



## HEALING AND RESTORATION | BREAKING SOUL TIES PART 1

### LESSON NOTES

1. If you still feel tied to something from your past that you cannot seem to break, then you have \_\_\_\_\_.
2. Your soul is made up of your \_\_\_\_\_, your \_\_\_\_\_, and your \_\_\_\_\_.
3. A soul tie is an \_\_\_\_\_, or a bond, with another that unites you.
4. What is it that is keeping you \_\_\_\_\_?
5. Psalms 23:3 says, \_\_\_\_\_.
6. Your \_\_\_\_\_ will subside; it will not last \_\_\_\_\_.
7. Soul ties are formed through \_\_\_\_\_.
8. Not all soul ties are bad – there are \_\_\_\_\_ soul ties.
9. Any relationship that is pulling you out of God's will for your life is a \_\_\_\_\_ soul tie.
10. Anyone who does not respect your \_\_\_\_\_ disqualifies themselves from a close relationship.
11. God has a \_\_\_\_\_ assignment on your life.
12. We create our world with what comes out of our \_\_\_\_\_.
13. You must take \_\_\_\_\_ over the words spoken in your past.
14. Soul ties are formed any time and every time there is \_\_\_\_\_ in a relationship.
15. God never consults your \_\_\_\_\_ to determine your \_\_\_\_\_.
16. Soul ties lead to \_\_\_\_\_.
17. \_\_\_\_\_ comes when you obey God.
18. You have to determine that you will \_\_\_\_\_ obey God.
19. God has a \_\_\_\_\_ for your life.
20. God, heal my \_\_\_\_\_, restore my \_\_\_\_\_, and make me \_\_\_\_\_.

KEY: 1. soul ties 2. mind, will, emotions 3. emotional connection 4. bound 5. He restores my soul 6. pain, forever 7. close relationships 8. good 9. wrong 10. assignment 11. specific 12. mouths 13. authority 14. intimacy 15. past, future 16. deception 17. Peace 18. fully 19. plan 20. heart, soul, whole



## HEALING AND RESTORATION | BREAKING SOUL TIES PART 2

### LESSON NOTES

1. **Number 1:** You have to decide to please \_\_\_\_\_ more than anyone else.
2. The time to get out of this thing is \_\_\_\_\_.
3. You must obey \_\_\_\_\_ rather than \_\_\_\_\_.
4. **Number 2:** You have to build yourself up in the \_\_\_\_\_.
5. Ungodly soul ties will lead to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
6. **Number 3:** You have to \_\_\_\_\_ yourself from that person.
7. There will come a day when you \_\_\_\_\_ them.
8. Your emotions will scream for the \_\_\_\_\_ to stay in \_\_\_\_\_.
9. Every single choice you make to \_\_\_\_\_, you're making \_\_\_\_\_.
10. You are not rejecting a person – you are rejecting \_\_\_\_\_.
11. **Number 4:** Clean out your \_\_\_\_\_.
12. **Number 5:** Break the \_\_\_\_\_ of your \_\_\_\_\_.
13. What defeated you years ago will have \_\_\_\_\_ over you.
14. Fear not, there is \_\_\_\_\_ to fear.

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## HEALING AND RESTORATION | **BREAKING SOUL TIES PART 2**

### **ACTION STEPS**

1. Determine to focus on your **FREEDOM**, not your **PAIN**.
2. Identify any and all ungodly soul ties that you have – currently or from past relationships.
3. Decide that **NOW** is the time for you to be free from every relationship that is keeping you from being **ALL** that God has created you to be.
4. Schedule 5 to 10 minutes every day to get alone with God:
  - a. Pray this prayer, filling in the name(s): Father, in the Name of Jesus, I come before you with praise and with thanksgiving for being my loving Father. I thank you Lord for pouring your love on me, for forgiving me for sinning against You, and for having such mercy on my life. I lift every ungodly word spoken out of my mouth to You, and I break the power of those words in Jesus' name. I am no longer bound by ungodly soul ties to \_\_\_\_\_, and I am no longer snared by the words of my mouth. Every ungodly promise, vow, and commitment no longer has control of my life. I bind you Satan in Jesus' name. You have lost your power and your authority in my life. You may have affected my past, but you will not hinder my future. I curse you and I rend you powerless in my life, in the magnificent Name of Jesus. I am free from wrong soul ties. Amen.
  - b. Praise God – for loving you, and for setting you free – regardless of how you feel.
  - c. Fill your mind and spirit with the Word, focusing on those scriptures that speak of God's love for you – the Gospel of John, Romans 8, and the epistles of John are just a few.
5. Recognize the deceiver – Satan – and the tactics he uses to keep you bound, and cut him off:
  - a. Clean out from your home, car, office, and life everything that Satan is using to keep the ungodly soul tie alive.
  - b. Cut off personal contact and any form of communication
6. Prepare for the pain and open your heart for the Comforter – the Holy Spirit. As you draw close to God, He will draw close to you. You will be **FREE!**