



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 15, 2026

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, Romans 4:22-25; Romans 8:1; Romans 8:33-39

Music: Zach Williams Shares The Story Behind "Chain Breaker" - <https://www.youtube.com/watch?v=B9aHzUZT96k>

Zach Williams - Chain Breaker - https://www.youtube.com/watch?v=cd_xxmXdQz4

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: THE GOD WHO BRINGS FREEDOM

DON'T ACCEPT CLICHÉS. A superficial view of God will not carry us through life's complexities. Move beyond slogans to knowing Him.

ONLY ONE SOURCE? Experience alone cannot define God. Look at the facts, check the Bible, and think. Let Scripture examine what experience has taught you.

LOOK TO JESUS. God took on human flesh and lived among us. Jesus shows us who God is. **John 1:1-3, 14; 1 John 1:1-2; Hebrews 1:1-3.**

HE IS KIND & HE IS GOD. Both are true. **Romans 2:4; Hebrews 10:31.**

WRATH & LOVE MEET IN CHRIST. In Christ, condemnation is answered and nothing can separate us from God's love. **Romans 4:22-25; 8:1; 8:33-39.**

Consider: If you believed God is good, in charge of this mess, and you are secure in His love in Christ, how would you act?

COURAGE: GET OFF THE X

The REACT plan gives you a practical way to move forward. Bring each step into God's presence and take the next faithful step.

REACT STEP	BIBLICAL COACHING DIRECTIVE	BOARD WORD
R - Recognize your reality	Bring the truth into God's presence.	TRUTH
E - Evaluate your assets	Identify and receive the help God provides.	HELP
A - Assess your options and outcomes	Seek wisdom and examine where each path leads.	WISDOM
C - Choose and communicate	Commit to a faithful direction and bring someone alongside.	COMMITMENT
T - Take action	Put faith into practice through one concrete step.	OBEDIENCE

ACTION: JOURNAL THIS

1. WHERE ARE YOU ON THE X? NAME IT!

Where has life hit you, or where have you become stuck?

2. WHAT IS KEEPING YOU THERE? OWN IT!

Fear, shame, grief, resentment, avoidance, or trying to handle everything alone?

3. WHAT IS YOUR NEXT FAITHFUL MOVE? DO IT!

What is yours to do with God's help?

ONE MOVE: Name it! Own it! Do it!



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.

Romans 4:22-25 - 22 That's why it is said, "Abraham was declared fit before God by trusting God to set him right."

23 But it's not just Abraham; **24** it's also us! The same thing gets said about us when we embrace and believe the One who brought Jesus to life when the conditions were equally hopeless. **25** The sacrificed Jesus made us fit for God, set us right with God.

Romans 8:1 - 1 With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud.

Romans 8:33-39 - 33 And who would dare tangle with God by messing with one of God's chosen? **34** Who would dare even to point a finger? The One who died for us - who was raised to life for us! - is in the presence of God at this very moment sticking up for us. **35** Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture: **36** They kill us in cold blood because they hate you. We're sitting ducks; they pick us off one by one. **37** None of this fazes us because Jesus loves us. **38** I'm absolutely convinced that nothing - nothing living or dead, angelic or demonic, today or tomorrow, **39** high or low, thinkable or unthinkable - absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.

"Chain Breaker" By Zach Williams

If you've been walking the same old road for miles and miles
If you've been hearing the same old voice tell the same old lies
If you're trying to fill the same old holes inside
There's a better life, there's a better life
If you've got pain, He's a pain taker
If you feel lost, He's a way maker
If you need freedom or saving, He's a prison-shaking Savior
If you got chains, He's a chain breaker
We've all searched for the light of day in the dead of night
We've all found ourselves worn out from the same old fight
We've all run to things we know just ain't right
When there's a better life, there's a better life
If you've got pain, He's a pain taker
If you feel lost, He's a way maker

If you need freedom or saving, He's a prison-shaking Savior
If you got chains, He's a chain breaker
If you believe it, if you receive it
If you can feel it, somebody testify
If you believe it, if you receive it
If you can feel it, somebody testify, testify
If you believe it, if you receive it
If you can feel it, somebody testify
If you've got pain, He's a pain taker
If you feel lost, He's a way maker
If you need freedom or saving, He's a prison-shaking Savior
If you got chains, He's a chain breaker
If you need freedom or saving, He's a prison-shaking Savior
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