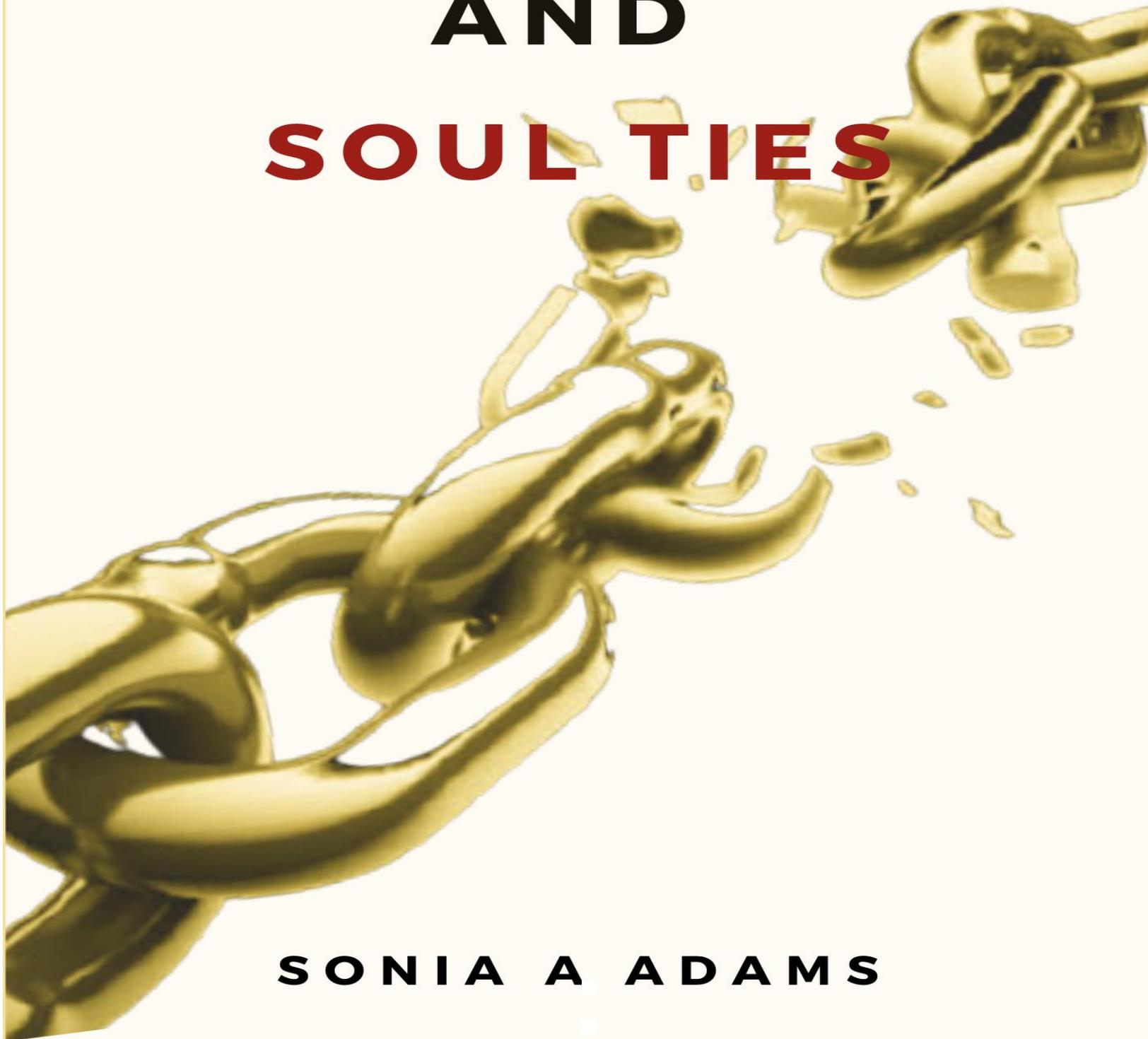


**OVERCOMING
STRONGHOLDS
AND
SOUL TIES**

SONIA A ADAMS



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FOREWORD

This eBook will explore strongholds and how they prohibit us from becoming whole in hopes that you will experience the healing, deliverance, and wholeness that I finally gained. The negative emotions of anger, hatred, and resentment are deeper than just named expressions. They are demonic spirits that can take root and reside in your vessel. Salvation is not a do-all-or-fix-all gift to man, but it is a blessed starting point in encouraging us to have faith in believing all of God's Word and putting it into practice to become transformed and mature. Therefore, God's Word tells us how to deal with demonic strongholds.

CHAPTER ONE

WHAT IS A STRONGHOLD?

A stronghold is just what it says. It is a spirit that has a stronghold or fortress around your heart, and it will not allow you freedom in certain areas of your life. Such strongholds can include fear, rejection, anger/bitterness, unforgiveness, pride, inferiority, lust, rebellion/witchcraft, apathy, slothfulness, and/or control. In my case, anger and insecurity did not allow me the freedom to love, and healthily receive love. All the enemy needs is an open the door to plant spiritual strongholds in your heart. I cannot detail every way that satan takes residence in your inner heart, but I'd like to mention a few crucial areas as it applies to the focal point of this text. Spirits can enter your heart through doors such as:

- no father/ dysfunctional mother/father relationship
- divorce/adoption (broken away from birth parents)
- broken relationships
- lack of affirmation and love
- sexual assault such as incest or rape
- hurtful actions or words
- favoritism in the family
- transference of spirits through sexual immorality

It is noteworthy to pause here and further investigate strongholds that occur through sexual relations. Transference of spirits through sexual contact is very common. However, many people are not aware of the severe spiritual consequences that evolve because of having sex outside of marriage –a soul tie(s)

immediately takes place in each person who engages in premarital sex. (Your soul can refer to your mind, will, and emotions. Wherever your mind, will, and emotions are, there you will find your soul).

CHAPTER TWO

WHAT IS A SOUL-TIE AND HOW CAN I RELEASE THEM?

A soul tie is not a scriptural phrase but a psychological term that refers to a Biblical concept of the joining of two natures according to Genesis 2:24 ". . . And they shall be one flesh." In other words, when two persons have intimate relations, a spiritual law begins to manifest itself in the natural realm. Sexual intercourse was designed for a husband and wife, and when performed in marriage, it produces good fruit. Nevertheless, when practiced outside of the covenant, the law of God still fulfills itself, but it produces negative fruit. In reviewing the third chapter of Genesis, we can see how negative fruit comes forth when we operate beyond the boundaries of the Word of God. Genesis 3:16 says, ". . . Your desire shall be for your husband, and he shall rule over you." Your desire shall be to your husband through the consummation of the marriage.

In the Septuagint (Greek Old Testament), the word desire means "a craving, longing, that which is willed, a strong affection, and a yearning after." As a result, God's law is still active but in a negative manner. When sexual consummation transpires (in or outside of marriage), this will cause a woman to long for, desire, crave, or have a strong affection toward that person with whom she had sexual contact. Therefore, women often find themselves tied to a man even when they are motivated to leave the relationship. Her soul is connected to that person, and she craves him in an unhealthy way due to the sexual intimacy in their relationship. Here lies a severe stronghold because part of you is separated from God. In the sixth Psalm, verses 1-4, David speaks of how a soul separated from God can be

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anguish. Still, favorably, David experienced the forgiving, delivering hand of God after his adultery with Bathsheba. In this particular prayer Psalm, he declares: O Lord, do not rebuke me in Your anger... My soul also is greatly troubled; But You, O Lord—how long? Return, O Lord, deliver me! Oh, save me for Your mercies sake! Likewise, we must cry out to God and ask for forgiveness and seek His counsel to become totally set free from sexual soul ties.

The journal page at the end will give further advice and prayer guidance on how one can initiate deliverance.

In continuing, let's discover other repercussions resulting from strongholds that enter and take root in a persons' heart.

Once a spirit such as anger or hatred has entered, other spirits begin to attach themselves to the primary root. Some of these spirits include:

- self-pity,
- shame, guilt,
- un-forgiveness,
- fear,
- fear of rejection,
- hatred,
- sickness, and
- rebellion.

Some possible ways (signs) to recognize these spirits include:

- passivity,

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- indecisiveness,
- fear of trusting,
- involved in a continuous cycle of broken relationships,
- eating disorders,
- lashing out at others, and
- an inability to receive love.

One should recognize these signs and investigate the probability that you may have a stronghold and need God's help in being totally set free.

CHAPTER THREE

WAYS TO BECOME FREE FROM STRONGHOLDS

Fortunately, God's word provides us with a way to overcome these strongholds. First, you must identify the root of your stronghold and be willing to admit that you may have deep hatred, anger, and/or resentment that has entered your heart. Or maybe you feel rejected, insecure, or confused. These strongholds could have entered through one of the doors previously mentioned. Second, you must seek God for the best process to help you discover deliverance.

Deliverance can come in several ways that derive its basis from the Word of God. For some, the spirits may be so deeply rooted that they may have to get deliverance from an anointed Pastor/Minister or deliverance team and have the spirits cast out. This type of deliverance is usually very unpopular because it is not comfortable for everyone. In Jesus' ministry, He cast spirits out of people on many occasions. For those who are skeptical, I will use God's Word to validate this type of deliverance. In the 13th chapter of Luke's book, verse 16, believers conclude that Christians cannot have evil spirits in their vessels. However, it must be acknowledged that during Jesus' travels, he sees a woman who had a spirit of infirmity for 18 years and whom Jesus loosed by laying His hands on her and casting out the spirit. We know that this was a woman in the community of faith because she was a seed of Abraham who had a stronghold that resulted from an affliction by a demonic spirit. The verse says: ". . . and ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo these eighteen years, be loosed from this bond on the Sabbath day." (KJV) The word bond signified a stronghold that this

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woman had for 18 years, but she was totally delivered! God can also liberate us and completely set us free.

Again, I must say, you must let God lead you into the type of deliverance that is best for you. For me, it took an anointed deliverance team to cast out the deep-rooted hatred and anger that was embedded in my heart. Other alternatives that are also biblically based include fasting and praying. Some women may repent and ask for forgiveness. In other cases, the stronghold could be so potent that a woman may need extensive Christian counseling to work through the hurt, pain, anger, rejection, or whatever spirit is present. It is wise to participate in sound Christian counseling instead of secular counseling because Christian counseling will allow you to use the Word of God as your foundational resource when talking through your healing and deliverance.

In all steps of deliverance, God always admonishes us to seek Him first and let Him be the guide. Also, once delivered, we must fill the cleansed passages in our hearts with God's Word. For example, if you have been loosed from hatred, study love, and learn to love the person you once hated. Learning to love involves a renewing of the heart and mind. The relationship may not change, but it is our attitude that God desires to change. Through God's unconditional love and grace, we learn not to harbor hate but also release unconditional love.

This is the method I used. Once the spirits of anger were cast out, I began to build a new relationship with my father. I had to listen to his advice, whether I agreed with it or not. I had to learn to respect him, even if I felt he was not respecting me. I learned to be submissive and non-defensive. As a result, my love for him began to grow, and I saw this love being carried into other relationships. God told me that I had to renew the relationship with my father following God's Word, or I would

never be able to receive or fully love the man He had for me. Also, I had to stop wearing clothes that disclosed my body and attracted spirits of lust. I began to read scriptures that assured me that I was justified (accepted) in Christ Jesus. The Word convinced me that my significance was not in what I wore or did, but instead in my inner being or person, which was created in the image of Christ. I was beginning to feel whole and complete, and I gained a sense of identity and confidence in my personhood in God. Also, I gained assurance that He had a purpose for my life.

Once you overcome your strongholds through some form of godly deliverance, you are moving closer towards being whole.

CHAPTER FOUR

JOURNAL ENTRY

(A). Deliverance from strongholds

1. Are there visible signs that indicate I may have a stronghold? If so, list them.

2. Can I identify any stronghold(s) in my life? List them

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3. What do I feel is the root cause of these strongholds? Is it my father, an incestuous relationship, rape, or some other reason that God has revealed to me?

4. List possible doors that may have given access to strongholds

5. What type of deliverance do I think I need to help free me from this stronghold?

Footnote: If the stronghold is severe, it may require further counsel from a trained Christian counselor or minister. Seek God for direction.

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Father, I repent and ask for Your forgiveness. I desire to be released from those men to whom I gave myself intimately before marriage. Release me from [call each name one by one] and restore me right standing with You. I desire my entire soul (mind, will, and emotions) to totally focus on You.

In the Name of Jesus Christ

Amen

This is a simple prayer of deliverance, and true repentance will cause you to move from sin, and each person that causes you to act outside of God's will. Further prayer and lamenting (crying or asking for forgiveness) before God may be necessary.

Write down scriptures that you will stand on for God's complete healing of these soul ties and commit it to prayer and be patient and allow God's healing power to manifest itself.

CHAPTER FIVE

HOW DO I MAINTAIN MY HEALING AND STAY FREE?

To maintain healthiness and healing, we must spend quality time in God's Word and prayer. According to God's Word, you should also acquire friendships with other Christians who will encourage you by giving you honest advice. Their advice must challenge you and help you grow as a person if you want to consider them a true friend.

Through studying God's Word, praying, and having positive friendships, you will begin to allow God to:

- ▲ clean your heart of unholy thoughts and desires
- ▲ break down false barriers that your confidence may be built upon
- ▲ teach you to live and survive without being negatively dependent on others
- ▲ help you identify past problems from father/daughter relationships and other males/female or female/female relationships that contribute to poor choices.

This type of self-discovery is key to discovering **who you are, why your past relationships failed, and how to find godly resolutions to begin the healing process of transformation.**

GOD'S AFFIRMATION SETS US FREE

An unhealthy relationship with your father or not having a relationship with your father can filter into other relationships. Anger and resentment can ensue, and it may be difficult to respect others. This void can produce a desire for affirmation and love. Fully grasping and organically ascertaining the truth that God receives us despite our past,

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our imperfections, and daily missing the mark must be established in our heart. **You are received and accepted by God regardless of what you think about yourself and despite what any other human thinks or says about you.**

Acceptance helps us feel that our life is valuable and worthy of existence. Healthy affirmation from God can bolster the very core of our being. **Whether we admit it or not, every human soul desires to be affirmed and acknowledged as important, needed, purposeful, and loved!** His desire is for us to fully receive affirmation from Him first, which is the foundation of our being and the pillar that launches us into strength, power, and assurance! **His love and affirmation is a deep work in our soul (the mind, heart, and spirit) that God alone can accomplish.**

The Father's affirmation and it becoming a reality in your heart is the only way you can overcome that place in your life where you felt rejected, lied to, and hurt. This discovery doesn't happen overnight, and it is a process of being honest, vulnerable, and being able to visit that place where affirmation was stripped from you. You have to begin to ask God to heal that broken place and mend your broken heart. Then you can receive His acceptance and walk-in assurance as it permeates your being and organically flows from your person. God has already received you because **He created you and accepted you just as you are.**

CERTAIN THINGS CAN CAUSE STRONGHOLDS

Another area that can stunt our healthy identity is having confidence based on physical appearance. It may foster a need for men to tell us how attractive we are in order to feel good about ourselves. Sometimes we wear revealing clothes that expose the waistline, breast, or buttocks areas to get attention from men. Although this type of

attire turns heads and attracts many men, does it make you feel honorable? It may foster a temporary feeling of security, but many times that attire can attract the wrong people who have the wrong intentions.

This mindset, coupled with the other issues, can become strongholds that will not allow freedom in certain areas of our lives. It may take a process of deliverance, counseling, and spiritual growth to break debilitating strongholds. You, too, may find it necessary to identify the source of your insecure behavior. Past problems and internal issues may be the primary source that causes unhealthy thoughts and behavior. Once we identify the cause of unhealthy behavior, God's word has the power to help us rise above it.

If someone spoke something negative in your life, or there was an absent father, or perhaps something very evil has caused an enormous amount of pain and rejection. If you hold onto this memory and pain, you may feel it is causing us to die spiritually and inhibits your progress.

GOD'S POWER CAN SET US FREE

God can free you from the torment of your past. Only our **Heavenly Father** can provide us with the love and affirmation that we need. We must let the past go and ask God to help us release and forgive that person and move on towards our future destiny.

Maybe your pain comes from a bad experience in the church from someone who proclaims the name of God, hurtful action, or exposure to the strongholds due to sexual encounters. Thus, we must be diligent in letting go of anything that could hinder the process of us being healed and whole. We must forgive and let go of:

- negative words were spoken to us,

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- pride,
- fear,
- abuse,
- rejection from a friend,
- the lack of support and love you did not receive in a vulnerable time in your life,
 - a failure of a dream or a relationship,
 - a divorce,
 - un-forgiveness, or
 - selfish ideas, instead of trusting God fully.

Many things happen to us in our lives to keep us from moving forward and being our best selves, but God's power can help us overcome all things.

***WE HAVE TO SEIZE THE COURAGE TO LET GO OF YOUR PAST NO MATTER WHAT IT IS
AND BE WILLING TO ENDURE A GOD-GIVEN PROCESS TO BECOME TOTALLY FREE.***

Bibliography

W.E. Vine, Vine's Complete Expository Dictionary of Old and New Testament Words
(New York: Thomas Nelson Publishers, 1984), p.161.

Breaking Free

OVERCOMING **STRONGHOLDS** AND **SOUL TIES**

Have you ever felt like you are constantly under the attack of the enemy in your life? And no matter how you try to break free, you just do not seem to be able to break through? Then, you need to reach out to someone gifted with the power of the Holy Spirit to break strongholds and the knowledge to guide others into freedom.

Sonia A Adams and her team continue to help people struggling with spiritual strongholds and soul ties overcome them and walk in the freedom of Jesus Christ, intended for all His children. You will gain knowledge and insights into the fundamentals of spiritual warfare in life. She will pray with you, counsel, and guide you through your freedom process.

For prayer and deliverance, please contact us via email at soniasiampretty@gmail.com. You can also reach out with our team to schedule a prayer and an initial counseling session.

For ladies, if you'd like to read more about *Overcoming Strongholds and Soul Ties*, purchase the, *I Am Ready: Ready for Purpose, Ready to be Better, Ready for Love*, at www.soniaadams.com or on Amazon.

"I Am Pretty": *Purposed, Received, Earmarked, Tenacious, Triumphant, and Yielded* can also be purchased at www.soniaadams.com or on Amazon.

Hit the link to join the *I Am Pretty* club.

I Am Pretty is a club for women of all ages to have conversations about our purpose and how to walk in all that we were born to do. It will provide an atmosphere of vulnerability, sisterhood, and growth in our relationship with God. Mentorship, relationships, resources, and divine connections will happen in this club, leading to Zoom conferences and clubhouse chats.

Join by signing on this link or on her link bio: https://docs.google.com/forms/d/e/1FAIpQLScqu-OHzHZUjDh0T5bHRVCpDTfoL8HOrKM23uTeXyiu2bJEgg/viewform?usp=pp_url

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