

## Appendix B

### Activity Sheet: Breaking Soul Ties

*“Create in me a clean heart, O God,  
and renew a right spirit within me.” [Psalms 51:10](#)*

When an individual is joined sexually to another person, the Bible says they become one flesh -- In [Matthew 19:4-6](#) Jesus relays, *"That at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one. Therefore what God has joined together, let man not separate."* Because you have experienced sexual intimacy outside of God's plan for marriage, the sexual experience had spiritual, physical and emotional ramifications.

To begin healing from these sexual soul tie experiences, one needs to offer up to the Lord any unbiblical sexual relationships. *These can include relationships with your current spouse if you had sexual relations prior to marriage.* Make a list below of these individuals:

After the list is made, pray for each individual on the list in the following way:

- Ask the Lord to forgive you for the sexual sin
- Ask the Lord to release you from the memories of your sexual past
- Ask the Lord to restore the virgin status to your heart

The next time you feel any guilt or shame regarding your previous sexual encounters, remind yourself of this day and that the Lord has forgiven you of these sins. Keep in mind the following verses:

[1 John 1:9](#) - *If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

[Psalms 130:3-4](#) - *If you, oh Lord, kept a record of sin, oh Lord, who would stand? But with you there is forgiveness.*