



Ramah's Voice

a ministry of Ramah International, Inc.

What are Soul Ties?

In God's perfect plan at Creation, He made Adam and Eve and intended for them to be together until death. The family is the basic foundation for human society. God provided sex as the glue, or soul tie, to strengthen, comfort and bring children into the family. Mark 10:7 (NIV) described God's plan as follows, *"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."*

As we have worked with post-abortive individuals, unhealthy soul ties from the past often come to the surface as the man or woman examines the events around their abortion experience. Just as the death of an older child by illness or accident devastates couples — with 70% of marriages not surviving — so it is with abortion. The strain of each person's grief makes him or her unable to reach out to their similarly afflicted partner with comfort. After the abortion, 70% of these couples will separate from one another. The irony of this is that many partners tearfully accepted the abortion option in order to preserve the relationship.

The Lord wants to repair the damage that has been done in our lives because of sexual sin.

Many times in this process of remembering a past lover, new pain develops. For some individuals, the loss of their innocence began with a sexual relationship that led to the trauma of abortion.

In Sydna's words,

"When the memories of the relationship that led to my abortion finally started surfacing in my mind, I could understand why I ended up at the abortion clinic. My parent's divorce truly began the process of my loss of innocence. My father's departure from daily life began my search to replace the loss of his love. My low self-esteem convinced me I was unworthy of love. I felt deserted by my father and decided I must have no value. When I entered the relationship with "Alan," I was nearing the bottom of my expectations in a male partner. I was vulnerable, naïve and had little worldly experience.

When the abortion memories forced me to look back, I saw myself as a poor abandoned child and grieved for my lost innocence. I had a long pity party for the young, defenseless Sydna. As I was healed from my post-abortive pain, the soul ties with "Alan" were broken. I aggressively choose to remove "Alan" from my thoughts by destroying photos, tokens, gifts or anything that reminded me of the relationship. With God's cleansing power,

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I found that "Alan's" memory was purged from my heart. The immediate benefit was that thoughts of this former lover no longer haunted my marriage. No longer did my husband or sensory triggers (i.e., aftershave, favorite beverages, music, etc.) cause me to remember "Alan." The unexpected result was true sexual healing. It was almost like my virginity was restored."

Post-Abortion class members need to understand that part of their healing involves time to grieve their lost innocence. Recognize that grief and sorrow are real. Encourage class members to think through each soul tie that should be broken.

Breaking the Bondage of Soul Ties

According to licensed marriage and family therapist, Marnie C. Ferree, M.A., *"I know that in my experience, breaking soul ties has been a long and painful process. It is as much as an intention to do so as it is anything else. It involved taking intentional actions such as refusing to give into prompts to contact that person, refusing to entertain fantasies, ridding oneself of tangible reminders of past lovers (cards, pictures, etc.). I have also found that it is helpful to do some kind of ritual around letting go of these individuals. I wrote a good-by letter (which I didn't send), then read it out loud to God and burned it."*

Marnie's words ring true in the post-abortion healing process. Many times, recalling past abortions entails remembering past lovers. These memories can interfere with current relationship, as outlined in Sydna's story. Be aware that this is a dangerous time and some class members may be tempted to contact former lovers. Strongly discourage any such thoughts. These memories are best brought to the Lord, confessed, and left in His hands.

Paul's words in I Thessalonians 4: 3-5, 7 outline this perfectly, *"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathens, who do not know God... For God did not call us to be impure, but to live a holy life."*

Breaking the bondage of soul ties need to be a deliberate act of the will.

Breaking the bondage of soul ties is no different from breaking the ties to other habitual sin. As Marnie stated, it needs to be a deliberate **act** of the will. So let's use this word to explain the process:

A – Acknowledge your sin to yourself and others.

Rid yourselves of all of the excuses that you have given for your sin and the blame that you have placed on others. You must accept responsibility for your own actions. Psalms 32:5 states, *"Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord,' and you forgave me the guilt of my sin."*

C – Confess the wrongdoing to God and to those who have been affected by your sin.

I 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.” This verse reminds us that confession is crucial in the healing, or purifying, process. As far as confessing to those who have been affected by the sin, discretion is required. They may be at the point in their healing journey where it would not be profitable to inform their children, parents and other relatives about this sin. Spouses must always be told for whether or not it is acknowledged the abortion has probably impacted the marriage. Certainly before an individual can be involved in public post-abortion ministry all family members must know of the abortion and subsequent healing.

T – Thank God that He is willing to forgive and forget your sin and that He will give you the power to resist sin.

I Corinthians 10:13, “*No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.*” These verses promise us that God will never allow anything in our life that forces us to sin. We always can choose to avail ourselves of God’s power to turn our backs on the temptation and walk away.

S – Seek a Godly lifestyle in actions and thoughts. Find friends who will hold you accountable.

Romans 15: 1-2, 5-6, “*We who are strong ought to bear with the failings of the weak and not to please ourselves. Each of us should please his neighbor for his good, to build him up. May the God who gives endurance and encouragement give you a spirit of unity amongst yourselves as you follow Christ Jesus so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.*” Just as a log in a fireplace cannot burn if it rolls out by itself on the hearth, so Christians need to bind together with other believers in the Christian walk. As we stay together worshiping, praying, sharing, and studying God’s word, we will be able to burn brightly for Christ.

Steps to Take

In order to be completely healed from the abortion experience, one needs to offer up to the Lord any unbiblical sexual relationships. *These can include relationships with their current spouse if you had sexual relations prior to marriage.* Ask class members to make of list 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.

Leaving Soul Ties Behind

As we have gone to the Lord and asked Him to break the bondage of past soul ties we can rejoice in the knowledge that He has the power and the willingness to set us free. The fellowship, unity and friendship in a post-abortion group can be the beginning of a life-long walk with fellow believers where you grow from strength to strength.

God desires that our souls be tied to Him and to fellow believers for success in the Christian life. Ecclesiastes 4:12 states this beautifully, “*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*”





The Power of Prayer

“When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret will reward you.”

Matthew 6:6

The other day I was talking to a woman who was filled with bitterness and unforgiveness towards her husband. This man, who was sitting with us, had insisted she abort her unborn child who was conceived during her adulterous affair. As he sat with us, I could see he was accepting her anger and continued to ask her to forgive him. He clearly regretted his actions, but she simply couldn't forgive.

With another person, I took the couple into a private room and asked the woman a simple question, “Do you want to be healed from the bitterness, unforgiveness and pain?” Through tears she said, “Yes.” With that we started to pray. This couple began to cry immediately as we prayed for them. They were unable to speak and really didn't know how to pray so we said the words we felt were on their hearts. As we finished, we left them alone and suggested that they carry on the prayer themselves.

When we saw this couple later they had a different expression on their faces. While I know a great deal of work still has to be accomplished in their marriage, the wife's face showed peace and we felt that she had started to forgive him. All the lecturing about God's view on forgiveness had accomplished nothing. Prayer was the only thing that helped her get to a new level.

The next time you are sitting with a difficult case and feel helpless, remember prayer. God knows each heart. He has given us many tools in ministry. Prayer is the most powerful. Through your heartfelt words to the Lord in prayer, lives will be restored by His power.

Sydna A. Masse

Ramah's Resource Corner:

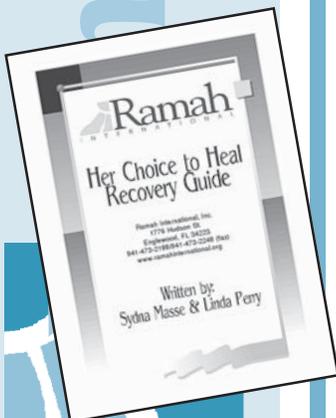
Her Choice to Heal — Recovery Guide

Written by the President and Founder of Ramah International Sydna Masse and Ramah's Director of Education, Linda Perry, this tool allows women to work further in their abortion recovery process. Incorporating new areas of need like breaking sexual soul ties, this recovery guide will allow post-abortion ministry leaders to use Her Choice to Heal in a 9-12 week group study format.

Suggested Donation: \$5.00 when purchased with Her Choice to Heal book* — \$6.50 each is separate (\$5.00 for affiliates). Leader's Version also available! Contains forms, insights, sample letters, activities, sample memorial service forms and much more!

Suggested Donation: \$25 or \$20 for affiliates!

* Her Choice to Heal books suggested donation: 0-10copies - \$7.50, 11-30 — \$6.50, 31 or more — \$5.50 (plus shipping). For affiliates: \$5 (plus shipping) regardless of quantity.



Scripture section:

Jesus's Commandment to His Followers,

“You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in Heaven.”

Matthew 5: 14-17.