

Soul Tie Worksheet and Prayer

Exercise

Write down the names of everyone you've had an ungodly relationship with, either sexually or emotionally, and this includes all fantasies. It includes pornography with accompanying masturbation. It involves lesbianism, homosexuality and molestation, regardless if you were a victim or the abuser, and or any other type of sexual perversion that you may have been involved in. This also includes your spouse if you had sexual relations with your spouse prior to your marriage.

If you don't know or remember the name of the person, you can use a description like: "The girl in the bar," or "The boy at the beach", or "The man at the hotel", or whatever other description that can help you identify them. After the prayer, consider taking that piece of paper, burning it, or tearing it into little tiny pieces, and stomp on it. Put it under your feet. Also be sure to forgive these people. Forgive them for sinning with you, or forgive them for sinning against you, especially if you were a victim of molestation or rape.

Prayer

Heavenly Father, I submit myself completely to you. I ask you to forgive me for any and all unnatural or ungodly relationship with any person, place or thing. I ask you to forgive me for any and all sexual misconduct or ungodly soul ties specifically with _____ (everyone on your list). And in the mighty name of Jesus, I ask that my spirit be loosed from them according to Matthew 18:18-19, and I tell my spirit to forget the unions. I tell my mind to release responsibility for them, and I tell my emotions to let go and forget the unions. I tell the fragmented pieces of my soul to come back together. I hereby break every ungodly soul tie in the mighty name of Jesus, amen!

Lord, I choose to forgive each person that I have been involved with in any wrong way. I renounce all uses of my body as an instrument of unrighteousness, and by so doing, I ask you to break all bondages that Satan has brought into my life through that involvement. I confess my participation, I choose to forgive myself, and I choose to no longer be angry with myself, or to hate myself, or punish myself. I now present my body to you as a living sacrifice, holy and acceptable to you. I reserved the sexual use of my body only for marriage. I renounce the lie of Satan that my body is not clean, that it is dirty, or in any way unacceptable as a result of my past sexual experience.

Lord, I thank you that you have totally cleansed and forgiven me, that you love and accept me unconditionally. Therefore, I can accept myself, and I choose to do so, to accept myself and my body as cleansed, in Jesus name, amen.