



HEALING *Soul* SOUL TRAUMA

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The Nature of Man

To properly understand the need for healing the trauma in our soul, we must begin with an accurate identification of the nature of mankind. We are not simple creatures. We are complex spiritual beings with a mind, a will, and emotions that can cause us to experience moments of breathtaking bliss as well as moments of deep despair and sorrow. At times, our journey can be dramatic and difficult to understand.

God not only knew every facet of our being and journey, but He created us with the capability to know right from wrong, to be able to think, dream, imagine, and choose our own course. He knows every ache and pain before we feel it. He has a solution for every problem that we face and an answer for each question. In His infinite wisdom and glory, He is able to minister to us in the deepest recesses of our being.

Then the Lord God said, "It is not good for the man to be alone; I will make him a helper suitable for him." Genesis 2:18

God made an observation that it was not good for man to be alone. We know that Adam had full access to God. He was able to enjoy His presence with no barrier between them. In fact, God had created Adam for His pleasure as His child. So what part of Adam needed fulfillment? Was it a spiritual need? I would say no; that it was an emotional and physical need for companionship.

So the Lord God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. The Lord God fashioned into a woman the rib which He had taken from the man, and brought her to the man.

The man said, "This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man."

For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh.

And the man and his wife were both naked and were not ashamed. Genesis 2:21-25

Eve was created from Adam. They were joined together as one flesh. They were certainly intended to enjoy the bliss of fellowship with God, but they were also created to enjoy each other. This act of creation reveals a powerful aspect of the nature of man.

*Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.
1 Thessalonians 5:23*

Man is first and foremost a spirit. This is our true self, not our body or outward appearance which is temporary. Our spirit is the real us! Man has a soul, a mind, a will, and emotions. Man lives in a body.

In this verse, the three-part nature of man is revealed. This is often overlooked by many believers and ministers because we tend to camp out in the area which we feel most comfortable. For example, if we have damaged and traumatized souls that we are not dealing with, but we learn how to prophesy and flow in the gifts, we then base our entire identity in the anointing and flow of God while still having terrible patterns in our relationships and emotions.

Your soul is the seat of your will. It is the place of decision, logic, and reason. It is the filter through which all spiritual communication travels. Imagine crystal clear water flowing through a contaminated filter filled with toxic sludge. The water is pure, but the filter is polluting what began as pure. This is a picture of many people's spiritual life. The prophetic voice of God is contaminated as it flows through a battered soul.

Many have been taught that the soul is not important. Oftentimes there is an overemphasis on particular spiritual dynamics, neglecting other parts of our being. This is typically fed by teachers and leaders who are themselves unhealthy in areas of their life. They compensate by focusing heavily on other areas, ignoring the ones in which they need help. It is a false picture.

*Watch over your heart with all diligence,
For from it flow the springs of life.
Put away from you a deceitful mouth
And put devious speech far from you.
Let your eyes look directly ahead
And let your gaze be fixed straight in front of you.
Watch the path of your feet
And all your ways will be established.
Do not turn to the right nor to the left;
Turn your foot from evil.
Proverbs 4:23-27*

In this passage the Hebrew word for *heart* is *lev* which means inner man, mind, will, heart, understanding, inner part, midst (of things), heart (of man), soul, mind, knowledge, thinking, reflection, memory, inclination, resolution, determination (of will), conscience, heart (of moral character), as a seat of appetites, as seat of emotions and passions, as seat of courage.

We are instructed to guard our hearts. As revealed in the meaning of the Hebrew word used for *heart*, we can see the importance. It is the place of reason, right and wrong, morality, and decision making. Our spirit can be totally reborn in the image and likeness of God, yet a damaged soul can mislead us and cause us to move in error.

Notice the verse that follows. We are instructed to put away a deceitful mouth. Our heart affects our words and our words are creative instruments that build in the realm of the spirit.

I assure you and most solemnly say to you, whoever says to this mountain, 'Be lifted up and thrown into the sea!' and does not doubt in his heart [in God's unlimited power], but believes

that what he says is going to take place, it will be done for him [in accordance with God's will]. Mark 11:23 (AMP)

Jesus is teaching here on faith. He uses the cursed fig tree as an object lesson. He commanded the tree to die, so it did. He goes on then to say that there is mountain-moving power available to all believers, as they speak that which they believe, refusing to waiver.

We are told to speak directly to the mountain, not to go around to everyone talking about the mountain and complaining about it. We are to boldly speak to the mountain in the name of Jesus and command it to go. The mountain is any object that has been placed in our lives to stop or hinder us.

The key is speaking what we believe! Faith is a substance (Heb. 11:1) and must first be in our heart in order to come forth out of our mouth. The enemy will try his best to sow seeds of doubt, negativity, fear, and unbelief into our thoughts. His objective is to contaminate our faith and to abort our harvest.

*My heart overflows with a good theme;
I address my verses to the King;
My tongue is the pen of a ready writer.
Psalm 45:1*

As prophetic people, our tongues are creative instruments. Our mouths are made to prophesy and release the Word of the Lord. In fact, the tongue of a believer is a supernatural building tool.

*But one who prophesies speaks to men for edification and exhortation and consolation.
1 Corinthians 14:3*

The simple gift of prophecy brings edification. The word *edification* speaks of building. The root word means physical edifice, construction, building up, and strengthening.

When we prophesy, we are building in the realm of the spirit. We are speaking from the unseen realm and bringing heavenly purposes by decree into the seen realm. We are bridging the gap between two dimensions. We are releasing words filled with faith, anointing, and power in the realm of the spirit. The prophetic anointing is a building anointing.

Prophetic messages are communicated to our spirit, then passed through our soul as we release them. This is why different people can prophesy the exact same thing using different language. The message has been passed through their mind, will, and emotions as they deliver it.

If the enemy can contaminate our soul, then he can contaminate our message. If our soul remains wounded, then our building anointing is hindered. In fact, we can inadvertently build the wrong things all because of unresolved soul trauma.

Damaged souls can build:

- Wrong relationships
- Wrong endeavors
- Wrong theologies
- Wrong ideas
- Wrong messages and teachings
- Wrong structures

A soul that is damaged can become an instrument the enemy is able to use. I have seen this over and over in my years of ministry. Good and kind people who have experienced major trauma in their emotional lives, choosing not to address it, become warped in their thinking and operation. What began as a godly endeavor ended in shipwreck because of a damaged soul that was left unhealed.

Your background has a potent impact on how you steward revelation such as this. For example, if you had to fight your way out of a horrific childhood, you probably consider tending to your soul as a weakness, trying always to be tough. While being tough can be a good spiritual trait, it can also become a corrupt paradigm that prevents you from dealing with a serious problem. This is dangerous thinking that can be used by Satan to keep you bound and destroy your destiny.

The other end of the spectrum is the professional victim who is always crying, pointing out everyone else's failures, and refusing to address their own issues. These people need to be confronted with reality and forced to own their circumstances. They have become master manipulators and world champions at the blame game.

The reality is this: your life, your destiny, your family, your career, your happiness, and your soul are your responsibility. You have to own it! You have to do the work that needs to be done to get whole and move forward in the plan of God for your life.

Broken People

Broken people have become very comfortable with their brokenness. They know how to maximize their brokenness, using it as an excuse and a tool. They have learned it and become it! The enemy has tricked them into settling for far less than heaven has provided for them. They have managed to build a team of facilitators in their life who empower them to stay broken.

Broken people will easily become offended with whole people. Whole people choose not to participate in the unhealthy habits of broken people. Whether it is strife, whining, manipulation, or outbursts, whole people will not tolerate it. The refusal to tolerate unacceptable behaviors infuriates broken people, but it can actually be a gateway for their deliverance.

One of the most common soul wounds are those of abusive experiences. This can cover an array of demonic plots. Physical abuse can empower a spirit of fear, shame, orphan hood, abandonment, and others. Abusive relationships can create destructive emotional patterns that can hold a person in a lifetime of bondage. Emotional wounds such as anger, instability, and fear are birthed from physical abuse.

Wives, be subject to your own husbands, as to the Lord. Ephesians 5:22

So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church. Ephesians 5:28-29

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. Ephesians 6:4

All of these scriptures demonstrate the love that should be displayed within the context of family. Husbands are instructed to love their wives as Christ loves the church. Wives are told to honor their husbands. Fathers are encouraged not to provoke sons. While godly discipline is a vital part of child rearing, abuse certainly is not. There is no place in Scripture that validates one human being physically abusing another within the bond of relationships.

When physical abuse takes place in a family relationship, there are several spiritual components at work. There is a deep-seated spirit of anger and rage in operation through the abuser. Domination is also prevalent as one party uses their physical strength to force another into submission. This is far from biblical living. The other side of acts of abuse is emotional manipulation, making the victim feel sorry for the abuser. This layer adds a dimension of psychological damage that requires the healing power of God.

Another type of life-altering abuse is sexual abuse. When the body of one is violated to fulfill the unlawful desires of another, there is both spiritual and emotional damage executed. Let me distinguish between two types of sexual abuse.

First, let's address abuse such as rape that happens to an adult. This is one of the most demeaning acts of abuse that a person can endure. An act that is intended to be a demonstration of covenant love is forced upon someone against their will. Victims of this type of abuse can struggle with fear, anxiety, guilt, self-blame, shame, and a host of other emotional issues.

The fact is that sex and sexuality are covenant activities. We are wired as sexual beings filled with powerful desires to be fulfilled exclusively within the bond of marriage. There is no other act emotionally deeper than sex. When this act is committed against a person's will, it is devastating.

However, he would not listen to her; since he was stronger than she, he violated her and lay with her.

Then Amnon hated her with a very great hatred; for the hatred with which he hated her was greater than the love with which he had loved her. And Amnon said to her, "Get up, go away!"

But she said to him, "No, because this wrong in sending me away is greater than the other that you have done to me!"

Yet he would not listen to her. Then he called his young man who attended him and said, "Now throw this woman out of my presence, and lock the door behind her." Now she had on a long-sleeved garment; for in this manner the virgin daughters of the king dressed themselves in robes. Then his attendant took her out and locked the door behind her.

Tamar put ashes on her head and tore her long-sleeved garment which was on her; and she put her hand on her head and went away, crying aloud as she went. 2 Samuel 13:14-19

In this passage, Amnon rapes his own sister. She is in a state of agonizing grief. His lust toward her then turns to anger after he commits this vile act. This sexual assault will eventually cause an epic betrayal and a family war because of the deep pain and anger associated with rape.

Another type of wicked sexual abuse is with an underage child. In these situations, sexual molestation is forced upon someone who is unable to process what is taking place. There is intimidation, lies, grooming, deceit, domination, and the worst type of violation taking place. It leaves the victim confused about love, sex, sexuality, and abuse. Many times, the victim is too young to even understand fully what has happened. These demonic encounters are intended to leave irrevocable bruises upon the soul.

Any and all types of abuse are demonic, created to inflict lasting harm. This is why healing is critical. A person cannot just overlook what has taken place. It must be addressed and healed. Usually it requires deliverance which is the identification, confrontation, and expulsion of evil spirits, followed with releasing the power of God to heal.

When evening came, they brought to Him many who were demon-possessed; and He cast out the spirits with a word, and healed all who were ill. Matthew 8:16

When healing and deliverance are flowing together, bondages are broken. In fact, in the New Testament, you typically see healing and deliverance flowing in sync. The displacement of demon powers, along with God's miraculous touch, are a biblical combination.

Power Tools

As we established earlier, words are power tools in the realm of the spirit. By words we build, we create, we establish. We release the power of God through our words. The enemy also establishes his evil plans through words. One of the traumas that can take place in the life of a believer is the effect of a word curse.

Word Curses

What is a *word curse*? It is a solemn utterance intended to invoke a supernatural power to inflict harm or punishment on someone or something. A word curse is a demonic proclamation in which a person releases the intent of the enemy over your life through something that they speak.

Everything in the spirit realm is created and established by words. God creates with words. The enemy establishes demonic powers and influence by words. Prophets and prophetic people release spiritual utterances to build, create, and establish.

*A fool's lips bring strife,
And his mouth calls for blows.
A fool's mouth is his ruin,
And his lips are the snare of his soul.
The words of a whisperer are like dainty morsels,
And they go down into the innermost parts of the body.
Proverbs 18:6-8*

The mouth of a foolish man is dangerous. He decrees things that are contaminated. He has no wisdom. Wisdom dictates sound speech. Wise men and women choose their words with care.

*The tongue of the wise makes knowledge acceptable,
But the mouth of fools spouts folly.
Proverbs 15:2*

*Death and life are in the power of the tongue,
And those who love it will eat its fruit.
Proverbs 18:21*

There is great power in our words. We can bless our family, our children, our lives, and those around us by the words of our mouths. These proclamations are powerful! I remember a lesson that I learned a number of years ago about the power of the blessing.

Spoken Blessings

Joy and I were young and in ministry traveling everywhere in a very small car. That car was just not big enough, but it was what we had. There were usually four of us crammed into a little two

door vehicle. I would complain and say all kinds of things every time that we had to be squeezed into that little vehicle. I began to believe God for a new, larger vehicle for ministry travel.

One day I came across a teaching on the power of the blessing. It quoted various scriptures about releasing the blessing, praying prayers of blessing, and invoking God's blessings upon our lives. One of the points in the teaching was that whatever we bless increases and whatever we curse decreases. That stood out to me so strong. I began to meditate on that word to change my confession.

After learning that principle, instead of complaining about that little car, I would lay hands on it and bless it. I praised and thanked God for the upgrade that was coming. I put my faith to work on that thing! Not long after that, I had traveled to a conference where I was speaking in a borrowed van. I did not tell the hosts that it was borrowed, nor did I tell them about my faith project.

As I was preaching, a woman stood and said she had something from the Lord. I was going to politely tell her to be silent, but the pastor came telling me that she was the prophet in that church. She began to prophesy that the Lord was speaking about my new van! A spontaneous offering was raised, and thousands of dollars poured in to help buy the new van. I am convinced that happened when I stopped cursing what I was supposed to bless.

Curses from Childhood

People are affected by word curses spoken over them as children. They can come under a word curse based on things other kids say, family members say, teachers say, or anyone says. People fail to realize just how powerful words are and the trauma that they can inflict upon others. A child's identity can be greatly influenced by word curses. This trauma is not exclusive to children or young people. All of us respond to the power of words. Words can have a lasting impact. Word curses are demonic and require both deliverance and healing.

I believe the brain is like an amazing computer system, possessing the ability to process information, store full-color replays of events, and imagine fascinating possibilities. When tapped to full potential, the human brain is capable of remarkable things. A mind that is filled with creativity and wonder can create a beautiful piece of artwork, solve a scientific mystery, create a game changing business, or write a best-selling book.

The mind is filled with infinite possibilities. God created our minds as the center of our emotional being. Our minds contain our decision-making abilities. Our minds can solve problems, dream amazing dreams, and picture future possibilities. The enemy also understands the power of the human mind. He desires to contaminate the mind. One of the most difficult prisons for a human being to escape is the prison of their own mind. Many people are living trapped inside of demonic thought processes.

Traumatic Memories

Traumatic memories are another area of the human mind that need healing. Memories can act as a slideshow or visual file stored deep in the recesses of our consciousness. When we've endured something harrowing such as an act of abuse, violence, betrayal, death, or pain, there is traumatic residue associated with the event. Sometimes hearing a song, the scent of a particular aroma, or just a certain word can cause a recall of the traumatic memory. When that memory surfaces, there can be a flood of paralyzing emotions.

These emotions unlock hidden or suppressed pain. Oftentimes the person experiencing the pain runs from it. This is a natural human reaction. We are wired to run from things that cause pain. Yet we cannot do that in the area of traumatic memories as we need the healing power of Jesus to come on the scene and wipe out the pain. We can and will be healed if we allow Jesus into the vulnerable places in our lives.

There came a woman of Samaria to draw water. Jesus said to her, "Give Me a drink." For His disciples had gone away into the city to buy food.

Therefore the Samaritan woman said to Him, "How is it that You, being a Jew, ask me for a drink since I am a Samaritan woman?" (For Jews have no dealings with Samaritans.)

Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water."

She said to Him, "Sir, You have nothing to draw with and the well is deep; where then do You get that living water? You are not greater than our father Jacob, are You, who gave us the well, and drank of it himself and his sons and his cattle?"

Jesus answered and said to her, "Everyone who drinks of this water will thirst again; but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life."

The woman said to Him, "Sir, give me this water, so I will not be thirsty nor come all the way here to draw."

He said to her, "Go, call your husband and come here."

The woman answered and said, "I have no husband." Jesus said to her, "You have correctly said, 'I have no husband'; for you have had five husbands, and the one whom you now have is not your husband; this you have said truly."

The woman said to Him, "Sir, I perceive that You are a prophet. Our fathers worshiped in this mountain, and you people say that in Jerusalem is the place where men ought to worship."

Jesus said to her, "Woman, believe Me, an hour is coming when neither in this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. God is spirit, and those who worship Him must worship in spirit and truth."

*The woman said to Him, "I know that Messiah is coming (He who is called Christ); when that One comes, He will declare all things to us." Jesus said to her, "I who speak to you am He."
John 4:7-25*

This woman was stuck in a cycle of broken relationships. She had deep emotional damage but when she came face to face with Jesus, He pinpointed her wound. He asked her about her most vulnerable area. She could have gotten angry, been afraid, or withdrawn altogether, but she did not. Instead, she opened up her tender wounds and let the Son of God pour living water into her.

It would be easy to look at this woman and say that she had an adultery issue or a sin issue, but her bondage was deeper than that. There was a broken place deep inside of her emotions that kept recreating a cycle of bad relationships. The suffering left her unable to give or receive love and commitment. Jesus opened up the wound. When she let Him in, He healed her. She left Him and then began to evangelize, telling everyone about the encounter that she had. This was a radical transformation.

Depression is a struggle that many believers and non-believers face. For a clinical definition of depression, we would have to turn to medically qualified authors. For the sake of this writing, we will look at a practical definition. Webster's defines *depression* as a mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies, a state of feeling sad or dejected.

There is certainly a difference between a person experiencing a bout of depression and a person who is dealing with the grappling effects of ongoing depression. In both of these situations, there is a sense of lethargy, disconnection, and tremendous sadness.

These emotions are also the effects of trauma. There is a spiritual component in these situations that demands deliverance. In this writing, we are focusing primarily upon the healing portion of this trauma.

I believe that depression can be the result of many types of negative emotional and spiritual issues. It can come from any of the experiences that we have already considered. It is a common byproduct of a lack of purpose. Each person that has ever been created was created with a unique purpose, a unique personality with hopes, dreams, and calling. When that sense of destiny is crushed, a person can sink into a dark hole of sadness.

A person without purpose becomes sad and defeated. They lose their aim and focus. Their minds become sunken into a muck of despair. No human being was ever created without life-giving destiny. The realization and discovery of individual destiny breathes life into a person.

For I know the plans that I have for you, declares the Lord, plans for welfare and not for calamity to give you a future and a hope. Jeremiah 29:11

This is one of my favorite scriptures on destiny! In the midst of calamity, tragedy, or unspeakable obstacles, God still has a plan! In His plan there is a future and a hope. Even in death we have hope as believers because we know that we are present with the Lord.

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them. Ephesians 2:10

We are the workmanship of God! We are created with a purpose. This reality causes hope to spring alive in our hearts. Where there is vision, there is life. One of the fastest ways to break the bonds of depression is to get our focus on God's plan, God's power, and God's will for our lives. When we do that we automatically rise.

*Hope deferred makes the heart sick,
But desire fulfilled is a tree of life. Proverbs 13:12*

Hope deferred is another open doorway to depression. When the answer didn't come as or when you thought, the enemy will use mental and emotional warfare to torment your mind. His long-term goal is to get you to rehearse why it didn't happen and sink down into a mire of self-pity. This aborts the operation of the power of God in your life.

The devil will release accusation against you. He will release accusation against the Father in your mind. He will blame God for your crisis, your disappointment, your sadness, even that which was self-inflicted. This is his weapon to rob your faith, stalling out your victory. The devil comes to attack your understanding of the love of the Father and the goodness of God.

Depression is a serious attack against your emotional and spiritual stability. Another open door to depression is thinking on negative thoughts, worst case scenarios, and all of the undesirable possibilities.

I recently heard the deliverance testimony of a minister who had battled depression. He came to a place of revelation that his issue was the spirit of heaviness.

To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified. Isaiah 61:3

The word *heaviness* here means dim, dull, colorless, to be dark and faint. This gives us the job description of the spirit of heaviness. It comes to:

- Bring heaviness upon us
- Cause our hearts to be downcast
- Rob hope
- Dim vision
- Stall out faith
- Make everything seem dark and gloomy
- Creates oppressive mental and emotional atmospheres
- Lead to isolation
- Rob the realization of the breathtaking love of God
- Make you feel alone

Two Keys to Break Heaviness and Depression

1) Quit thinking on the negative and believing the devil's lies!

When you recognize negative and gloomy thoughts, accusations, and lies of the enemy, cast them down and immediately replace them by meditating on God's Word.

Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]. Philippians 4:8 (AMP)

2) Put on the Garment of Praise!

Find the things in your life to be thankful for and wildly praise God for them. Just give Him radical praise and honor for His mercy, His promises, and His goodness in your life.

To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified. Isaiah 61:3

The picture in this verse is to wrap yourself up in praise! Put on the garment of His goodness, His power, His glory, and His rich mercy. The enemy wants to wrap you in heaviness, but you can push back His hand by wrapping yourself up in praise instead.

People who are wrapped up in praise cannot stay defeated. It is impossible. Praise is an offensive weapon. When we praise God, we are magnifying Him. We are silencing the voice of the enemy in our lives. As God is lifted up, His enemies must scatter. Praise is a power tool!

Emotional Turmoil

Anxiety is another form of emotional turmoil. The Bible gives us clear instruction about anxiety.

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6

As believers, we are not to accept a lifestyle of anxiety. Anxiety can come as a result of not effectively trusting God with our lives and destiny. When we trust God, it eradicates the work of anxiety.

According to Webster's online dictionary some of the meanings of the word *anxiety* are apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious, an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it, mentally distressing concern or interest, a strong desire sometimes mixed with doubt, fear, or uneasiness.

None of these definitions are pleasant, nor are they of God. The enemy uses feelings and emotions of anxiety to create emotional instability and turmoil.

Anxiety is rooted in the spirit of fear. Where you find fear working, you will discover the operation of anxiety. Anxiety is the opposite of faith. Faith is the result of trusting God and placing your life fully in His hands with great confidence. Anxiety means you have taken control of your own life and are now being harassed by the devil with a litany of negative outcomes.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

The spirit of fear is the opposite of power. Fear comes to abort the operation of God's miracle-working power. It comes to stall out God's healing and delivering power. Fear inspires confidence in the power of the enemy, not the power of God. Fear is the opposite of love.

There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us. 1 John 4:18-19

Perfect love casts fear out! God's love enforces His freedom and deliverance in your life. When fear is in operation, anger is working, self-protection is working, and anxiety is empowered. The love of God demolishes those demonic forces in your life.

Notice that 2 Timothy references a *sound mind*. When you are planted in the authentic love of God, your mind will be at peace. Your thoughts will not be subject to the tormenting powers of the enemy. The rich and vibrant love of God brings deliverance from fear.

Many people experience the entanglement of ungodly soul ties, but a lack of teaching keeps them from recognizing this. When they have no revelation of what they are facing, they are unaware of the attacks of the enemy and the steps necessary to get free.

When I first stumbled upon the subject of *soul ties*, it was new ground for me. I only learned of it while going through my own deliverance process. I came to believe that the concept of a soul tie was only in the negative sense. I have come to a greater understanding by realizing that in covenant relationships, God allows the souls of people to be knit together in a godly way.

For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh. Ephesians 5:31

In the covenant of marriage, there exists a relationship defined as a healthy knitting together. In fact, the picture here is that the two people begin to cleave to each other. If you have ever been around a healthy married couple who has been together for a long time, you can watch in amazement as they finish each other's sentences and seem to share the same emotional space.

It is important to add here that sexual intercourse in relationships is one of the most common ways that soul ties are formed. The body of a virgin girl is designed to shed blood during the first sexual experience, entering into a blood covenant and a deep mental and emotional bond. God established the strong desire of sex for this very purpose.

It is the ultimate covenant act. When a person engages in reckless sexual activity, they can unwittingly form soul ties with a multitude of people. They open the door for a tie to be formed, not only with their partners, but also with all those tied to their partners. The possibilities quickly magnify, creating an opportunity for confusion and emotional turbulence to increase.

Young believers often view God's prescription for sexual boundaries as a punishment. It is, in fact, a protection. One of the errors of the church has been to teach against sex and sexuality, denying one of the most basic needs of man both in the physical and emotional arena. God gave us the desire to be enjoyed in proper context. It is wrong to think that God does not endorse strong sexual appetite or desire. This is born from a religious mindset that clearly does not stem from the Bible. The Bible has a whole book called the Song of Solomon that describes sensual desire in great detail.

Jonathan had a deep brotherly love for David that was a part of God's plan for the life and protection of David. 1 Samuel 18:1 states: "Now it came about when he had finished speaking to Saul, that the soul of Jonathan was knit to the soul of David, and Jonathan loved him as himself." There are times God will knit the souls of covenant friends, brothers, and sisters together for stunning Kingdom purposes.

The Formation and Destruction of Ungodly Soul Ties

As we have already discussed, one of the most common ways soul ties are formed is through sexual intimacy. This is not limited to intercourse, but includes all sexual activity.

Or do you not know that the one who joins himself to a prostitute is one body with her? For He says, "The two shall become one flesh." But the one who joins himself to the Lord is one spirit with Him.

Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. 1 Corinthians 6:16-18

When we are joined to a harlot, we become one body with her! There is a deep tie that is formed through sexual contact. One-night stands can become lifetime battles.

Sexual sin is the only sin that is against our own body. It means that we are literally sowing damaging seeds against ourselves. We are creating ties in the physical and emotional sense that will take the power of God to break free from.

The rape of Dinah, the daughter of Jacob, formed a very ungodly soul tie. The sexual contact in an evil and perverted manner created a toxic link!

*Now Dinah the daughter of Leah, whom she had borne to Jacob, went out to see the daughters of the land. And when Shechem the son of Hamor the Hivite, prince of the country, saw her, he took her and lay with her, and violated her. His soul was strongly attracted to Dinah the daughter of Jacob, and he loved the young woman and spoke kindly to the young woman.
Genesis 34:1-3 (NKJV)*

Another way these ties are developed is by sharing the deep and hidden contents of your heart. Samson shared the intimate details of his heart with Delilah, which caused him to surrender his destiny and strength.

*And it came to pass, when she pestered him daily with her words and pressed him, so that his soul was vexed to death, that he told her all his heart, and said to her, "No razor has ever come upon my head, for I have been a Nazirite to God from my mother's womb. If I am shaven, then my strength will leave me, and I shall become weak, and be like any other man."
Judges 16:16-17 (NKJV)*

Delilah defeated the mighty warrior by capturing his heart. As he lay in her lap lulled to sleep with his spiritual discernment inactive, he poured out his most confidential secrets to her. Even when the signs of betrayal were apparent he couldn't see them.

He was blinded because of the soul tie. His judgment was hindered, and his destiny endangered because of who he trusted. This is a vital lesson. You must use discretion in pouring out your heart to the wrong people.

Unhealthy soul ties are also developed by forming a harmful emotional dependence upon someone. This is what we would refer to as *codependent relationships*. When you become attached to another person in an unhealthy way, it is dangerous. We must keep our priorities straight in the area of responsibilities and relationships.

Once an ungodly soul tie or ties are identified, they must be broken. It begins by recognizing the wound. Then being honest about your own role in it. Pray a prayer of repentance. Break any type of tie with the wound and the pain. Call the person out before the Lord and renounce the tie! This is key. You must use your authority as a believer to break the tie.

Toxic relationships create soul wounds and pain.

Some types of toxic relationships:

- Codependent relationships
- Abusive relationships
- Unequally yoked relationships
- Relationships that do not carry a Kingdom D.N.A.
- Lustful relationships
- Relationships with unhealthy people or those who diminish the purpose of God in your life.

Healthy relationships should draw you closer to God. Healthy relationships should respect your boundaries. Healthy relationships should be mature and emotionally stable. Healthy relationships should add to your life, not drain you. One-sided relationships in which a person views them-self as your friend, but their primary function is to take from you, is parasitical in nature and extremely poisonous. Many people are frustrated because of their involvement in negative relationships. They are praying for breakthrough while failing to realize that they must exit the venomous liaison before they will get the prayer answered.

So Abram went up from Egypt to the Negev, he and his wife and all that belonged to him, and Lot with him. Now Abram was very rich in livestock, in silver and in gold. He went on his journeys from the Negev as far as Bethel, to the place where his tent had been at the beginning, between Bethel and Ai, to the place of the altar which he had made there formerly; and there Abram called on the name of the Lord.

Now Lot, who went with Abram, also had flocks and herds and tents. And the land could not sustain them while dwelling together, for their possessions were so great that they were not able to remain together. And there was strife between the herdsmen of Abram's livestock and the herdsmen of Lot's livestock. Now the Canaanite and the Perizzite were dwelling then in the land.

So Abram said to Lot, "Please let there be no strife between you and me, nor between my herdsmen and your herdsmen, for we are brothers. Is not the whole land before you? Please separate from me; if to the left, then I will go to the right; or if to the right, then I will go to the left."

Lot lifted up his eyes and saw all the valley of the Jordan, that it was well watered everywhere—this was before the Lord destroyed Sodom and Gomorrah—like the garden of the Lord, like the land of Egypt as you go to Zoar. So Lot chose for himself all the valley of the Jordan, and Lot

journeyed eastward. Thus they separated from each other. Abram settled in the land of Canaan, while Lot settled in the cities of the valley, and moved his tents as far as Sodom. Now the men of Sodom were wicked exceedingly and sinners against the Lord.

The Lord said to Abram, after Lot had separated from him, "Now lift up your eyes and look from the place where you are, northward and southward and eastward and westward; for all the land which you see, I will give it to you and to your descendants forever. Genesis 13:1-15

Strife arose between Abraham and Lot making their relationship toxic. Abraham was being driven by his soul and his need for Lot in his life instead of walking in spiritual obedience. God had clearly instructed him to step out in faith and leave his family behind, but Abraham could not let go of Lot.

You cannot always drag unwilling people into the plan that God has for you. Different seasons may require a different circle. That sounds harsh and people often get mad when that truth is presented. That is not saying that we should not strive for healthy covenant relationships. We absolutely should, but we should also be big enough to recognize when the need for our destiny demands a different group of people. You can become bogged down in trying to maintain relationships that you have outgrown or that the people have chosen to stop growing in.

Strife creates a portal for hell to invade your life. When Abraham and Lot got into strife it was clear that something had to change. Abraham removed himself from the strife.

*For where jealousy and selfish ambition exist, there is disorder and every evil thing. James 3:16
There are six things which the LORD hates,
Yes, seven which are an abomination to Him: Haughty eyes, a lying tongue,
And hands that shed innocent blood, A heart that devises wicked plans,
Feet that run rapidly to evil, A false witness who utters lies,
And one who spreads strife among brothers. Proverbs 6:16-19*

Hatred stirreth up strifes: but love covereth all sins. Proverbs 10:12 (NKJV)

*A perverse man spreads strife,
And a slanderer separates intimate friends. Proverbs 16:28*

Relationships grow toxic when:

- 1) They are moving you away from God-ordained purpose.
- 2) When they are formed on emotional dependency instead of balance.
- 3) When they interfere with God-ordained relationships such as spousal, children, spiritual relationships (e.g. pastors), etc.
- 4) When one party is putting their needs above the other.
- 5) When they are reinforcing destructive behavior.

Liberating Questions

1) What could I achieve if I was at peace with myself?

Ask yourself this question. If you liked yourself and had inner peace, how much more powerful and effective could you be? What exploits would you embark on? Emotional trauma and pain keep you from living out your highest level of destiny.

2) What would my relationships look like if I was content with myself?

If you live as a healed person, how much better could your relationships be? How much more effective would you be in the lives of people?

3) What is it I would try if I was not afraid to fail?

A heart that is set free can soar! There are untapped dreams and potential in your life. Getting your soul healed will release you to step out in faith. God wants to remove the fear of failure. If you try something and it does not work, who cares? This is part of growth! This is part of God's process in your life!

4) What are my brightest dreams?

What are those big dreams that keep you awake at night and why aren't you going after them? Fear is the thing that is stopping you. It is time to crush fear, live healed, and launch out. There is nothing like living free! As you embark on this journey of emotional freedom and stability, you will give yourself permission to go for the dreams that God has planted in you.

5) What dreams did I give up on and why?

This is a vital one. When and where did you stop dreaming? Let's invite Jesus into that space and allow recovery to take place.

6) What are my deepest fears?

These are a clue to the agent of the enemy that is holding you back. If you can accurately identify this, you can trigger your healing process with the power of God.

7) How much do I love God?

Don't just give a quick answer. Really ponder this one. Do I love God more than the pain? Some people become so comfortable with their pain that healing scares them. There is no pain, bondage, or fear in God. To truly love Him, you must be willing to become like Him! This means freedom. Love is an action!

8) How much do I allow Him to love others through me?

Broken people have trouble passionately loving. Real love expects nothing in return. It loves from a place of identity, not motivation. As you become whole, you can love others even when they don't love you back!

9) What is healthy love?

This is a big question to ask because many people don't know. 1 Corinthians 13 is great place to start. As you read through this chapter, it vividly paints a picture of the radical love that we are called to live out. Also, examining the life of Jesus, His relentless passion for people, provides clarity on the love that we are called to pursue.

10) What are healthy boundaries?

Love does not mean that you must allow others to treat you badly. Others may try to use this as a form of manipulation, but this is biblically false and leads to soul damage. God has drawn boundaries and we as people can and do draw boundaries. Protect your own soul, family, and destiny through boundaries.

11) Am I willing to be honest about inner turmoil in my life and have it plucked out?

One clue is, "What is my biggest fear?" This will reveal your biggest personal stronghold and area in need of deliverance.

Final Questions:

- 1) Do I know and accept God's unwavering love for me personally?
- 2) Do I realize that God is good no matter what?
- 3) Does my heart soar?

Marks of a Damaged Soul

- **Self-loathing.** This is connected to past trauma and pain. It comes through a lack of affirmation. The key to healing is to come into understanding of the new creation reality and the radical love of the Father.
- **Limited dreams.** This is an act of self-protection, refusing to aspire or reach for better. It is empowered by a sense of inadequacy from past disappointments and is rooted in fear and rejection.
- **Waiting for the “good to end.”** A constant sense of dread and gloom, envisioning and expecting the worse. This is connected to a false identity and the spirit of heaviness. The spirit of heaviness must be broken.
- **Blame shifting.** This can be a sign of a few issues. It is connected to a victim mentality and also to an immature soul or an inner child. This happens as a result of childhood trauma or addiction. It requires both healing and deliverance.
- **Constant need for approval, affirmation, and attention.** This is a spirit of rejection manifesting and evidence of soul trauma. Everyone needs words of affirmation, love, and positive attention, but abnormal, unrealistic expectations need to be addressed and healed. This can also be rooted in the orphan spirit and mindset.
- **Controlling and fear tendencies.** These are often rooted in rejection or a painful experience. Control becomes a personal safeguard with overcompensating. This self-protection mindset needs to be broken and cast out with a restoration of Father’s love.
- **Victim mindset.** This causes one not to accept responsibility for current status in life. It creates emotional stagnation and paralysis. It is demonic and keeps you stuck in self-pity. It needs to be identified and addressed.
- **Unhealthy overachiever.** In studying various personality types, it is obvious that some people are born to lead, to build, and to achieve, but this manifestation is not rooted in healthy emotional living. This is rooted in rejection and low self-worth. You will work yourself into the ground to feel valued and accomplished. It is typically tied into a lack of positive affirmation somewhere in childhood. These habits were developed to compensate.
- **Lack of personal value.** This mindset allows people to use, abuse, and degrade you because you do not deem yourself worthy. This will create a toxic swirl of ongoing emotional pain and lack of personal boundaries. This requires healing from past rejection and abuse.

Dominion Values

To overcome and conquer, we need to develop a dominion mindset.

I am loved!

God loves you and values you greatly. He proved this by sending Jesus. Start here and be empowered.

I am accepted.

You are accepted in the family of God. He paved the way for you and brought you in.

I am adopted!

You are no longer a stranger. You are God's own family.

I am a new creation!

Let that sink in. You are made brand new and the past has no place in your current situation.

I am a child of God!

You belong to Him and He is protecting you, providing for you, and guiding you.

I can because He did!

You are empowered by the obedience of Jesus.

It is finished!

The work has been done, access has been granted. He has given you all that you need to do all that He has called you to do.

Demonstrate. He has given you unusual power for unusual exploits!

Duplicate and make disciples!!!!

As you walk in your wholeness, you can and will impact those around you. You are called to release the Kingdom of God in an uncommon way into the lives of all of those around you on a daily basis.

Scriptures and Meditations

“For who has understood the mind of the Lord so as to instruct him?” But we have the mind of Christ. 1 Corinthians 2:16 (ESV)

Today, you will walk in the mind of Christ. His peace, His insight, and His wisdom is available to you. Be quick to cast down thoughts and imaginations contrary to your promise. Choose to ponder and think on the Word of God and the victory that it brings to you.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2 (ESV)

Choose today to embrace the transforming power of the Word of God in your life. Picture a ball of yarn twisted and tangled. Those are your thought patterns without Jesus, but His Word brings clarity and stills the storm.

Ponder and think on the reality that the Word of God is healing and restoring your mind and emotions.

Have this mind among yourselves, which is yours in Christ Jesus. Philippians 2:5 (ESV)

The mind of Christ has no confusion, fear, or torment. Today, choose to accept the reality that the mind of Christ was given freely to you. A mind at rest, surrendered, and guilt-free is yours. Shame was defeated at the cross. The enemy was stripped of his authority and God’s unspeakable peace is yours. That is a reality!

For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7 (ESV)

Fear has no place in you. You are free from the spirit of fear. Resist it and break the hold. Imagine your life with no fear. What would you do if you had absolutely no fear? What adventures would you embark upon? See yourself soaring free and above the works of hell.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8 (ESV)

Today will not be a day when you allow your mind to be filled with garbage. You will not partner with accusatory or condemning thoughts. Each time you allow one of these thoughts to lodge in your mind, you are empowering bondage and securing your defeat. No more! Trash does not belong in your mind. Your mind is a place of creative power and godly innovation. The moment you recognize the voice of failure and defeat rising, you will cast it down.

Therefore be imitators of God, as beloved children. Ephesians 5:1 (ESV)

You are empowered to live like Jesus. You are empowered to think like Jesus, to love like Jesus, and to dream like Jesus. What are the dreams of a free man or woman? What are the imaginations in the realm where there are no limits? That is where God is taking you. Jesus is the ultimate role model and the chief example. He is the goal. He is the prize. He is the focus.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17 (ESV)

You are a new creation! Everything is brand new in your life. The enemy will remind you of your past mistakes, but they no longer exist. Today, you will not allow accusation or regret to live in your mind. You will shun the voice of the accuser and choose life. Brand new life!

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27 (ESV)

Peace is a gift. Peace accesses rest. When you rest, you are no longer struggling. You are simply living in the reality that it is finished. The work is done, and the battle is won. Jesus did it all and now you can rest in Him. He is your rest and your peace.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7 (ESV)

You have a deep and abiding peace that is disconnected from your natural circumstances. It is a peace beyond human ability or reason. It is a peace that empowers you to reach for all that God has dreamed and imagined for your life. It is a peace that connects you to the Father, disconnecting you from the enemy. It is a gift. It is yours today!

Set your minds on things that are above, not on things that are on earth. Colossians 3:2 (ESV)

Today, you will ponder the reality of your new life in Christ. You are in Him, seated far above the works of hell. You are victorious and without defeat because that is the nature of your God. You will not listen to or tune into the voices from the low places. You will not think through the mindset of earthly wisdom alone. You will think, dream, and imagine on a higher level. You will release your full potential by staying focused on eternal thoughts and scriptural promises.

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. 2 Corinthians 10:5 (ESV)

Every argument against you and your destiny is defeated through the blood of Jesus. You are not a passenger in your thought life, you are the driver. You choose to think on God things! You choose to think on the promises and prophetic words. You will not allow the enemy to run all over your thought life.

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11 (ESV)

No matter what, there is a future and an expected end! There is a favorable outcome that is ordained for you. Heaven has mapped it out and all you have to do is expect, believe, and obey what God is saying about your life and destiny.

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. John 16:33 (ESV)

There may be tribulation and attacks in this natural world, but you are not limited to the effects of this earth realm. You are a supernatural being filled with Kingdom power and authority. You are an overcomer! The power of God in your life has anointed you to overcome and throw down the works of hell.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (ESV)

Anxiety does not belong to you! All feelings of anxiety are from the enemy. Today, see yourself bathing in the peace of God. Take a moment and replace anxious thoughts with words of thanksgiving. Sit and reflect upon the goodness of God! Sit in His presence and let Him wash over you. He is releasing new life, new ideas, and new peace.

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. John 10:10 (ESV)

Every destructive force in your life is a demonic attack! The enemy authors destruction. Today see yourself walking free from the bonds of the enemy. Visualize chains breaking off of you. Visualize yourself moving and running in the freedom of Christ.

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20 (ESV)

Today, you are living in the new life of Jesus Christ. You are not a prisoner of your past mistakes, ideas, or shortcomings. Those have all been washed away by the blood of Jesus. You will not allow your mind to keep thinking on those things. You are brand new in Him!

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. 2 Corinthians 10:4-5 (ESV)

You have spiritual weapons to wage war on the enemy. See yourself as a warrior, not as a victim. You are bold in Jesus. You do not allow the enemy to devalue you. You do not allow people to abuse or manipulate you. You cast out demons. You break bondages. Claim the power of the Blood of Jesus in your life today.

Peace Scriptures

Read these verses and reflect upon them. Confess and decree that peace is your portion. Make these verses a part of your daily meditation and your healing process.

- *How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"* Isaiah 52:7 (NIV)
- *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."* Psalm 46:10 (NKJV)
- *The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.* Numbers 6:24-26 (NIV)
- *Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.* Hebrews 12:14 (NIV)
- *For whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. They must turn from evil and do good; they must seek peace and pursue it.* 1 Peter 3:10-11 (NIV)
- *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.* Romans 5:1 (NIV)
- *In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.* Psalm 4:8 (NIV)
- *Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.* Matthew 11:28-30 (NKJV)

Prayers

General Prayer for Emotional Healing

Lord, I thank you that you are the Good Shepherd and you lead me beside still and calm waters. I call upon you now as the healer of my soul. You are healing my mind, my will, and my emotions. I thank you that you came to heal the brokenhearted and I let you in to every wound and pain. I release your healing ministry.

Father, break off of me every false mindset. Break every religious work of condemnation. I break and bind the powers of hell off of my mind, in the name of Jesus. I renounce pain and trauma and I receive healing right now in my emotions. I let out the pain (*let it out*). I forgive those who hurt me. I forgive myself for past mistakes. I call upon the name of Jesus as my Healer and Deliverer. I receive power to overcome and be set free right now, in the mighty name of Jesus. Amen.

As you are praying this, allow the presence of God to wash over you. Don't be in a hurry. Let His healing power work on you. Cry if you need to cry, let out the hurt, and release it to Him. Refuse to pick it back up.

Prayer for Healing from Physical Abuse

Lord, I thank you for healing me from the trauma of physical abuse. I receive the healing ministry of Jesus today. I bind the spirit of fear, anger, shame, and rage. I break all demonic spirits off my life and command them to go in the name of Jesus. I confess that I have the mind of Christ and I receive healing right now from abuse. I forgive the abuser(s) and release them to you, Lord, in the name of Jesus, amen.

Prayer for Healing from Sexual Abuse

Lord, I thank you for healing me from all trauma connected to sexual abuse. I forbid the operation of shame in my life. I receive your healing power now. I break off of my life every weight and issue tied to past abuse. I bind every unclean spirit that has entered my life through the abuse and I command them to go now, in the name of Jesus. I bind up all sexual spirits and renounce their work in my life. I break the power of lust, confusion, and ungodly sexual appetites. Thank you, Lord, for purity in my life. I thank you, Lord, for restoration. I am restored as if it never happened. I release it to you now and receive your healing, in the name of Jesus. Amen.

Prayer for Traumatic Memories

Jesus, I thank you that you are the Prince of Peace and your peace reigns in my mind. I invite your healing power in the midst of every traumatic memory in my mind. Come now, Lord, and heal me. Heal my thoughts and imaginations. I give those memories to you. I release them now,

Lord, and I thank you for stripping away all the demonic power from them, in the name of Jesus. Amen.

Prayer for Depression

I command the spirit of heaviness to go from me now. I break depression off of my life. I receive your power in my mind to release hope and solutions. I ask you, Lord, to heal every soul wound that is causing depression and negativity in my life. Help me to see your promises above the problem. Help me to believe and trust you without wavering. Touch my mind now, Lord, in the name of Jesus. Amen.

Prayer to Break Anxiety and the Spirit of Fear

Thank you, Lord, that you have not given me the spirit of fear, but of power and love and a sound mind. I command the spirit of fear and anxiety to go from me now, in the name of Jesus. I receive peace that passes all understanding. I receive your mighty power, Lord, working in my mind. I confess that my mind is free, my thoughts are free, and I do not operate in fear or anxiety, in the name of Jesus. Amen.

Prayer to Break Ungodly Soul Ties

(Get the name of the person or people and insert them in this prayer)

Lord, I come before you now, in the mighty name of Jesus. I break every soul tie with _____. I release them to you now, in the name of Jesus. I will not be connected in my emotions any longer to _____. I choose to let go. I release freedom in this area and I command the tie(s) to be broken now, in the name of Jesus. I command my mind to detach and let go. I command my mind to release them and be free of them. I confess that I am free from this day forward, in the name of Jesus. Amen.

Prayer for Right Relationships and Healing from Toxic Ones

Father, I thank you for the right people in my life. Thank you, for the right relationships in my life. I confess that you are sending the right people and removing the wrong ones. I pray for healing of all trauma from toxic relationships. I release and forgive the people involved. I release them in your presence, Jesus. I thank you that you are my healer and your healing power is flowing over my life right now, in the mighty name of Jesus. I command every wound, every pain, and all shame to be healed. Thank you, Lord, that you are teaching me how to love like you do and to be healthy in my relationships, in Jesus' name. Amen.