

# Untangling Your Spiritual Roots

## Theme: Walking in Freedom with Love

**Scripture Focus:** "Do not be misled: 'Bad company corrupts good character.'"

— 1 Corinthians 15:33 (NIV)

There are moments in your spiritual journey when God reveals the need to separate from relationships that are not aligned with His purpose for your life. These are not always easy decisions, especially when the people involved were once close—family, long-time friends, or spiritual companions. Sometimes, jealousy, rivalry, and hidden intentions can choke out your growth, distract your walk, and lead you into spiritual confusion and bondage. But you were made to live free. The goal is not to hate, but to heal. Not to retaliate, but to realign. It is possible to untangle your spiritual roots from destructive connections while still walking in love, prayer, and forgiveness.

### 1. Recognize the Toxic Ties

"Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. You will recognize them by their fruits."

— Matthew 7:15–16 (ESV)

Ask God to reveal who is nourishing your spirit and who is draining it. People can appear good on the surface but lead you subtly into compromise or confusion. If you're experiencing constant spiritual chaos, discouragement, or envy, consider whether the source may be the company you keep.

### 2. Release the Bondage of Soul Ties

"Therefore, come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you."

— 2 Corinthians 6:17 (NKJV)

Soul ties can form from emotional, spiritual, or even toxic church relationships.

Breaking free involves repentance, renouncing ungodly connections, and inviting the Holy Spirit to heal every wound. This is not rejection—it's redirection.

### 3. Forgive, Even From Afar

"But I tell you, love your enemies and pray for those who persecute you."

— Matthew 5:44 (NIV)

Forgiveness does not require reconciliation. You can love someone deeply and still set a boundary. Praying for those who've hurt you is one of the highest forms of Christ-likeness. It breaks the hold they have over your emotions.

#### **4. Reconnect to God's Purpose**

"Every plant that My heavenly Father has not planted will be pulled up by the roots."  
— Matthew 15:13 (NIV)

After separation, ask God to replant your roots into His truth. He may bring new relationships that nourish and grow you in the Spirit. Spend extra time in the Word, in worship, and in a life-giving community.

#### **5. Walk in Love Without Walking Back**

"Above all, love each other deeply, because love covers over a multitude of sins."  
— 1 Peter 4:8 (NIV)

Loving from a distance may mean you don't answer every text. It may mean you don't go to the gathering where you know your spirit will be agitated. But you still choose to bless them in your heart and wish them well. That's maturity. That's freedom.

#### **Prayer for Breaking Free with Love**

Heavenly Father,

I come to You today asking for wisdom, healing, and clarity. Show me any connections that are pulling me away from Your presence and Your purpose. Help me to release people with love, not bitterness. Untangle my soul from jealousy, rivalry, and any spirit that seeks to destroy what You're building in me. I forgive those who have hurt me, manipulated me, or spoken against me. I choose freedom. I choose peace. I choose to love without staying entangled. Holy Spirit, heal the wounds of my heart and replant my roots deep in You. Thank You for protecting me, for guiding me, and for never letting me go. In Jesus' name we pray amen.

#### **Closing Scripture**

"Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."  
— Galatians 5:1 (NIV)

Let this be a season of divine untangling. You are not obligated to stay connected to people who resist God's work in your life. You are called to walk in freedom, in love, and in truth.

### **Discussion Questions**

- Who in your life has caused spiritual confusion, competition, or constant conflict?  
— Ask the Holy Spirit if this is a relationship to release or redefine.
- How does it feel to consider loving someone from a distance?  
— What fears arise when you think about letting go?
- What new fruit has God been trying to grow in your life that may be hindered by unhealthy ties?
- Are there signs that you're being led down a path of spiritual destruction?  
— What would a return to peace and clarity look like for you?
- How can you set boundaries without becoming bitter?  
— What does biblical love look like when applied from afar?