

# Successfully Breaking Free

## Message Notes

Josiah had a bad past. Both his father and grandfather did evil, erecting idol altars and worshipping Baal. But Josiah *broke free from the paths of previous generations*, and managed to turn himself and the entire nation around. Story of Josiah is the perfect manual on *how to successfully break free* from the past.

So easy to think you are doomed to repeat the mistakes of previous generations. Or making your family or your experiences growing up, an excuse for repeating those exact mistakes.

But everyday provides an opportunity to draw a line behind you and break the generational curses over your life.

**2 Corinthians 5:17 - Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!**

Just because all in your family has divorced doesn't mean you will.

Just because your father was an alcoholic doesn't mean you have to become one.

Just because your mother failed in raising you doesn't mean you cannot raise a godly and healthy family.

Just because you had to grow up in poverty doesn't mean you are doomed to stay poor.

Just because you have been secretly addicted to pornography up until now doesn't mean you can't break free today.

And if you have already repeated the sins of previous generations doesn't mean you have to keep doing it!

'*You don't know what I've been through!*' No, but I know where you are heading - to heaven! So *would you rather live forever in the shadow of your past, or live in light of the glory of your future??* Choice is yours.

Josiah's steps to successfully breaking free:

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# 1. Purposefulness

**2 Chronicles 34:1 - Josiah was eight years old when he became king**

**2 Chronicles 34:3 - In the eighth year (Josiah is 16) of his reign, while he was still young, he began to seek the God of his father David.**

**2 Chronicles 34:3 - In his twelfth year (Josiah is 20) he began to purge Judah and Jerusalem of high places, Asherah poles and idols.**

**2 Chronicles 34 - This Passover was celebrated in the eighteenth year of Josiah's reign (Josiah is 26).**

Pls note every new step that he takes, every new decision he makes happens at a precise point in his life. There is nothing vague about his progress - it is clearly defined and based on purposefulness, specific decision at various specific points of his life.

For a process of change, of breaking free, to start, you need to make a clearly defined decision. You need to move from vague hope or general awareness of something you know you should do, to putting your foot down and making a defined decision saying 'from this day on'.

(Genesis 11:6 - 'nothing they propose (decide) to do will be impossible')

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# 2. Purge

**2 Chron 34:3b-7** - In his twelfth year he began to purge Judah and Jerusalem of high places, Asherah poles and idols. Under his direction the altars of the Baals were torn down; he cut to pieces the incense altars that were above them, and smashed the Asherah poles and the idols. These he broke to pieces and scattered over the graves of those who had sacrificed to them. He burned the bones of the priests on their altars, and so he purged Judah and Jerusalem. In the towns of Manasseh, Ephraim and Simeon, as far as Naphtali, and in the ruins around them, he tore down the altars and the Asherah poles and crushed the idols to powder and cut to pieces all the incense altars throughout Israel. Then he went back to Jerusalem.

Note: he 'crushed the idols to powder'. Not even to sand but to powder. Meaning the idols could never ever be put back together again!

Here is a reason some people try to break free but then fall back into the same sin. They disassemble their sin, but they don't crush it to powder. Meaning when temptation comes, it is possible to reassemble the old lifestyle again.

Best way to crush your idols into powder: bring someone into your situation. Get someone to be accountable to, someone who knows about your weakness and your past and will agree to check in on you and walk with you into freedom.

Hence:

**James 5:16 - Therefore confess your sins to each other and pray for each other so that you may be healed.**

Obviously only God can forgive sins but when we make ourselves accountable to each other, we will help each other to break free from the lifestyle that led to that sin.

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### 3. Praise

(speaking about Josiah's rebuilding of the temple:)

**2 Chronicles 34:12b-13 - The Levites—all who were skilled in playing musical instruments— had charge of the laborers and supervised all the workers from job to job. Some of the Levites were secretaries, scribes and gatekeepers.**

The Levites were the tribe in Israel responsible for the praise and worship, and Josiah makes sure they are everywhere in the process of change and restoration (in charge, supervising, secretaries, scribes, gatekeepers).

Why? Bcs praise and worship is an integral part of any process of change and freedom. **Psalms 22:3 (WEB) But you are holy, you who inhabit the praises of Israel.**

We can't bring about lasting change and breakthroughs into lasting freedom in our own strength, but need the presence of God - which praise brings.

When you have set your sight on breaking free from something, fill your life with praise! Take every opportunity to come to church and praise, but also play worship in the car, get a bluetooth speaker and bring it along everywhere - especially at times when you know you risk being tempted!

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### 4. Penitence

As the work of restoring the temple is in process, all of a sudden the Book of the Law is found. It has been missing for generations and people had forgotten about it.

**2 Chronicles 34:18-19 - Then Shaphan the secretary informed the king, “Hilkiah the priest has given me a book.” And Shaphan read from it in the presence of the king. When the king heard the words of the Law, he tore his robes.**

**2 Chronicles 34:21b (Josiah speaking) - “Great is the Lord’s anger that is poured out on us because those who have gone before us have not kept the word of the Lord; they have not acted in accordance with all that is written in this book.”**

Though this is negative in itself, the beautiful thing here is that Josiah, even though he has done so much good - seeking the Lord, purging the land, cleansing it from idols, restoring worship, rebuilding the temple - still had a soft heart and the fear of God.

Many times when we have reached a level of success in life, financial stability, healthy family, godly routines etc, we risk thinking we are somewhat invincible and become less sensitive to when the Spirit calls us to change, cleans ourselves and repent. But through life it stays true that only sins confessed are sins forgiven. And to confess, we need to have a heart soft enough to hear when the Spirit calls us to repentance.

This is why Penitence is vital to not only breaking free but staying free.

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**2 Chronicles 34:31-33 - Josiah removed all the detestable idols from all the territory belonging to the Israelites, and he had all who were present in Israel serve the Lord their God. As long as he lived, they did not fail to follow the Lord, the God of their ancestors.**

This is the change and the freedom that God has for your life to. He is ready to take you on a trail leading to total freedom from whatever is binding you, regardless of how long it has had you or your family bound!