



JOSHUA 5: STOP, DROP & ROLL

What message does my Lord have for His servant?

The purpose of this exercise is to get clear with the tensions and issues that on in your own hearts during a conflict process. Conflict is an important topic to understand and navigate in our primary relationships. Where does conflict come from, and how do we best walk through it productively?

James 4:1 *What causes fights and quarrels among you? Don't they come from your desires that battle within you? The root cause of the conflicts between us is our desires that battle within us.*

Matthew 7:5 *You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.*

We need to get our own vision clear before we attempt to confront others.

Josh. 5:13-15 *Now when Joshua was near Jericho, he looked up and saw a man standing in front of him with a drawn sword in his hand. Joshua went up to him and asked, "Are you for us or for our enemies?" "Neither," he replied, "but as commander of the army of the LORD I have now come." Then Joshua fell facedown to the ground in reverence, and asked him, "What message does my Lord have for his servant?" The commander of the LORD'S army replied, "Take off your sandals, for the place where you are standing is holy." And Joshua did so.*

Joshua is stopped on his way to a big battle by God's angel. Joshua is talking and thinking about his side, not God's side. We need to be **stopped** as well.

There are three sides in every conflict; Yours, Theirs and God's. Whose side are you ready to fight for?

Joshua **dropped** his sword and his attitude; he fell to the ground in humility and began to listen to God rather than his own arguments.

Who are you listening to as you head into conflict? Are you on your feet arguing or have you dropped to your knees listening?

Joshua asked the most important question in any conflict situation, "What message does my Lord have for his servant?" Joshua prays to know the role God has for him in this situation.

Have you asked God about your **role** in the conflict you are facing?

Have you asked Him to show you your part?

King David was a man after God's heart yet he had to pray to God to see his own heart clearly. Our own brokenness expressed through Selfishness, Pride, Control, Criticism, etc. is often disguised and camouflaged from the view we have of ourselves. We need God's help to see past our good intentions and our own hurt feelings. If we asked, God will give us the grace, humility and truth to see where we have missed in demonstrating love in this relationship.

Psalm 139:23, 24 Search me, God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.

This is not a forced place or a condemning place, but a revealing, gentle place from the Lord. Remembering the whole time...you belong. The Prayer is: "Search me and know me, show me any ways this has been in my life"

Look at the words below and consider whether you have participated in any of these during your relationship.



Joshua 5 Worksheet

Work through this individually and look at your own heart, **not** your spouse's.

What is happening in your heart? Where have you been affected by your family history? Where have you participated with these different areas in your life?

How have you opened a door?

1. **Stop** – Go to a quiet place.
2. **Drop** – In humility, pray for God's perspective right now before you go any further. You can even get on your knees.
3. **Role** – Ask God to show you your role in each area. Use the questions above. Write down the ways you have let this area affect you - how you have participated with it. This is not a forced or condemning place, but a revealing, gentle place from the Lord. Remember the whole time -- you belong.

When God allows us to see our part in a conflict process, it is always intended for restoration and never for condemnation. God brings conviction with comfort and with counsel. He is for us and He has the desire and the ability to bring restoration to us and to our relationships. Take a little time to sit with Christ and write down what you hear and sense from Him.

Look at each word or group of words and pray, "Search me and know me; show me any ways this has been in my life."

REJECTION / BLAME

FEAR

DEFEAT / HOPELESSNESS

CRITICISM / JUDGMENT / PERFECTIONISM

PRIDE / PRESENTING AN IMAGE TO OTHERS

PASSIVITY (SITTING BACK WHEN YOU SHOULD ACT)

COMPARISON OR JEALOUSY

ANGER

SELF-HATRED

CONTROL

INDEPENDENCE (NOT LETTING YOUR SPOUSE OR OTHERS AFFECT YOU OR HOW YOU THINK)

SELF-PITY / VICTIMIZATION / SHAME

WITHHOLDING BLESSING OR AFFECTION