

## BREAKING SEXUAL BONDS THAT BIND

---

*"Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, 'The two will become one flesh'"*

*- I Cor. 6:15,16*

Here the apostle Paul is making application of the biblical principle of the oneness of a man and wife. Their sexual union makes them "one flesh" (cf., Gen. 2:24,25).

Paul argues that just as it is true that the man and wife become one flesh via their sexual union, so the man who has sexual intercourse with a prostitute becomes "one with her" (I Cor. 6:16). In other words, having sexual intercourse with a person binds one together with that person in a union. Now that is true whether it is a desirable or undesirable union.

Most people that I minister to with serious emotional, relational and/or spiritual needs have some area of their sexuality in need of healing. We live in a sexually addicted society. Sexual bondage and abuse are some of the unfortunate fruits. Guilt and shame work to keep Christians from believing and implementing God's provision. Yet God offers real hope and help for all those broken and in bondage in the sexual realm.

Over the years I have ministered to many who have found that breaking the sexual and emotional ties of past relationships ushers in a needed liberation. Breaking these ties that bind becomes an important beginning for the healing of one's sexuality. The following process that I lay out below can help you find the freedom for which Christ has set you free!

*"If the Son sets you free  
you will be free indeed"  
- Jesus*

## HOW TO BREAK SEXUAL UNIONS

- I. Before you begin this exercise, ask God for spiritual illumination, blessing, and protection as you work through this process. Keep in mind that the gospel of Jesus Christ is totally sufficient for your forgiveness, cleansing and freedom.
- II. List all sexual relationships. Realize that shame will seek to direct you away from important situations that need to be dealt with. I would encourage you to error on the side of being overly thorough. Why not be thorough and decisive about this matter and get it dealt with once and for all? I have found that listing the relationships chronologically works best. As you work through this list, deal decisively with one relationship at a time.
- III. Repent of the sinful behavior. To repent simply means to turn away from one thing and turn toward another (cf., Acts 3:19). This act of obedience declares, "It is over and it's never going to happen again."
- IV. Specifically confess your sin. Rely on the promise of I John 1:9; "If we confess our sins, He is faithful and just and will forgive us our sins and cleanse us from all unrighteousness." It is often important for a friend (who has heard your confession) to say to you, "Based on your confession and the promise of Scripture, I say to you in Jesus' name, *you are forgiven!*"
- V. In Jesus' name, break the sexual union and soul tie. Command that the unwanted tie, established through sexual intimacy, be severed once and for all (Matthew 16:19).
- VI. In Jesus' name, forgive anyone who may have hurt you in the context of this past sexual relationship (see if needed, "The Steps of Forgiveness")
- VII. Take authority over all influences of that union (spiritual, physical, emotional), and command that they no longer have any influence in your life.
- VIII. Pray again for the blessing and protection of the Holy Spirit. Ask Him to seal the work, and to fill every void with His loving and healing presence.
- IX. Commit yourself to flee from that which stimulates temptation. Those struggling with sexual temptation are encouraged in scripture to "flee" from situations that stimulate this temptation (cf., I Cor. 6:18; I Cor. 10:13,14; 2 Tim. 2:22). You are not "weak" but "wise" to flee from that which has the potential to destroy your purity and freedom in Christ.
- X. Commit yourself to an accountable relationship. Having someone else know your struggle, who you can trust, who loves you, and is willing to practically help you, is an essential ingredient to remaining free (Ecclesiastes 4:9-12).