

Soul Ties Worksheet

Supplement to Freedom Step 3 Severing Soul Ties

Bondage vs **Freedom**

Strongholds vs **Breaking Spiritual, Psychological & Emotional Relationships**

We are composed of three parts: body, spirit (where the Holy Spirit lives in us), and soul (our mind, will and emotions). The soul, particularly the emotions, is the place we experience our deepest hurts in life.

In order to limit what the enemy can do to us through other people, it is often helpful to break the "ties" developed through spiritual and emotional relationships with others. We refer to these as "soul ties," and they can have positive and negative elements.

Soul ties are defined by Charles Kraft in his book *Deep Wounds, Deep Healing* as follows:

"Sometimes spiritual bonding happens when one person is dominated by another (including parents), when one strongly admires another, or when there is a very close friendship. Such relationships create what are often called 'soul ties'. These are spirit-to-spirit ties to other people which need to be broken if the person is to be free. The steps (to break the ties) are...deal with any sin through confession, renounce in Jesus' name any tie empowered by Satan, claim Jesus' blessing on any part of the tie empowered by God, and forbid the enemy to continue to interfere in or make any further use of this relationship."

Note the ties between David and Jonathan. "Jonathan became one in spirit with David... "Jonathan made a covenant with David... " (1 Samuel. 18:1, 3-4). This is an example of a positive soul tie.

Soul ties are potentially created every time there is any sexual relationship between two people. Outside biblical boundaries, namely marriage, these soul ties would be negative. Sometimes even natural relationships (ties), such as parents and children, can be used against us by our enemy. Please note—we are not necessarily trying to break the relationship with others, just any part of the relationship which has been empowered by the kingdom of Darkness. You want to seek God's blessing on any part of the tie or relationship that is empowered by God.

After praying the following prayer, make a list of the names of all persons with whom you have had a close relationship but also included an unhealthy

dimension in your past. This may include: any family members, all former sexual partners, close friends (even from childhood) therapists/doctors, special teachers, employers/coworkers, clients, etc. Your list from Step 3 (Forgiveness) and the second part of Step 6 (Sexual Bondages) is a good place to start Remember, forgiveness must occur before a soul tie can be broken.

Dear Heavenly Father, please reveal and bring to my mind those relationships that have unhealthy soul ties that need to be dealt with today. Thank You in advance, for the freedom that You will give me through this. I pray this in the name of the Lord Jesus Christ. Amen.

Use, the following declaration to cancel and renounce each relationship set up by the enemy:

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) and me.

I renounce in Jesus name any tie empowered by Satan and reject all ways the enemy has used this/these relationships.

I cancel all the ungodly, destructive and hurtful effects this/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 the power of my Lord Jesus Christ. Amen.