sample prayer:

“Dear Heavenly Father, I come before the throne in Jesus Christ’s name. I acknowledge that I have looked to (person’s name)_____ to meet needs in my life of love, acceptance, security, and significance instead of you.

I confess the sin of _____ with _____. I ask your forgiveness and choose to receive your forgiveness, according to I John 1:9.

I choose to forgive_____ for _____ and making me feel _____. I now release _____ to You, Heavenly Father, and I choose to accept the consequences of their sin against me. I ask that you would take back the ground I gave to Satan because of the sin of _____ and cleanse me with your blood. I thank you for your forgiveness.

Dear Heavenly Father, please separate my body, soul and spirit from the body, soul, and spirit of (person soul tied to)_____, and break the bond that Satan has in my life.”

Remember.....

- Growth is an ongoing process regarding ongoing relationships (i.e. parents).
- When triggered by someone, look for the need this person is meeting in a unhealthy way in your life that Christ should be meeting and let Christ meet that need. (*1 Thess. 3:3-5*)
- Yield your next response to the Lord and what he would have you say or do.
- Prepare your heart for future confrontations. (*1 Peter 3:15*)

Skills For Setting Boundaries

1. **Gain awareness:** Acknowledge the problem of boundaries with people.
2. **Embrace your identity in Christ:** He alone can meet your needs of love, acceptance, security, and significance.
3. **Define who you are not:** Hurting people have problems with boundaries.
4. **Develop the "no" muscle:** Learn to say no.
5. **Be a duck:** Let things go... like water off a duck's back.
6. **Stop blaming others:** Take responsibility.
7. **Stop playing victim:** Instead overcome evil with good.
8. **Persevere:** Accept suffering.
9. **Become active, not reactive:** People react out of their hurt and need for love and acceptance.
10. **Set limits:** Biblical standards, convictions, and the leading of the Holy Spirit.
11. **Choose values:** Do not compromise.
12. **Practice self-control.**
13. **Accept others.**
14. **Realize your separateness.**
15. **Be honest:** Share your true feelings.
16. **Challenge distorted thinking:** Understand the lies that keep you in bondage to needing others.

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