



UNSHAKEN

MEN'S ROUNDTABLE

"Freedom is where the journey begins. Courage is how you fight the battle. Resilience is how you finish the race."

Every man gets hit. Life ambushes us with failure, fear, shame, disappointment, loss, and exhaustion. This RoundTable is a call to **GET OFF THE X**, live as free men in Christ, build a resilient heart, and finish strong.

MISSION

SET FREE → GET OFF THE X → STAY RESILIENT → FINISH STRONG

Highland Colony Men's Roundtable

www.Menstable.Com

October 01, 2026

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, Matthew 20:24-28, Romans 14:2-4, Matthew 13:24-30, Matthew 13:47-51

Music: I'll Not Be Shaken (Psalm 62) Wendell Kimbrough – <https://www.youtube.com/watch?v=Vsg-plR3iyE>

Videos: How to get through Hard Times - Jason Redman - <https://www.youtube.com/watch?v=NZQ4M3jjXuY>

Resources: A Scandalous Freedom by Steve Brown **Book:** Resilience by John Eldredge

FREEDOM'S POWER → GET OFF THE X

FREEDOM • COURAGE • RESILIENCE • PERSEVERANCE

FREEDOM — WHAT HAPPENS WHEN GRACE REALLY SETS A MAN FREE?

1 TAKES AWAY LEVERAGE

When I stop needing your approval, you lose the ability to control me with it.

I don't have to perform to belong. I am already accepted in Christ.

Matthew 20:26–28

2 TAKES AWAY POWER

When grace becomes the foundation of my life, other people no longer get to define my worth.

You can have an opinion about me without having authority over me.

Matthew 20:25–26

3 DESTROYS OUR LITTLE KINGDOMS

Freedom threatens the systems we build to keep ourselves important, needed, and in control.

I don't have to be in charge to be secure.

Romans 14:2–4

4 BREAKS DOWN WALLS

Religion can divide us into insiders and outsiders. Grace levels the ground. At the foot of the Cross, none of us has anything to prove—and none of us has anyone to look down on.

Matthew 13:24–30; 47–51

5 FREEDOM CAN BE FRIGHTENING

Real freedom means I can no longer hide behind rules, appearances, or someone else's expectations. Freedom gives me responsibility: "What will you do with your freedom?"

Rev. Thomas J. Quinlan story

FREE MEANS FREE! I don't obey God so He will love me. I am free to obey because He already does.

COURAGE — GET OFF THE X | THE REACT PLAN

R

RECOGNIZE
Your Reality

E

EVALUATE
Your Actions

A

ASSESS
Possible Options and Outcomes

C

CHOOSE
a Direction and Communicate It

T

TAKE ACTION

COURAGE REFUSES TO LET FEAR, PITY, OR PASSIVITY MAKE THE DECISION.

Recognize reality. Evaluate your actions. Assess your options. Choose a direction. TAKE ACTION.

ACTION QUESTIONS — JOURNAL THIS

01

WHAT POWER ROBS YOU OF YOUR FREEDOM?

Relationship, circumstance, or personal issue?

02

WHAT ACTION DO YOU NEED TO TAKE?

What will help you get off the X?

03

WHO WALKS WITH YOU?

Who is beside you through your most difficult times?

ONE MOVE — Name it. Write it down. Take the next faithful step.

SET FREE → GET OFF THE X → STAY RESILIENT → FINISH STRONG



Sign in to this Thursday's
Men's Roundtable



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Scripture – The Message

Galatians 5:1 - 1 Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you.

Joshua 1:9 - 9 Haven't I commanded you? Strength! Courage! Don't be timid; don't get discouraged. God, your God, is with you every step you take." The Taking of the Land

Isaiah 40:31 - 31 But those who wait upon God get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind.

Hebrews 12:1,2 - 1 Do you see what this means - all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running - and never quit! No extra spiritual fat, no parasitic sins. **2** Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed - that exhilarating finish in and with God - he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God.

Matthew 20:24-28 - 24 When the ten others heard about this, they lost their tempers, thoroughly disgusted with the two brothers. **25** So Jesus got them together to settle things down. He said, "You've observed how godless rulers throw their weight around, how quickly a little power goes to their heads. **26** It's not going to be that way with you. Whoever wants to be great must become a servant. **27** Whoever wants to be first among you must be your slave. **28** That is what the Son of Man has done: He came to serve, not be served - and then to give away his life in exchange for the many who are held hostage."

Romans 14:2-4 - 2 For instance, a person who has been around for a while might well be convinced that he can eat anything on the table, while another, with a different background, might assume all Christians should be vegetarians and eat accordingly. **3** But since both are guests at Christ's table, wouldn't it be terribly rude if they fell to criticizing what the other ate or didn't eat? God, after all, invited them both to the table. **4** Do you have any business crossing people off the guest list or interfering with God's welcome? If there are corrections to be made or manners to be learned, God can handle that without your help.

Matthew 13:24-30 - 24 He told another story. "God's kingdom is like a farmer who planted good seed in his field. **25** That night, while his hired men were asleep, his enemy sowed thistles all through the wheat and slipped away before dawn. **26** When the first green shoots appeared and the grain began to form, the thistles showed up, too. **27** "The farmhands came to the farmer and said, 'Master, that was clean seed you planted, wasn't it? Where did these thistles come from?' **28** "He answered, 'Some enemy did this.' "The farmhands asked, 'Should we weed out the thistles?' **29** "He said, 'No, if you weed the thistles, you'll pull up the wheat, too. **30** Let them grow together until harvest time. Then I'll instruct the harvesters to pull up the thistles and tie them in bundles for the fire, then gather the wheat and put it in the barn.'"

Matthew 13:47-51 - 47 "Or, God's kingdom is like a fishnet cast into the sea, catching all kinds of fish. **48** When it is full, it is hauled onto the beach. The good fish are picked out and put in a tub; those unfit to eat are thrown away. **49** That's how it will be when the curtain comes down on history. The angels will come and cull the bad fish **50** and throw them in the garbage. There will be a lot of desperate complaining, but it won't do any good." **51** Jesus asked, "Are you starting to get a handle on all this?" They answered, "Yes."

"I'll Not Be Shaken" By Wendell Kimbrough

For God alone, I wait in silence; My soul is still before the Lord He is my rock and my salvation My fortress strong; I trust in Him I'll not be shaken! I'll not be shaken For all my hope is in His love From God alone comes my salvation; I wait and trust His steadfast love!	Put not your hope in gain of riches; Seek not your rest in empty wealth The rich are weak; the poor are mighty Who turn to God alone for help I'll not be shaken! I'll not be shaken For all my hope is in His love From God alone comes my salvation; I wait and trust His steadfast love! Pour out your heart to God our refuge	And trust in Him to hear you cry No other hope will never fail you; No other love will not run dry I'll not be shaken! I'll not be shaken For all my hope is in His love From God alone comes my salvation; I wait and trust His steadfast love I wait and trust His steadfast love!
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