

Healing from Sexual Immorality, Soul Ties And Pornography

Sexual Sin

In the beginning God created Adam and Eve and intended they be joined as husband and wife. *“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh”* (Gen. 2:24; see also Mark 10:2-12). Becoming one speaks of an inseparable union, spiritually and physically. What was joined on earth (through sexual union) would be joined spiritually in heaven.

God intended that there never be sexual relationships outside of marriage, and that the first marriage would be the only marriage. Paul presses further, teaching us that God’s intentions for the relationship between husband and wife can be used as a picture of God’s intention for the relationship between Jesus and His church (Eph. 5:23). But God also gave them (and us) free will. Then Satan, the father of lies whose agenda is to distort and destroy, entered the picture, and he has been working continuously to twist the commands and will of God ever since that first, fateful sin-event in the Garden of Eden.

Unfortunately there is as much sexual sin displayed within the body of Christ as is displayed outside of it. For many, the Bible’s teachings are considered irrelevant or they are dismissed as out-of-date. Today’s primary concern has been for the physical dangers of unprotected sex, rather than for the more significant spiritual dangers—of which we are unknowingly being blinded.

Consider the following scriptures on this subject:

1. Exodus 20:14 asserts, *“You shall not commit adultery”* (included earlier, in vs. 5, are the “iniquities of the fathers” that will be visited upon the children unto the third and fourth generations).
2. Proverbs 6:32 exposes that whoever commits adultery *“destroyeth his own soul.”*
3. Malachi 2:13-16 infers the Lord made them one in flesh and spirit (vs. 15).
4. Matthew 5:32 implies that whoever is divorced and remarries, commits adultery (see also Mat. 19:9).
5. 1 Corinthians 3:16 and 6:19 confirm: our body is the temple of God. Immorality defiles God’s temple.
6. 1 Corinthians 5:1-6, where Paul speaks of immorality within the Church.
7. 1 Corinthians 6:16-20 illustrates that sexual sins are spoken of in a separate category: *“Do you not know that he who unites himself with a prostitute is one with her in body. The two will become one flesh.”* Sexual sins cause a person to sin against his or her own body.
8. I Corinthians 7:15 a cause for divorce.
9. Galatians 5:21 reads, *“... those that practice such things (sexual sins) shall not inherit the kingdom of God.”*
10. 1 Thessalonians 4:3-6 advises us to *“flee fornication”*—it is a sin against our own body.
11. Gal 6:8 *“For he who sows to his flesh will of the flesh reap corruption.”*
12. In at least two scriptures in the bible, sexual sins are listed first among reasons the unrighteous will not inherit the Kingdom of God. (I Cor 6:9-11, & Gal 5:19)

13. Every perversion including divorce, adultery, promiscuity, homosexuality, prostitution, bestiality and incest are thoroughly and repeatedly condemned in both the Old and New Testaments. (See Lev 18:22-24, 20:10-21, I Cor 6:9, Rom 1:24-32, 13:13; Gal 5:19-21; Eph 5:5; 1 Tim 1:10; Rev 21:8; 22:15).

Within no less than 55 passages, the New Testament denounces “*porneia*,” the Greek word for “sexual immorality.” Sexual immorality is specifically applied to premarital sex in Paul’s admonition to unmarried Christians (1 Cor. 7:9). There is no question as to whether or not God takes sexual sins very seriously. Sexual sins are the third most-hated sins, after (1) “*thou shalt have none other gods before me*” (Deut. 5:7) and (2) murder (Deut. 5:17). Be aware that these sins open up a very large hole in our spiritual hedge (reference to this teaching can be found on page 2 in the section titled, “Healing of the Spirit — Introduction”). Consider also the 25 consequences of committing adultery (see Prov. 5:4-2, 6:20-25 and 16-22; 2 Sam. 10:12, 11:4-7, 12:1-7 and 13-14).

According to Jeremiah 3, God calls joining with or the worshipping of idols of any kind, a “joining” to another God. He calls this behavior spiritual adultery. In defining physical adultery as “all wrongful joining together—whether before or after marriage and as in same sex (homosexual) relationships or in relationships with animals,” the seventh commandment (Ex. 20:14) this has a much broader meaning than just that committed as “heterosexual sin by married people.”

Through sexual union, there is a joining of spirit, soul, and body. After intercourse, the bodies may separate but the souls and spirits are still joined together. Something of the man becomes part of the woman, and something of the woman becomes part of the man. The union creates a spiritual and a physical “soul tie” between the two partners. This is as it was intended by God for the first union and marriage between a man and women. Regrettably, when individuals have sex with those who are not their “first and only husband or wife,” the spirituality of “one flesh” becomes confused, and God’s perfect plan for us is thwarted, even as His plan for Adam and Eve was thwarted. What is bound on earth is bound in heaven. (Matt 16:19, 18:18)

When we join sexually with another person, we join or become connected to that person emotionally and spiritually. Sexual union between a husband and wife (as defined in Gen. 2:24) allows the sharing of love and all other good gifts between them. Sexual union outside of God’s design for marriage (Gen. 2:24) allows the receiving of all the corrupt things from this sexual partner (such as spirits of darkness, predispositions to addictions, all of the iniquities for which he or she may be the recipient—because of the sins of his or her ancestors that have been passed down through generational curses, as decreed in Ex. 20:5) and the additional results or consequences of sins this partner may have committed (such as dabbling in the occult).

Through sexual union, we have become one with their spirit. Not only are we connected with everyone with whom we have had a sexual relationship, we are additionally connected in chain-like fashion with everyone with whom they have had a sexual relationship. Sex outside of marriage is a degradation of God’s creation and an insult to Him, of rebellion and foolishness. Sexual sins allow any darkness or demons present in one partner to pass to the other partner. Not only that, but it allows a partner to be exposed to every dark spirit from any of the previous partners either have had. It spreads darkness like HIV.

Some people feel helpless to be freed. But now that you belong to Christ, no other power can force you to do anything unless you give it ground to do so through (1) disobedience (see

John 14:30; 1 John 2:10), (2) a love for sin (see Ps 52:3; 2 Thess 2:12; Jam 4:4; I John 2:15), (3) a self-righteous attempt to make yourself holy, (4) or a lack of desire to be free (See Rev. 3:15;16).

Soul Bondage and/or Ties

Soul bondage or soul ties result from any joining together. Soul bondage or soul ties are the cleaving together of bodies, spirits, or souls in a relationship whereby two souls are joined or knitted together and become as one. The term *soul tie* is not found in Scripture, but the concept is, particularly in the use of words *knit* and *cleave*. A soul tie can occur spiritually, emotionally, or physically. Note that there are good (holy, God-empowered) soul ties such as Jonathan with David (I Sam 18:1) as well as evil (unholy) soul ties such as when Shechem raped Dinah (Gen 34:1-3). The KJV says “His soul *clave* unto Dinah”.

God-Empowered Ties

Ties that are God-empowered and blessed include those that are just and healthy within the “husband and wife” relationship in marriage, the parent and child relationship, sibling relationships, and other extended relative relationships (Gen. 2:24, Mat. 19:4-9, etc.). When these soul ties are disrupted by death, divorce, or adultery, wounding can be severe.

Unholy Satan-Empowered Ties

Unholy ties created by immoral sexual activities (and by dark vows, covenants, curses, oaths, and organizational secret oaths) are Satan-empowered and are an abomination to God. Sexual sins produce unholy spiritual and physical soul ties that must be broken before healing can occur and the captives be set free.

Non-Sexual Bonding Ties

Non-sexual bonding ties develop when one person dominates another in a manner not designed of God. Sometimes unhealthy non-sexual soul ties are developed with parents, mentors or friends—those whom we strongly admire or with whom we have a close or intimate relationship. Often these are evident in co-dependent relationships.

Spiritual Adultery

Spiritual adultery takes place (1) when a marriage partner gives to someone else what belongs only to their mate (for instance, giving personal and intimate communications from the heart or sharing deep fellowship with another), (2) when a marriage partner’s heart has not yet learned to embrace it’s only source of manhood or womanhood in their marital companion, (3) when flirting with or passionately kissing someone who is not your mate, or (4) when sharing innermost feelings with another (who is not a counselor).

Consequences of Sexual Sin Summarized

1. Sexual sin blocks the love of God that flows between husband and wife in the true and holy expression of our sexual nature.
2. Immorality is destructive and will eventually demand a price (the law of sowing and reaping applies here).
3. Sexual sin produces sexual additions, prostitution, adultery, sexual abuse, incest, homosexuality, Sadomasochism, shame, guilt, and a lack of self-worth.

4. Immorality and the Holy Spirit cannot abide together; if immorality continues, the Holy Spirit will leave.
5. In ungodly sex, something of each partner is given away to the other and becomes part of them (See the example in 1 Cor. 6:16, where Paul talks of those who “join” together with a prostitute as “becoming one flesh.”).
6. Sexual sin becomes a chain of bondage through which people are unknowingly influenced by the life and personality of those to whom they have been sexually joined.
7. Ungodly soul ties provide opportunities for all of the following to be transferred (for the demonic to transfer from one person to another—both at the time of sexual intercourse and at any time subsequent): spirits of darkness, predispositions to addictions, all of the iniquities for which he or she may be the recipient through the sins of his or her ancestors as passed down through generational curses (Ex. 20:5), and the results or consequences of the sins the partner may have committed, such as involvement in the occult.
8. Those with many sexual partners begin to lose their own identity. They begin not to know who they really are.
9. Consider the 25 consequences of adultery noted in the following scriptures. (Prov. 1:8-20, 5:1-12 and 6:20-35, 7:1-27, 2 Sam 11:4-7, 12:1-14).
10. God hates immorality. It is the third worst sin after idolatry and murder.

Healing Grace

The Good News is that God in heaven sent his Son Jesus to die for us on the cross that we might be forgiven of every sin, sexual and otherwise, washed clean by the blood of Jesus, and renewed in relationship with Him by the power of the Holy Spirit. The Lord forgave King David, the woman at the well, and the woman caught in adultery. (2 Sam. 12:13, John 4:7-19, John 8:11). He will forgive and release you also.

You may have already confessed your sexual sins to God when you were “born again” and been forgiven. However, that does not necessarily also allow you to escape the consequences of your sin. (For example, if you have an abortion, Will God will forgive your sin of murder? Yes; He did that on the Cross; but will He immediately remove the consequences of that sin and return the fetus to life? No. The sin is on the head of the mother but the result or consequences of that sin is borne by the aborted fetus. Christians can be totally repentant and still unknowingly be under the influence of darkness in parts of their spirit as a result of previous sin.)

Until the open doors are closed and the legal rights which have been opened to darkness renounced and given to God, the adversary can still use these past sins against you, even though you are forgiven.

Prayers for sexual sins, soul ties, and cleansing are identified below.

Prayer for Sexual Sins

The prayer for release from sexual sins and bondage (or soul ties) should cover the following areas:

1. Pray for forgiveness.
2. Pray for release and loosing.
3. Pray to break the power of inherited lust; pray to forgive the one who introduced the problem into the family line.

4. Pray for breaking of all soul ties between the seeker and every other partner or previous husband to which they are no longer married.
 - 4a. Pray that the sword of the Spirit will separate each partner and break every soul tie.
 - 4b. Place the cross of Jesus between each partner and cover them with the blood of Jesus.
 - 4c. “Loose” each partner from these unholy unions.
 - 4d. In the name of Jesus, declare the spirits of the persons involved in immorality to be separated.
 - 4e. Take authority (in Jesus' name), breaking any satanic power that exists in the person's life as a result of illicit sex, non-sexual bondage, or spiritual adultery.
 - 4.f If they are currently married to a “born again” spouse, pray that God will recognize the current union as the “twain shall be one flesh” mentioned in Gen 2:24 and Mark 10:2-12).
5. Pray for cleansing of body, soul, and spirit.
 - 5a. Pray to cleanse the person's mind of pornographic images, ungodly sexual experiences and all sinful thoughts, words, deeds and acts.
 - 5b. Pray to cleanse the eyes that have looked upon what they should not have seen.
 - 5c. Pray to cleanse the ears from whatever they have heard that is unholy.
 - 5d. Pray to cleanse the mouth, skin, hands, and sexual organs from what they have touched.
6. Pray against any spirits of immorality, pornography, and unusual sexual practices, particularly if the seeker has had an experience with a prostitute or with an animal.
7. Pray the seeker is released from all iniquities and from the consequences of these sins.
8. Pray the Lord heal all of these experiences so that Satan can no longer use them for evil purposes.
9. Pray the seeker is healed of all guilt and shame.
10. Pray for healing of all these sins and soul ties, that these be covered by the blood of Jesus.
11. For single people, pray that all the “normal sexual emotions” be channeled into other acceptable and appropriate activities.
12. Pray release from any immorality or polygamy of their forefathers.
13. Renounce “Baal” (the god of sexual depravity) in the name of Jesus.

Sexual sin is an area in which it is most helpful to use an intercessor. It is difficult for a seeker to pray for him-or-herself with complete success in this area. The seeker needs first to confess the sins and to repent out loud naming the partner (or partners, if necessary, as the Lord directs).

Again, the seeker should also repent from all illicit and unusual sexual practices and pornography, if applicable. He or she needs to renounce the spirit of lust, lust of the eyes, and renounce Satan's ground, previously given in all of these acts. Most importantly, the seeker must be determined to live a chaste life in the future or to marry (1 Cor. 7:1-16).

Previous sexual habits are difficult to break, particularly if the seeker is young and unmarried. In every case, the seeker must be warned that Satan will sorely tempt them soon after their healing.

Prayer for Loosing and Release

The intercessor should pray the following:

In the name of Jesus, I direct your spirit to forget these unions. In the name of Jesus you are loosed from that person (or these persons). I declare your spirit to be separated from each of these partners, and I place the cross of Jesus between you and each unholy union. I cover you with the blood of Jesus as a protective shield from any and all detrimental influences to which you may have been exposed through sexual union with this (or these) partner(s).

In the name of Jesus and according to Chapter six of the book of Ephesians, I take the sword of the Spirit and I cut every soul tie between you and any partner you have every been intimate with.

I set your spirit free to cleave only to your own spouse. I loose you in Jesus' name, grateful for God's word that proclaims, "...*whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven*" (Mat. 16:19). (Continue with the prayer for cleansing, which follows.)

The seeker should pray the following:

In the name of Jesus, I renounce all sexual and spiritual bondage to (name of the person) and to the authority I have given him (or her) by submitting myself to him (or her) and offering him (or her) my body. I cut every soul tie with (person's) name, and renounce every dark spirit that may have come to me through this union with him (or her). AMEN

NOTE: The person may need to pray this prayer for each one with whom they have had an immoral sexual union. If there are many, or they are not able to remember their names, they can ask God to allow them to repeat this prayer for as many as they can remember and to put all the others into one "basket" and present them to the Lord as one.

In the authority of Jesus, I plead the blood of Jesus to stand between me and this person. I separate the one flesh union, I send back to them everything I have taken from them when I became one flesh with them. I call back to me everything I gave to them in this one flesh union. I declare the blood of Jesus to be a wall of separation between us. Thank you Jesus for restoring my soul. AMEN

Prayer for Cleansing

In Song of Solomon 4:12-5:1 the term "garden" is a specific symbol for a woman's sexuality. The term "ruined gardens" implies sexual brokenness. Many times the seeker will feel dirty, unclean, or sexually broken, and need to be restored to innocence by God, and be cleansed in spirit and body. This is a good opportunity for "behold and be held" prayer where we ask Jesus to come and take the seeker into His arms and make them clean and innocent again. He many times will use the symbol of clean water being sprinkled upon them.

Lord, Jesus, From both Ezekiel 36:25 ("*Then will I sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you.*") and Acts 11:9 ("*But the voice answered me again from heaven, What God hath cleansed, that call not thou common.*") we trust you will cleanse and make new _____ (name of seeker); and through Hebrews 10:10 ("*By the which will we are sanctified through the offering of the body of*

Jesus Christ once for all.”) we trust that through the offering once of the body of Jesus, she/he is sanctified. I pray God pour His holy water over all that needs cleansing. (Sometimes the Lord will give you a picture; pray over what you distinguish within the picture.)

Jesus, we ask you now to pour your streams of living water all over _____ and into every cell of his (her) being. Let the water flow over every part of his (her) body, head, arms, private parts, legs, and feet.

Thank you Lord that your living water is washing him (her) “*white as snow,*” (“*Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.*”—Is. 1:18) that every bit of defilement, shame, and guilt is being washed away.

Thank you, Lord for making him (her) squeaky clean, inside and out. Lord, you now see them as clean and white as the day you created them in heaven—you’ve given him (her) a new body in Jesus, perfectly clean and pure. Thank you. In Jesus’ name I pray. Amen.

Resources

1. David Kyle Foster, *Sexual Healing*, (Regal books) 2001, ISBN 0-8307-3715-4
2. Doris Wagner, *Ministering Freedom to the Sexually Broken* (Wagner Publications, 2003). ISBN 1-58502-038-9. (This was the best resource acquired on this subject—from which much of the above material was taken.) (now 4 booklets are combined into one 332 page booklet entitled “How to Minister Freedom”, Wagner, Doris, 2005 ISBN 0830737251, 30 contributors)
3. John & Paula Sandford, *Transformation of the Inner Man* (Victory House, 1982): pps 269-294. ISBN 0-932081-13-4.
4. Elaine Rose Penn, *Soul Ties* (Charisma Training Ministries, PO Box 2410, Albany, NY 12220, 2000). ISBN 0-9700449-0-9.
5. Bill and Sue Banks, *Breaking Unhealthy Soul-Ties* (Impact Books, 322 Leffingwell Ave., Suite 101, Kirkwood, MO 63122, 1999). ISBN 0-89228-139-1.

Pornography

Pornography is derived from the Greek word “*porne*”, which can be translated as “*female captives*” or “*prostitutes*”. *Porneia* is often translated as “*fornication*”, “*whoredom*” or “*sexual immorality*”. In the New Testament there are twenty-six references to *porneia*. Of these twenty-six, six occur in Paul’s letters to the Corinthian saints. The context of these letters is that believers are not to conform to the cultural norms that the church found itself confronted with. . . . “*But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*” (Mat 5:28). I believe this scripture refers to women we look at online, in magazines, or in person. Our bodies are not made for *porneia* (I Cor 6:13), we should run from it (I Cor 6:18), we should not seek it out (I Cor 7:2) and we should repent if we fall prey to it (2 Cor 12:21)

Unfortunately in the United States, the courts have determined that viewing pornography is one of our First Amendment rights of the Constitution. With the advent of the Internet, pornography is pervasive in our society. We can keep it a secret by viewing in our own homes with the blinds pulled. People hide their porn habits and try to make sure that no one else finds out. Whatever is hidden is available to the devil to use against us.

A group called Promise Keepers was founded in 1990. The group held meetings of church men met in stadiums across the country. Those attending were encouraged to commit to the 7 promises of the organization. In one of these meetings, the speaker asked the group of over 20,000 to raise their hands if they previously or currently had a problem with pornography. Over 60% raised their hands. These were church men who attended church regularly and held positions as deacons and elders. Out of this movement came some popular resources such as the video curriculum entitled *Personal Holiness in Times of Temptation*, as a part of “The Biblical Manhood” series for Promise Keepers developed by Dr. Bruce Wilkinson. The problem is not isolated to a few “deviates” isolated from church. It is within the church as much as without.

Pornography dishonors the image of God in an individual by treating him or her as a sexual object to be consumed. Pornography takes human sexuality out of its natural context, intimacy between two human beings and makes it a product to be bought and sold. It debases the human body and reduces its value. Pornography is the consumption of sexual poison that becomes part of the fabric of the mind. It inherently degrades and dehumanizes. Pornography shapes and rewires us in such a way that we become unable to view women as we should. It has numbed the healthy sexuality of men who are active consumers of it. Many men have confessed their frustration and shame as their inability to view women as beautiful human beings created by God, but rather immediately focus on the woman’s breasts, buttocks or hips and evaluating them in terms of potential sexual partners. Pornography demonstrates to women the reality that men are prone to selfishness, domination and violence. Many men feel a deep sense of shame or guilt as a result of viewing and sexually acting out to pornography. The more pornography a man views, the less freedom he has over what he thinks and pursues.

Just as food is consumed and digested by the body, pornography is consumed by the senses and digested and deposited in the brain. Pornographic images are stored as pictures in the brain forever, to be recalled at will, or by the influence of the adversary in our times of trial or lust. Research has shown that repeated exposure to pornography creates a one-way neurological superhighway where a man’s mental life is over-sexualized and narrowed. It affects our brain in ways similar to drugs and alcohol. It becomes very addictive. Each time that an unhealthy sexual pattern is repeated, neurological, emotional and spiritual erosion carves out a channel in the brain that will eventually develop into a canyon from which there is no escape short of God’s intervention. The brain is a complex organ. How pornography affects our brain is a complex process

Pornography is not only addictive, it is progressive. That is, over time it demands more and more visual stimulation progressing from soft porn, through hard core porn, viewing sex with animals, child porn and eventually to sadism & masochism (S&M) (if you do not know what this is, look it up in the dictionary.) Porn is vicarious and voyeuristic at its core.

Masturbating is almost always a part of viewing pornography. When this occurs it causes addiction to the fantasy. Pornography and the masturbation it fuels are sins committed against one’s own body (I Cor 6:17) Are bodies are temples of God (I Cor 6:12-20). When we engage in sexual activity not sanctioned by God (married man and wife) we dishonor the image of God. . It also grieves the Holy Spirit which will leave us. Whenever we sin we grieve the heart of God and we defile His image (Eph 4:31) . Each time a man views pornography he impairs the ability of the Holy Spirit to direct him toward sanctification, and he slips further into depravity (I Thes 5:19).

All human beings, men and women, are created in the image of God. We are created for the purpose of knowing, loving and worshiping Christ. We are to conform to the image of Christ. Sanctification is the process by which we are made holy. It is the process by which we become what we are intended to be. This process of sanctification extends into our sexuality. God calls us to live in sexual purity. There should be no question about viewing pornography being a sin. There may be some question as to whether accompanying masturbation is a sin. But this is not the correct question. Although the Bible is silent on this question the better question to ask is “Does masturbation lead me toward sanctification? (Some quote Gen 38:9 “*And Onan knew that the seed should not be his; and it came to pass, when he went in unto his brother's wife, that he spilled it on the ground, lest that he should give seed to his brother.*” in support of the Bible saying masturbation is a sin, but that interpretation is in error. This passage speaks of the Israelite law requiring the brother of a deceased husband with no sons to impregnate the widow in order that the dead husband would have offspring to continue the family name. In this case Onan was disobedient to the law, so the Lord slew him also.)

How then do we re-wire our brain and move toward sanctification. How does a man change from being addicted to pornography to become addicted to holiness? How do we neurologically become “enslaved” to purity rather than porn? The answer is the same as for any other thing that leads us away from God rather than toward him: Confession and repentance. What remains hidden and secret is open to the adversary. It is not enough just to confess to God. We need to confess to God and our brethren”. This does not suggest we should necessarily confess before the whole congregation. But it does mean that we need to confess to a pastor, or if we are a pastor, to a fellow pastor or bishop. Or someone of high spirituality to which we can become accountable, and who will mentor and encourage us. And who will help us if we fall. But confession is difficult for many men because it is an admission of failure. It goes against our culture to admit weakness. But many of God’s teachings in the Bible go against current culture. Then, whom shall we follow and who do we fear, or fellow man or God? If we want to be healed, we have little choice. There is no other way.

Prayer for healing from Pornography.

After the seeker has been led in prayers of confession and repentance for the sins of lust, lust of the eyes and adultery in his heart (Matt 5:28) the intercessor should ask the Lord to bring to the seekers mind the very first time the seeker was exposed to pornography. Then a prayer of inner healing should be prayed, asking Jesus to come into that picture in the seekers mind, and to stand between him and the pornography. Pray the blood of Jesus cover the seeker. A prayer to behold and be held is appropriate here. (This is described in more detail in another section) The seeker needs to ask God to remove from his memory all the images that do not glorify God and to unwire his brain from the results of pornography. Demons of lust, lust of the eyes, adultery and masturbation should be cast out.

NOTE: Much of the above material is taken from the book by William M. Struthers, *Wired for Intimacy. How pornography hijacks the male brain.* 2010, ISBN 978-0-8308-3700-7. Appendix A contains a list of online resources for recovery from online pornography and sexual addiction. Appendix B contains a list of books on pornography and sex addiction recovery.