

What people are saying about Tom Brown and *Breaking Toxic Soul Ties...*

“I have known Pastor Tom Brown for many years. He is well-grounded in the Word of God and highly respected as a pastor, teacher, and author. I am pleased to endorse *Breaking Toxic Soul Ties*, with the knowledge that it will be a life-changer for those who read it and apply its principles.”

—Dr. Larry Ollison

President, International Convention of Faith Ministries
(ICFM)

“There are many misconceptions people can have when reading the title of this book: *Breaking Toxic Soul Ties: Healing from Unhealthy and Controlling Relationships*. These can be formulated based on doctrinal predispositions, vague familiarity with the concept of “soul ties” from reading articles or books, or perhaps simply allowing yourself to dismiss the entire concept as unnecessary because you personally don’t feel it is an area of need. Let me challenge you to put those misconceptions aside and allow yourself the opportunity to receive some of the most balanced, scriptural, and helpful information I’ve ever read on this topic. I urge you to read it so you can help others; however, I am firmly convinced that as you read, you will be helped in some facet of your own personal life and spiritual development. Tom Brown’s extensive ministerial and pastoral experience, as well his personal life experiences, have enabled him to do a masterful job of identifying the symptoms of past hurts or wounds that have given birth to potentially destructive relationships. He then gives wise instruction, correction, encouragement, and biblical keys for healing the wounded hearts, minds, and souls of those who have been scarred by past events and entangled in the webs of unhealthy relationships.”

—Reverend Marty Blackwelder
BlackwelderMinistries.org

“Have you ever heard someone mention ‘soul ties’ and wondered just what they meant? Or perhaps you feel that you are ‘in bondage’ with someone who has control over you. Then this book is for you! It is a must-read primer for anyone dealing with negative soul ties. Tom Brown explains the difference between good and bad soul ties, and the various types of manipulation people use—and abuse—on others. Read this book and learn how to free yourself from the bondage of Satan. Live a free and joyful life, and remember, ‘No one can defeat you but you!’”

—Faye G. Hanshew

President/CEO, Inspired Creations Publishing Company LLC

Have you ever been in a bad or toxic relationship? Have negative people wounded you? Do guilt, condemnation, and a feeling of rejection hold you back? If so, *Breaking Toxic Soul Ties* will set you free from the ungodly soul ties that have been keeping you from God’s best. Pastor Tom Brown masterfully explains how to receive inner healing and how to truly forgive those who have hurt you. After you read this book, you will feel like a great weight has fallen off your back and you will be ready to dance.

—Daniel King

www.kingministries.com

Tom Brown’s book, *Breaking Toxic Soul Ties*, is written with such a refreshing attitude and with a sincerely honest spirit of encouragement that offers help to all. It contains a powerful, rational, and wise spiritual logic that will result in many people finding real restoration of their self-identity and a new confidence in life that is based in the Lord Jesus Christ.

—Chas Stevenson

Pastor of Houston Faith Church, Houston, TX

Have you ever read a book that makes you look at your life up close and personal, examining your heart to see who you really are and what you have become? I did this as I read Tom Brown's revealing explanation of soul ties (both good and bad)—my relations with the people in my life or memories of past relationships. This powerful examination of who's who and what's what in your life can have an amazingly positive effect on you for the rest of your life. This is a must-read. I suggest that you have a journal handy to help you really explore these pages, and that you then recommend it to someone else.

—Dr. Thelma Wells

Founder, A Woman of God Ministries and Generation Love
Divine Explosion International Conferences
Professor, Speaker, Author, Mentor, aka Mama T

In *Breaking Toxic Soul Ties*, Tom Brown identifies the real-life, unseen things that consistently cause you to do what you never intended to do. You know that a single step in the wrong direction will take you down the wrong path, and yet, too often, you end up *going where you don't want to go* and *doing what you don't want to do*! If you are fed up with hurting yourself, your spouse, or, worse yet, your children, who are always watching your habits and practices, this book is required reading. The evil Jezebel spirit is real. You may have heard about soul ties but never associated them with this manipulative spirit. Thanks to Tom Brown, not only will your eyes be opened, but more important, you also will acquire a strategy to limit the influence that this controlling spirit has in your life. Read, share, and educate, and then read the book two more times and see your life is changed for the better as you become forever free from this destructive spirit.

— Dr. Phillip G. Goudeaux

Pastor, Calvary Christian Center, Sacramento, CA

Pastor Tom Brown has touched on a very misunderstood subject. Soul ties, both good and bad, are real. If you've ever struggled with unhealthy feelings, inadequacies, or past hurts, this book is exactly what you have been looking for. God wants the best for your life but your past can greatly limit that from happening. Pastor Tom Brown explains how you can break that cycle and live free from the negative effects of unhealthy soul ties, so that you will finally enjoy God's best in your life.

—*Dr. Jim Willoughby*

Senior Pastor, Faith Life Center, Eastvale, CA

Faithlife.center

**BREAKING
TOXIC
SOUL
TIES**

TOM BROWN



WHITAKER
HOUSE

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The names and details of some people have been changed to protect their privacy.

**BREAKING TOXIC SOUL TIES:
Healing from Unhealthy and Controlling Relationships**

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El Paso, TX 79926
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ISBN: 978-1-62911-954-0
eBook ISBN: 978-1-62911-955-7
Printed in the United States of America
© 2017 Tom Brown

Whitaker House
1030 Hunt Valley Circle
New Kensington, PA 15068
www.whitakerhouse.com

Library of Congress Cataloging-in-Publication Data (Pending)

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INTRODUCTION: WHY DO YOU STAY?

Are you hanging on to a relationship that should have ended a long time ago? Maybe a voice inside is telling you that you should break it off, yet something in your past is pulling you toward this bad relationship.

You were created as a social creature. You need relationships in your life. They are good for you. Interacting with other people is part of God's plan for helping you to grow. Relationships provide the spice to life. Yet the devil will try to bring the wrong people your way in order to bring chaos, distraction, and even destruction into your life. These people are not just casual friends; some of them are people you develop close connections with.

These connections are called *soul ties*.

Not all soul ties are bad. When you were born, you naturally developed soul ties with your parents. If your relationship with them was predominately healthy, then, from these foundational soul ties, you naturally created other good soul ties in your life. For most people, the next soul ties you develop are with siblings, if you have them, or grandparents, aunts, uncles, and cousins. Once you developed good relationships with family, you were likely to develop good relationship with friends—the peers you grew up with in your neighborhood, in school, and later at work. So long as these soul ties are beneficial and healthy, you then create the most important soul tie of your life—with your spouse in marriage.

If, along the road of life, you fail to create and experience these needed bonds with parents, siblings, and friends, you may experience a brokenness in your soul. This brokenness may lead you to find someone who is also broken and create a soul tie with that person. Relationships like this often end in failure. Instead of experiencing a mutually beneficial bond that improves both of your lives, dysfunction develops, and you tear each other down. If one person dominates the relationship, that person will get all the benefits of the relationship, while the weaker person suffers.

Even if you have good bonds with parents, siblings, and friends, the devil may still trick you into a bad relationship. It happens. While your relationship with your parents may be healthy, the devil may use another relative or perhaps even a stranger to abuse you. This abuse, whether sexual or emotional, can damage your soul, and make you increasingly vulnerable to future negative soul ties.

Terri was a preacher's kid. She had great parents and got along well with her sister, yet, tragically, she was raped by a stranger at a water park. Even though it wasn't her fault, shame

kept her from telling anyone about the attack, including her parents. She became broken.

In time, the devil brought a young man into her life. He was a Christian, so Terri's parents were not concerned. This man, however, preyed upon her brokenness by being physically abusive. And even though Terri knew it was wrong, she began to have sex with him.

At first, the relationship seemed exhilarating. In time, to make sure Terri didn't get away, the man asked her to marry him. Romantic feelings are the strongest type of love you can feel. Though you *love* your parents, when you are "*in love*" with someone, feelings take over, and things like good judgment and reason are pushed to the side. You are willing to "leave your father and mother" to become united to the person you love. This is how Terri felt. Any instances of physical abuse were justified because the excitement of romance excused the pain—at least for a while. Although his bouts of rage and jealousy caused the physical abuse to continue, she married him anyway.

After the wedding, Terri became a nervous wreck around her husband. She felt completely stifled. He blew up over anything that made him jealous or angry. Nothing Terri did could stop his rage. She was frightened of him. She felt no sense of self-worth. She began to believe that his abuse was her fault, that there was something wrong with her. She was so embarrassed that she could not tell her parents about her living nightmare. She plastered a smile on her face when she went to church, but deep inside, she was crying. She needed freedom.

Eventually, Terri mustered the courage to talk to friends about her marriage. They encouraged her to leave, but she felt a strong attachment to her husband. They had experienced so much together that it was too hard to contemplate life without him.

What was it that kept her bound to such an unhealthy marriage? It wasn't just the fact that, as a Christian, she believed marriage was for life. She knew that although God was against divorce, He was also against the violence of an abusive husband. Something else held her captive to this abusive relationship.

Eventually, she heard the message about ungodly soul ties. She recognized the truth immediately. Her soul was attached to this man, and not just through their marriage covenant, but through something darker. She thought, *Something within me is sick, something that makes me feel shame and worthlessness.* She knew a healthy wife would not put up with a man physically abusing her, but she was not "healthy." Her soul was sick. Then it dawned on her: *the rape at the water park damaged me more than I realized.* It had broken her spirit. A sick soul breaks the human will, and Terri did not have the will to leave. She knew she should, but she couldn't.

Terri finally received healing for her soul, healing that gave her the strength to stand up. Even though she had hoped that her husband would eventually change, Terri was determined not to be his punching bag anymore. She divorced him. (Neither Terri nor I advocate divorce, except in rare occasions, such as adultery, physical abuse, abandonment, and other damaging forms of dysfunction. You should seek advice through trusted and safe sources like your pastor before you decide to take this course of action.)

Terri has remarried a godly man. She now has a ministry for women in which she teaches others how to break their negative soul ties.

The key to Terri's freedom was inner healing. It is not enough that you know you have a negative soul tie; you also need to receive healing to have the willpower to break free. That

is what this book is about. It is not just about romantic soul ties, but about any sort of negative soul ties that cause bondage.

This book is divided into six sections:

Part I will help you to differentiate between biblical and abusive forms of authority.

Part II explains more fully what good and bad soul ties are.

Part III will show you how harmful soul ties develop.

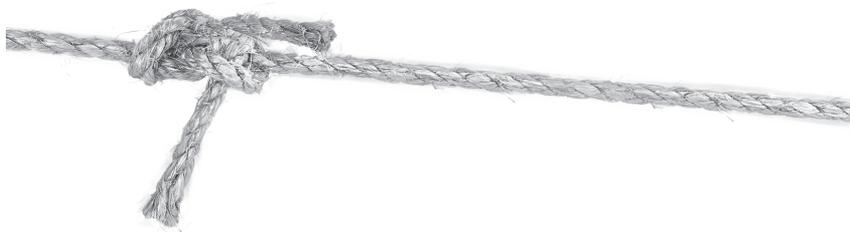
Part IV explains the process of inner healing.

Part V tells my story of rejection and the lessons I learned about how to deal with it.

Part VI explores your self-image in Christ. Until you learn to develop a proper self-image as a believer, you will always be susceptible to bad soul ties.

Are you ready to break negative soul ties and experience inner healing? Then have Kleenex handy (you might need it) as we seek to understand your soul ties, and help lead you on the path toward inner healing and freedom.

**PART I
BREAKING FREE**



ONE



TOLERATING THE JEZEBEL SPIRIT

Is someone in your life influencing you in a negative way? Perhaps you've tried to break free from their negative influence, but you can't. If so, there may be a *Jezebel spirit* controlling your life. A negative soul tie with a Jezebel spirit can destroy a person, a church, and even an entire community.

NO ONE IS IMMUNE TO THE INFLUENCE OF OTHERS

You are a byproduct of the people who influence you. Everyone in one way or another is influenced by others. The people in your life will have an influence on you, either for good or for bad. Consider Solomon's wise words: *"Do not make friends with a hot-tempered man, do not associate with one easily angered, or*

you may learn his ways and get yourself ensnared” (Proverbs 22:24–25). People rub off on you. You learn the ways of other people by closely associating yourself with them. If you associate with godly people, their godly ways will rub off on you; likewise, if you associate with ungodly people, their ungodly ways will rub off on you.

“He who walks with the wise grows wise, but a companion of fools suffers harm” (Proverbs 13:20). When God wants to bless you, He sends you a wise person, but when the devil wants to harm you, he sends you a fool. Don’t become a companion of a fool.

One important foolish companion that the Bible warns us against is the Jezebel spirit. Jesus mentioned the Jezebel spirit to the church in Thyatira: *“You tolerate that woman Jezebel, who calls herself a prophetess. By her teaching she misleads my servants into sexual immorality and the eating of food sacrificed to idols”* (Revelation 2:20).

I believe that this woman, “Jezebel,” was a code word for a certain woman in the church whom the citizens of Thyatira knew. As Jesus dictated His letter to John in Revelation, He did not call her by name, because she was likely an important citizen of the Roman Empire. If He had used her actual name, the authorities may have intervened and destroyed the letter. So, instead, Jesus used the name of a former wicked queen of Israel to describe the type of woman that was in the church.

Yes, even people in the church can have a Jezebel spirit controlling them. Jezebel spirits are not just found in the world, they can also be seen in church. And, the Jezebel spirit is not related only to women—*people of both genders can be controlled by the Jezebel spirit.*

THE JEZEBEL INFLUENCE

Jezebel was a famous queen in the Old Testament who influenced her husband, King Ahab, to stop worshipping God and to begin worshipping many false idols. (See 1 Kings 16:31.) She persecuted and killed God's prophets, and fabricated evidence causing an innocent landowner to be put to death. (See 1 Kings 2:5–25.) Ever since, she has always been associated with false prophets.

Like her, the Jezebel woman at Thyatira was powerful and influential. She called herself a prophetess, and she made herself to be important. Evidently, her self-advertisement worked, because even God's servants were deceived by listening to her teaching. She did not simply lead people into immorality by example, she also taught it.

What did she teach? We get an idea of what she taught in the book of Revelation: "*Now I say to the rest of you in Thyatira, to you who do not hold to her teaching and have not learned Satan's so-called deep secrets*" (Revelation 2:24). The term "*Satan's so-called deep secrets*" is a reference to the Gnostics. They were first-century heretics who denied the incarnation of God in Jesus. One of the main messages of the Gnostics was this: "Since the flesh is sinful, Jesus could not have become flesh. And if flesh is sinful, then it does not really matter what you do with your body." From this false concept came justification for other ideas, such as the fertility temple, where business was conducted, sexual acts were performed, and food sacrificed to idols was consumed. The businesspeople of the town were expected to join in these sexual acts and festivals.

This problem raised an important question within the church. Should Christians conduct business in this fertility temple? Obviously, the answer was no. But Gnostics, believing that the body was evil anyway, convinced God's servants to go

along with the festival in the fertility temple, saying that it didn't really matter what you did with your body. The spirit of Jezebel always rationalizes sinful behavior.

YOU DON'T HAVE TO REMAIN THE VICTIM

Jesus pointed out the main problem with the church of Thyatira: "*You tolerate that woman Jezebel.*" He did not only criticize the woman, but also the church. It was as much their fault that she was misleading God's servants into immorality as it was the woman's fault. The church should have excommunicated her instead of giving her a platform for her teachings. Thus, Jesus' message was not aimed at Jezebel but at those being influenced by her. It may seem harsh to point the finger at the victims instead of Jezebel herself, but, you see, Jesus believes that at some point, every victim has the power to put a stop to their own victimization.

This book is not written to try to change Jezebel, but rather to keep her from changing you. Jesus saw little hope that the Jezebel spirit would change its ways. He said, "*I have given her time to repent of her immorality, but she is unwilling. So I will cast her on a bed of suffering, and I will make those who commit adultery with her suffer intensely, unless they repent of her ways*" (Revelation 2:21–22).

Jesus is patient, but His patience is not everlasting; we know this because He says He will eventually judge the world. He gives up on any voluntary change from Jezebel, and, instead, puts her on the bed of affliction with the expectation that perhaps she would eventually change because of her pain. However, Jesus offers a way out to those being influenced by Jezebel. He warns the victims that if they don't repent from Jezebel's ways, they will suffer with her. But if they do, there is hope.



**JESUS OFFERS A WAY OUT TO THOSE
BEING INFLUENCED BY JEZEBEL. HE
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THEY DO, THERE IS HOPE.**



This message is to you—you are not a victim who can't repent. There are certain *ways* you have picked up from Jezebel. You have tolerated those ways in your life. You shouldn't do so anymore!

The sin of the victims was tolerance. *Tolerance* is a word that usually has a positive connotation. While tolerance can be used in a positive way, there is also an ungodly usage of tolerance. When you tolerate something evil that has a detrimental effect on yourself or others, then the tolerance itself becomes evil.

To tolerate is not necessarily to propagate something. It is simply to allow it to continue without doing anything to stop it. As harsh as it may seem to put this responsibility on the victims of Jezebel, Jesus recognized that they were indeed tolerating negative soul ties caused by the spirit of Jezebel.

Leah Remini was on the hit TV show *The King of Queens*. You would have never guessed that she was a member of a cult—the Church of Scientology. This false religion is the epitome of the Jezebel spirit. They exhibit complete control over their members, as they did to Remini herself.

One day, as she was attending Tom Cruise's wedding, she asked a Scientology official why a certain person wasn't at the wedding. The official rebuked her, and told her that she was not high enough in the church to ask such a question. This began Leah's search for the truth. After investigating her "church," she discovered that it was a false religious cult. No longer a victim, she broke free from the grasp of Scientology. Though she was shunned by many of her friends and relatives for doing so, she also knew that the responsibility for her spiritual journey was her own. She came to believe in Jesus Christ, and now worships the Son of God instead of the leaders of Scientology, and she uses her influence to try to help others get free from that false religion.

Like her, you must take responsibility to break free from the Jezebel spirit. You can't bemoan how unfair it was for you to be lied to in the past. You can't make excuses for allowing the Jezebel spirit to control you. You must break free.

REJECTING AUTHORITY AND ITS INEVITABLE RESULT

Although many people associate Jezebel with sexual promiscuity, there is no example in the Old Testament of Queen Jezebel behaving in such a way. Instead, she is described as a wicked queen who led people into the worship of idols. She had no regard for the rights of individuals. She also usurped authority from her husband.

The greatest manifestation of the Jezebel spirit is the rejection of authority, or the abuse of authority. The greatest authority over us is God. Second in authority is God's Word, the Bible. Whenever someone begins to take issue with the authority of the Bible, they are manifesting the spirit of Jezebel.

God also puts leaders in the church to guide people as another level of authority. "*Obey your leaders and submit to them,*

for they are keeping watch over your souls, as those who will have to give an account" (Hebrews 13:17 ESV). Spiritual leaders have to make decisions based on the wisdom God provides for them, including putting other people in charge of various ministries. They must also have the power to discipline others in order to protect the church; otherwise, they are only figureheads. Often, when a person with a Jezebel spirit gets disciplined, he or she begins to rebel. No one likes to receive discipline, but it is sometimes necessary to run the church.

The hardest job I have as a minister is when circumstances lead to the excommunication of a church member. Excommunication should be the last resort that any church takes. It should only take place when the pastor concludes that all attempts at reconciliation and truth-telling have been exhausted and the danger the offender poses to the church far outweighs any hope for restoration. I once had to excommunicate a member when I found out that he had committed adultery with two women in the church I was leading—one of them being just seventeen years old. After confronting him, I discovered that this behavior was a pattern in his life. He had not just committed adultery with these two women, but he had done this numerous times before he ever came to my church.

Pastors cannot put their church at risk. Pastors cannot be overly sympathetic with people in the church who have the propensity to hurt more people. A pastor must not tolerate the Jezebel spirit in the church.

EFFECTS OF THE JEZEBEL SPIRIT

Why is the Jezebel spirit so dangerous? What are some examples of the work of the Jezebel spirit? It brainwashes members of religious groups so they are afraid to act on their own conscience—the Church of Scientology is an example. It binds

a wife to an abusive marriage. It endangers a child by keeping him or her in the home of an abuser. It risks taxpayers' money by sheltering political leaders from accountability. It encourages demagoguery in a nation so that minorities and the politically disenfranchised are destroyed or hurt. Hitler exercised the Jezebel spirit when he demonized and tried to exterminate Jews, gypsies, the physically and mentally handicapped, and anyone who stood in his path. It terrifies workers and prevents them from standing up to bosses who break the law. It turns a blind eye toward police brutality against the marginalized or, conversely, overreacts toward police by undermining the authority of those who are simply doing their duties.



**YOU NEED TO RECOGNIZE THAT YOU
HAVE THE POWER TO END JEZEBEL'S
INFLUENCE OVER YOUR LIFE. YOU
MUST TAKE A STAND, AND REFUSE TO
TOLERATE THE JEZEBEL SPIRIT,
EITHER IN YOUR LIFE OR IN THE LIVES
OF OTHERS.**



HOW TO RESPOND

The victims are partly to blame for the problem with the Jezebel spirit. They allow it to thrive. I know this is not a “feel-good,” sweet-and-cuddly message; however, it is exactly the message some of you need to hear.

A pastor can't simply tolerate sinfulness in the church without addressing it. A wife can't simply tolerate an abusive or cheating husband without taking action. Citizens can't simply tolerate demagoguery in their nation without attempting to stop it. Brainwashed members can't simply tolerate a cult; they must get out.

I've written this book because the Jezebel spirit is alive and working in the world and in the church today. In the end, it is your responsibility to stop others from manipulating you, enticing you to sin, or causing you to rebel against true leaders. You need to recognize that you have the power to end Jezebel's influence over your life. You must take a stand, and refuse to tolerate the Jezebel spirit, either in your life or in the lives of others.