

## 4 Indicators Of Wrong Soul Ties



### What are soul ties?

A soul tie is an emotional bond or connection that unites you with someone else. You can become bound to a person through your soul.

Have you found yourself tormented by thoughts about a person, excessively wondering about them, checking on them, rehearsing times with them? If so, you have soul ties. Have you grieved over a severed relationship with someone you were once close to? If so, you have soul ties.

Soul ties are formed through close friendships, through vows, commitments and promises, and through physical intimacy. Not all soul ties are bad. God wants us to have healthy relationships that build us up, provide wisdom, and give godly counsel. God will strategically bring good relationships into our lives to form healthy soul ties. "When David had finished speaking to Saul, the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own life" (1 Sam. 18:1 (AMP)). In contrast, Satan always brings counterfeits into our lives to form unhealthy soul ties.

A few ways unhealthy soul ties can be formed include:

- Abusive relationships (physically, sexually, emotionally, verbally)
- Adulterous affairs
- Sex before marriage
- Obsessive entanglements with a person (giving them more authority in your life than you give to God)
- Controlling relationships

## **Four Indicators of Wrong Soul Ties**

### **1. “I feel so confused.”**

When you are outside the will of God in a particular relationship, you will experience confusion. Your feelings will tell you one thing; your spirit will tell you another. That’s where the confusion comes in. “God is not the author of confusion but of peace” (1 Cor. 14:33, KJV). If you are not experiencing peace in this relationship or “soul tie”, then something is not right. That is the Holy Spirit warning you and working to get your attention. You need to respect these warnings. They are not to be brushed off or treated as a small thing. Honor the Holy Spirit’s leading in your life. You should not feel confused if you are in the will of God, and honestly, why would you want to be any other place? When you are confused about a relationship, you can make unwise, regretful decisions. You need to take purposeful steps in feeding your spirit the truth of God’s Word. The truth always overrides deception.

### **2. “I’m just miserable.”**

When we persist in doing something that we know God is not in agreement with, we will experience a type of misery that doesn’t go away. You may feel uneasy inside, extreme anxiety, sorrow or pain. You may feel disgusted by what you’re doing, yet feel powerless to change your situation. Those are all indicators that Satan is at work in your life to destroy it. David cried out in Psalm 38:8, “I am exhausted and completely crushed. My groans come from an anguished heart.” (NLT). If that describes how you feel when you’re alone, I want you to know there is hope. Psalm 23:3 says, “He restores my soul” (NIV). Those four little words will redefine your life. God will restore your mind, your will and your emotions.

### **3. “My mind is tormented.”**

The mind of Christ is one that is at peace no matter what the circumstances. When Satan has invaded our souls through wrong soul ties, our minds will not be at rest. This is where your battle takes place. Is your mind constantly replaying images of the past and rehearsing previous conversations like a broken record? Do your thoughts produce fear or make you feel unclean? Whatever is going on in your mind is affecting your emotional state. Your feelings are indicators of what you are thinking about. Second Corinthians 10:5 says that we are to renew our minds by taking “captive every thought to make it obedient to Christ” (NIV). I will be the first to admit that this is not easy, but it is necessary. You can do this. As a Christian you can get your thoughts under the control of your reborn spirit. How? By speaking God’s Word out of your mouth every single time a negative thought enters your mind. Don’t just think it, speak it. It can be as simple as saying: “Thank You, Lord, that you restore my soul” ... over and over and over. Be persistent. There’s nothing Satan hates more than to hear you speak the Word of God and the name of Jesus out of your mouth!

### **4. “I didn’t mean to disobey God...on purpose.”**

If you feel like you have been dealing with a situation for far too long and nothing seems to help you get beyond it, remember this phrase: God will not advance your instructions beyond your last act of disobedience. If you don’t fully obey what God is telling you to do, you will never move beyond your current circumstances. I don’t know what that means to

you, but I know what it meant for me years ago. I was desperate to move beyond my circumstances no matter how painful it would be.

## Why would we disobey God?

- We doubt our ability to hear from God.
- It hurts too badly.
- It's uncomfortable.
- It's not what our flesh "wants" to do.
- We say that we are waiting for God to change us.
- We are waiting for God to change someone else.

Rather than simply obey God, I believe we try to find answers that won't be uncomfortable. We wait for an easier way, but we stay miserable inside. What is God telling you to do? Be honest with yourself right now. If God was standing in front of you right now, what do you believe He would instruct you to do in your situation? Don't go another day, month, or year struggling—obey God's instructions. Remember, partial obedience is still disobedience. Delayed obedience is still disobedience. Do what God is telling you to do knowing ahead of time that it's always for your benefit. God is not trying to hurt you. He's trying to help you. He sees what you don't see. You will never regret obeying God. Never. Your life isn't over because a relationship is. God wants you to let go of the past and get on a pursuit. He has big dreams for your life.



### How are soul ties formed?

#### 1. Close relationships.

When you spend a lot of time with someone, you are forming a bond. Through whatever you do together – eating, traveling, working, talking – the connection strengthens. You have soul ties with your coworkers, your family members, your children, your classmates. Jonathan and David are a perfect example of a God-designed soul tie. In this type of kinship, God's power increases. The same is true for a wrong soul tie. In that instance, it opens an opportunity for Satan to work on your behalf, and his evil power is intensified.

#### 2. Vows, commitments, promises.

Soul ties can be formed by the words of your mouth. Words have such power over your life! Think of what it really means when you say statements such as: "I will never stop loving you." "You will always be the only one I love." "I will never get you out of my heart." "You're the only one I will ever give my love to." "Nobody will ever take your place in my life." Can you just imagine how much power these words yield?

The Bible says that we can be "snared" by the words of our mouth: "You are snared by the

words of your mouth; you are taken by the words of your mouth” (Proverbs 6:2 NKJV). A snare means a trap, a hook or a plan. Your very own words could be keeping you trapped to a bad soul tie, which explains why you feel like something is pulling on you, preventing you from fully going forward.

### **3. Sexual relationships.**

Soul ties are formed any time and every time there is intimacy in a relationship. You may have ended a physically intimate relationship months ago, but you still feel a pull toward that person. Why? Because of soul ties.

Soul ties prevent us from moving on to new relationships, even the ones God may be leading us into. This can even happen in situations of divorce. The divorce is over, a new marriage is pursued, but one spouse keeps being drawn back to his or her ex-husband or ex-wife. Their soul is still tied to the former spouse.

James 1:8 says, “A double-minded man is unstable in all his ways.” A double-minded person is one with a divided soul. Do you feel unstable at times? Do you want to move on with your life but are struck in random moments of missing your ex-boyfriend? This is being double-minded and not something God wants you to experience. He wants you free from every sin of your past – even the ones you willfully gave into over and over but still think about. There are certain things you can do to help you through this trying and uncomfortable process of breaking free from a relationship you feel God wants you to get free of:

#### **A. Decide to please God more than anyone.**

You have one life to live., and it matters to God. One day, you will stand before God and give an account of your life and what you were called to do during your time here on earth. You cannot live your life displeasing God in order to please someone else. All that will do is eventually bring you a life of deep regret.

You have to come to the place in your life where pleasing God is the most important thing to you. If He is prompting you to end a relationship that you’re tied to, then you need to end it. Allowing someone to have as much influence as God should have in your life opens the door for Satan to come into your life. He will make it so much harder for you to give up this soul tie. The right time to cut the strings is now. Today. Even this very minute.

#### **B. Build yourself up in the Word.**

You must have daily doses of God’s Word in order to develop the strength to sever an ungodly soul tie. You cannot do this on your own. Filling yourself with God’s Word can help you make the right decisions. It must be a part of your strategic plan to be free of your past. The Bible is your greatest weapon against Satan. He does not want you to break your soul ties. He is desperately working to keep you locked into this situation. The devil will lie to you and convince you that you cannot live without him/her. He will remind you day and night of all the good times, the fun times, the laughter, and torment you into thinking you cannot live without this person. He is a liar.

God’s Word, the Truth, will override Satan’s lies. Just like anything else, you won’t see results overnight. You have to make studying the Word a habit. In my new book, I share

simple steps to developing habits of spending time in the Word. You decide your habits, your habits will decide your future.

### **C. Wean Yourself from that person.**

You literally have to wean yourself from that person to whom you have ungodly soul ties. To wean means to deprive. You have to deprive yourself of this wrong soul tie until you no longer miss him or her. And listen to this: there will come a day when you will no longer miss that person.

Psalms 131:2 says, "Surely I have calmed and quieted my soul like a weaned child with his mother. Like a weaned child is my soul within me ceased from fretting." I remember when I was trying to wean my daughter off of the pacifier. Every night, it had become a part of our nightly routine to give her a pacifier as I laid her in her crib for the night. An hour or two later, I would remove the pacifier, and her little mouth would still be moving as if the pacifier were still there! It was so cute!

However, when it was time to wean her from it, it was torture. It was unbearable for her and she screamed at the top of her lungs for that "thing" she was used to getting. It was unbearable for me as I could not do anything except let her cry. Oh, it broke my heart. I felt like a bad mom! Finally, what felt like an eternity of torturing my baby ended. She cried herself to sleep.

The next night, it didn't get any easier! It was like starting over again. The same thing happened night after night. One night, however, the crying seemed to fade. It wasn't as loud or as long as the previous nights. Eventually, of course, the crying completely stopped. The hours of crying turned into nights of silence. My baby, who is now 13, hasn't missed her pacifier since!

When you first deny yourself of your wrong soul tie, rest assured that your spirit will throw a fit. Your emotions will scream and fight for the right to stay in bondage. But the more you deny yourself the thing that you are screaming for, the less you begin to desire it. Your flesh will eventually stop throwing temper tantrums and will start being subsided by the Spirit of God.

There are many ways to wean yourself off of an ungodly soul tie. The most obvious and important action to take is to cut all communication. Don't call the person. Don't answer their phone calls. Don't hang out in places where you know they'll be. Don't be alone with them. Don't email them. Delete their emails. You may have to take drastic measures to be free, but I promise you, it's worth it. Doing this is being obedient to God and you will never regret submitting to your Heavenly Father. God always blesses obedience. Remember this: partial obedience is still disobedience. Disobedience opens the door for a curse to come on your life. Fully obey what you know God is telling you to do.

When you compromise, agony and anxiety become your companions. When you obey God, peace and joy become a part of your life. You can never have total peace when you're in

disobedience to God. The only way to obtain peace is to submit to Him and do whatever He wants you to do. Your feelings will lie to you. You have to shut them up and do what you know you're supposed to do. As I mentioned earlier, I dedicated an entire chapter on this subject which includes more strategic steps to breaking free. In a very practical way, I show you how to remove reminders of your past from your house and how to break the power of those words that have been spoken.

My prayer is that you will do what you know in your heart God is telling you to do. Lean on Him like never before. When the soul ties are painful, rest assured, your pain won't last forever. Joy comes in the morning. And when something ends, God always has a new beginning.