



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

September 10, 2026

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2

Music: Stand - Rascal Flatts - <https://www.youtube.com/watch?v=LSDucmC6mMA>

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

MISSION MAP & CORE RESOURCES

01 _____ FREEDOM Steve Brown A Scandalous Freedom Galatians 5:1	02 _____ COURAGE Jason Redman Sign on the Door Joshua 1:9	03 _____ RESILIENCE John Eldredge Resilient Isaiah 40:31	04 _____ PERSEVERANCE Hebrews 12:1-2 Finish faithful, not first
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KEY TRUTHS

1. FREEDOM — _____.

Freedom is not permission to drift. It is grace to stop living imprisoned. **FREEDOM IS FRIGHTENING:** Free men can be tempted to waste the gift. **BEWARE OF LEGALISM:** Control can be baptized and called discipleship. **LORD OF ALL, SUBJECT TO NONE:** Free lord of all. Servant of all.

3. RESILIENCE — _____.

Resilience is not trying harder. It is learning where to be replenished. **A WELL IN THE DESERT:** Jesus is the well. Come to Him and drink deeply. **BETTER QUESTION:** Not "How do I try harder?" but "Where will I get replenished?" **Stay attached to Jesus. Receive from Jesus. Let Jesus restore what life has drained.**

2. COURAGE — _____.

Courage refuses to let fear, pity, or passivity make the decision. **THE SIGN ON THE DOOR:** A warrior mindset that refuses pity, passivity, and surrender. **GO ELSEWHERE:** No pity. No rehearsing the wound. **FULL RECOVERY:** Push to the utmost—and then 20% further. **"My wound will not write the rest of my story."**

4. PERSEVERANCE — _____.

Finishing strong is not finishing fast or first. It is finishing faithful. **FAITHFUL:** Keep moving when quitting seems easier. **EYES ON JESUS:** Fix your eyes on Jesus, not circumstances. **Run your race. Keep your eyes on Jesus. Refuse to quit. FINISH STRONG.**

DEBRIEF — ACTION: JOURNAL THIS

01 Where are you depleted right now?

03 Which word do you most need: Freedom, Courage, Resilience, or Perseverance?

02 Where are you manufacturing strength instead of receiving it?

04 What is one faithful step forward this week?

ONE MOVE

Name it. Write it down. Take the next faithful step.

MR • UNSHAKEN FREEDOM • COURAGE • RESILIENCE • PERSEVERANCE



Sign in to this Thursday's
Men's Roundtable



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Men's Coaching Weekend!

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.

"Stand" by Rascal Flatts

You feel like a candle in a hurricane Just like a picture with a broken frame Alone and helpless, like you've lost your fight But you'll be alright, you'll be alright 'Cause when push comes to shove You taste what you're made of You might bend 'til you break 'Cause it's all you can take On your knees you look up Decide you've had enough You get mad, you get strong Wipe your hands, shake it off Then you stand, then you stand Life's like a novel with the end ripped out	The edge of a canyon with only one way down Take what you're given before it's gone And start holdin' on, keep holdin' on 'Cause when push comes to shove You taste what you're made of You might bend 'til you break 'Cause it's all you can take On your knees you look up Decide you've had enough You get mad, you get strong Wipe your hands, shake it off Then you stand, yeah, then you stand Every time you get up And get back in the race	One more small piece of you Starts to fall into place, yeah 'Cause when push comes to shove You taste what you're made of You might bend 'til you break 'Cause it's all you can take On your knees you look up Decide you've had enough You get mad, you get strong Wipe your hands, shake it off Yeah, then you stand Yeah, baby Woo hoo, woo hoo Woo hoo, woo hoo Then you stand, yeah yeah
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