



Severing Soul Ties

Hope & Healing

Precursor to [Five Steps to Find True Love](#)

Workbook & Class Notes

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Introduction

Before presenting this course content, we refer to this module as severing love ties because people generally do not know what a “soul tie” is. What’s a soul tie?

A Soul Tie is an intense spiritual and emotional connection you have to someone. It doesn’t matter how close they are, or how long it’s been since you’ve seen them. A Soul Tie is usually established through intimacy.

It bonds you to another, but it does not require that person to feel connected to you in return. An indicator of having a Soul Tie is when you want to be rid of someone from your mind and your life, but even when you are far away from them and out of their presence, you still feel as if they are a part of you and a part of you is with them, causing you to feel unwhole, as if you've given up a part of yourself that cannot be easily possessed again.

War Driving

Before free WiFi, smart phones, and personal hotspots, computer nerds (like me) would often look for wireless networks by driving through strip malls and neighborhoods. There was no nefarious intent, just a desperation to connect to the source of all knowledge... the Internet.

The connections we found were often weak. Although they may serve a limited purpose (like enabling us to check our email) for a brief moment, the connection would drop unexpectedly, never to be found again.

After the connection dropped, my laptop would 'remember' the network and incessantly try to reconnect. After physically leaving the area, my computer would continue to look for that lost network, using resources that would be better spent on other tasks. At times, my computer was so focused on reconnecting that I could not use it to make new connections. To truly be rid of the tie, I had to manually force my computer to 'forget' that we ever connected.

We commonly accept that cutting emotional ties to a past love interest is a crucial step to having healthy relationships in the future, but we often fail to consider the need to sever *spiritual* connections that do not support well-being. We often hear some well-intentioned friend say "life happens, get over it." The insensitivity is not in the notion, it's in the absence of guidance on *how* to 'just get over it.'

Just Get Over It

Soul Ties can affect you far beyond the obvious. Of course, when he leaves you and you're grieving over your loss, you're not really ready to jump into another relationship. When 'the girl of your dreams' drops you flat, catching someone on the rebound isn't good for anyone. We also have to be mindful that even years removed from a lost love, a Soul Tie can affect an established relationship, and can threaten your

marriage if not properly severed. Soul Ties are typically considered to be the outworking of sexual intercourse, but I have personally experienced such ties in non-sexual relationships. Intimacy is the key factor; two people can be intimate without ever touching, and two people can be sexually involved without being truly intimate. And sometimes, consenting adults agree to share 'benefits', only to find that a Soul Tie is set when neither adult had any intention of being spiritually bound to the other. If the social tie is weak but the spiritual tie is strong, the Soul Tie will wreak havoc on your love life.

The Good in Soul Ties (Matthew 19:5)

God intended the marital bond between man and wife to be deep, spiritual, and eternal. Connecting souls through the flesh, two hearts become inseparable and the marriage strengthens per God's will. Of course, in the context of holy matrimony, a Soul Tie is a beautiful thing!

The Bad in Soul Ties (Genesis 34:2-3)

Although people may try to stay emotionally shallow through labels like NSA and FWB, dangling Soul Ties plague today's society. Deeper detrimental ties come from boyfriend/girlfriend relationships that do not lead to marriage. In these cases, some level of emotional intimacy is shared with someone who ultimately is not 'the right person' for you.

It's very common for a person to harbor feelings for an ex-lover years after a break-up. Even decades down the road, a person may think of his old love, regardless if she's happily married with kids and living across the country, all because of a Soul Tie. Holding on to a married ex-lover in your heart is a form of adultery. Holding on to an ex-lover in your heart when you are married is even worse. How can you be true to your wife and honor God through your marriage if you enter into it in an adulterous state? Truly, this would be akin to getting married while having an affair. Soul ties with ex-lovers must be broken for you to have a godly marriage.

Untying the Knot

Have you ever known someone who continued to express intense emotions about things their ex-spouse did during the marriage? Have you known someone who acted in hurtful or spiteful ways towards their ex-spouse? These are signs that the Soul Tie has not been untied. It takes more than a divorce decree or a church-honored annulment to truly set you free. Do an Internet search for "Soul Ties" and you will find no lack of guidance on how to break them. I have to admit that the first five (5) commonly-accepted steps explained in this module fell short for me. Though they are part of the process. That process became complete when I applied #6.

Usually established through intimacy.

Consider this, who have you been intimate with, in the following ways?

(MOTOS = Members Of The Opposite Sex)

Emotionally -- MOTOS (eg. help through tragedy with physical comforting, deep disclosure of goals and dreams, encouragement through a rough heartbreak): _____

Spiritually -- MOTOS (eg. private prayer together, private Bible studies together, private exploration of spiritual topics together): _____

Sexually* -- Anyone** (eg. kissing, sexting, fantasizing, "heavy petting", intercourse): _____

* These lists are for you, to help you determine the potential soul ties in your life. Do *not* send them to us, and keep your experiences as private as you feel comfortable.

** A detrimental soul tie is unlikely to form between you and a same-sex friend in the areas of emotional or spiritual. However, if a comforting or even playful encounter crosses the line into a physically intimate experience, it could leave a lingering soul tie that you carry into and affect a heterosexual relationship.

Emotionally, Spiritually, or Sexually (Use this space in lieu of the spaces above if you would like to list names without categorizing them in writing): _____

What are the six (6) steps to sever soul ties?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Step 1: _____

Who in your life can you ask for accountability? _____

How can they keep you accountable? _____

Set a date within the next 14 days: _____. This date is for you to request accountability from the person or people you specified above.

Step 2: _____

Set a date within the next 7 days: _____. This date is for you to clean house as specified in this lesson.

Step 3: _____

Record today's date here: _____.

Record your renouncement date here: _____.

Step 4: _____

Specify how will you express your apology & forgiveness. Commit to it here: _____

Record today's date here: _____.

Record your date of release here: _____.

Step 5: _____

Schedule a time to execute this step here. Day/date: _____, Time: _____. This is an appointment, and you probably want some privacy. Plan accordingly, and don't miss your appointment!

Write out YOUR prayer/chant/declaration here: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Step 6: _____

(for the person you have the most trouble getting over, duplicate this section if necessary)

Name of the person that I used to know: _____

Good things about this person:

1. _____
2. _____
3. _____
4. _____
5. _____

Annoyances I won't have to live with:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Take-away

What are the main points of this module that you would like to hold onto?

Rookie Mistake

You're likely here for the same reasons I fell into brokenness. I felt that "I loved her so much, I can never love like that again."

As a not-so-famous poet once wrote:

Who could believe when love is gone
How we move on like everyone.
-Rabin

This was a classic limiting belief that kept me from making any progress. Thank God for this process, for this instruction, for the divine guidance that set me free from this cage I imposed upon myself.

Write out any limiting beliefs you have about moving on from your ex. Prepare to cast them away as you embark on these 6 steps to regain your heart's freedom.
