

King Asa of Judah inherited a kingdom that was filled with idolatry. His father had passed down compromise, mediocrity, and dysfunction. However, Asa understood that just because something negative is passed down, that doesn't mean you have to continue it and let it limit your life. He smashed the pagan shrines and altars, and because of it, the Lord gave him rest from his enemies.

If you want rest from that bad attitude, that addiction, or that low self-esteem which most likely was passed down to you, you need to get rid of it. Be an Asa and say, "I'm not going to let this anger rule my life. I'm going to pull that stronghold down and smash it. I'm not going to put up with this anxiety and insecurity. I'm removing these limitations. I'm living in peace. I'm going to enjoy my life." When you make a decision that enough is enough, God will begin to give you rest from your enemies.

2 Chronicles 14:3,6 "He removed the foreign altars and the high places, smashed the sacred stones and cut down the Asherah poles...No-one was at war with him during those years , for the LORD gave him rest."