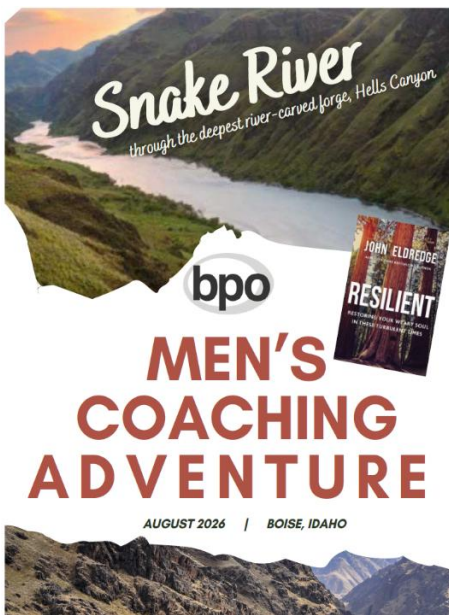




Introduction – No Ordinary Moment

"... As hard as the initial trauma is, it's the aftermath that destroys people." – Journalist Ed Young won the 2021 Pulitzer Prize for Explanatory Reporting for his coverage of the pandemic.

We would never tell a survivor of abuse that the trauma must be over now that the abuse has stopped. And yet the mentality is at play in our collective denial of the trauma we've been through.

There is hope, great hope. Jesus Christ – Creator and Redeemer of our humanity has given us a path toward recovery and resilience. We would be fools to ignore it or push it off to "some other time." Whatever you believe about the coming years, I think we can all agree that greater resilience of heart and soul would be a very good thing to take hold of.

We need a survival guide! We need true stories of human resilience! We need practical tools for strengthening heart and soul! We need our attention pulled to Jesus himself, for we need the supernatural resilience provided in Christ! It is always available—we simply have to take hold of it.

Men's Coaching Adventure 2026 – Snake River, Idaho

Highland Colony Men's Roundtable

www.Menstable.Com

August 27, 2026

Scripture: John 7:37, 38; Psalm 18:19; Jeremiah 2:12,13

Music: "The River" by Garth Brooks; "Brother" by NEEDTOBREATHE; "My Feet Are On The Rock" by I AM THEY

Videos: Men's Coaching Adventure 2026 – Snake River, Idaho.

Resources: BOOK: *RESILIENT: Restoring Your Weary Soul in These Turbulent Times* by John Eldredge

He has made his people strong
Psalm 148:14 NLT

John 7:37, 38 - 37 On the final and climactic day of the Feast, Jesus took his stand. He cried out, "If anyone thirsts, let him come to me and drink. **38** Rivers of living water will brim and spill out of the depths of anyone who believes in me this way, just as the Scripture says."

Psalm 18:19 - 19 He stood me up on a wide-open field; I stood there saved - surprised to be loved!

Jeremiah 2:12,13 - 12 After this he went down to Capernaum along with his mother, brothers, and disciples, and stayed several days. **13** When the Passover Feast, celebrated each spring by the Jews, was about to take place, Jesus traveled up to Jerusalem.



Sign in to this Thursday's
Men's Roundtable



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Sign Up for
Men's Coaching Weekend!

"The River" by Garth Brooks

You know a dream is like a river Ever changin' as it flows And a dreamer's just a vessel That must follow where it goes Trying to learn from what's behind you And never knowing what's in store Makes each day a constant battle Just to stay between the shores...and I will sail my vessel 'Til the river runs dry	Like a bird upon the wind These waters are my sky I'll never reach my destination If I never try So I will sail my vessel 'Til the river runs dry Too many times we stand aside And let the waters slip away 'Til what we put off 'til tomorrow Has now become today So don't you sit upon the shoreline	And say you're satisfied Choose to chance the rapids And dare to dance the tide...yes There's bound to be rough waters And I know I'll take some falls But with the good Lord as my captain I can make it through them all...yes Yes, I will sail my vessel 'Til the river runs dry
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"Brother" by NEED TO BREATHE

Ramblers in the wilderness we can't find what we need We get a little restless from the searching Get a little worn down in between Like a bull chasing the matador is the man left to his own schemes Everybody needs someone beside 'em, shining like a lighthouse from the sea Brother, let me be your shelter Never leave you all alone I can be the one you call When you're low Brother, let me be your fortress When the night winds are driving on Be the one to light the way Bring you home	Face down in the desert now there's a cage locked around my heart I found a way to drop the keys where my failures were Now my hands can't reach that far I ain't made for a rivalry, I could never take the world alone I know that in my weakness I am strong, but It's your love that brings me home And when you call and need me near Sayin' where'd you go? Brother, I'm right here And on those days when the sky begins to fall You're the blood of my blood We can get through it all
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"My Feet Are On the Rock" by I AM THEY

I can see the clouds roll in I can feel the winds, they try to shake me I will not be moved My feet are on the rock I can feel the waters rise I can hear the howling lies that haunt me Fear won't hold me now	My feet are on the rock When I feel my hope about to break I will cling to Your unchanging grace Let the waters come and the earth give way I'll be dancing in the rain My feet are on the rock I can see the morning light	I can feel the joy on the horizon Here my faith is found I stand on solid ground On Christ the solid rock I stand All other ground is sinking sand So stomp your feet and clap your hands Our feet are on the rock
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Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue – Fairhope, Alabama 36532
Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org