



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 22, 2026

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, Romans 7:14-20, Romans 8:1-2, Philippians 2:12-13, Romans 6:1-3, 15-18, Titus 2:11-12, John 14:15-20

Music: LET IT BE ME Live From The Firepit | Caryl Mack – <https://www.youtube.com/watch?v=SpzKwHJ0GMI>

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 | GRACE FOR THE MAN WHO WANTS TO GROW

1 _____ → Constantly measuring your failures can turn growth into a verdict on your worth. Bring your struggle to Jesus with honesty and hope. **Romans 7:14–20; 8:1**

2 _____ → Ask what drives your effort: trust in God's love, or fear of rejection? Grace gives you room to take responsibility, confess, and repair without hiding. **Philippians 2:12–13**

3 _____ → Walk in God's grace and truth. Avoid **antinomianism** ("my choices do not matter") and **perfectionism** ("I must be flawless to be accepted"). Grace welcomes us and trains us to live differently. **Romans 6:1–3, 15–18; Titus 2:11–12**

4 _____ → Surrender the demand to make yourself acceptable through performance. Keep pursuing obedience while depending on Jesus and the Holy Spirit's help. **John 14:15–20**

COURAGE | PUT GRACE INTO PRACTICE WITH REACT

R — Recognize your reality | TRUTH Bring the truth into God's presence. Psalm 139:23-24. Psalm 62:7, 8.

E — Evaluate your assets | HELP Receive the help God provides. I Peter 4:7-11. Galatians 6:2. Hebrews 4:16.

A — Assess options and outcomes | WISDOM Examine where each path leads. Galatians 6:7-10.

C — Choose and communicate | COMMITMENT Tell a trusted man your direction. — James 5:16.

T — Take action | OBEDIENCE Take one concrete, faithful step. James 1:22-24.

STAY RESILIENT: Receive from Jesus, the well that replenishes you. **John 7:37–39**

FINISH STRONG: Keep returning to Him and running faithfully. **Hebrews 12:1–2**

ACTION: Journal This! YOUR NEXT FAITHFUL MOVE | NAME IT. OWN IT. DO IT.

NAME IT: Where are you on the X? Where have you become stuck?

OWN IT: What keeps you there: fear, shame, grief, resentment, avoidance, or trying to handle everything alone?

DO IT: What is yours to do this week with God's help?

Because I am loved in Christ, this week I will: _____

The man I will ask to walk with me: _____



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 7:14-20 - 14 I can anticipate the response that is coming: "I know that all God's commands are spiritual, but I'm not. Isn't this also your experience?" Yes. I'm full of myself - after all, I've spent a long time in sin's prison. **15** What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. **16** So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary. **17** But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! **18** I realize that I don't have what it takes. I can will it, but I can't do it.

19 I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. **20** My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time.

Romans 8:1-2 - 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. **2** A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.

Philippians 2:12-13 - 12 What I'm getting at, friends, is that you should simply keep on doing what you've done from the beginning. When I was living among you, you lived in responsive obedience. Now that I'm separated from you, keep it up. Better yet, redouble your efforts. Be energetic in your life of salvation, reverent and sensitive before God. **13** That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure.

Romans 6:1-3, 15-18 - 1 So what do we do? Keep on sinning so God can keep on forgiving? **2** I should hope not! If we've left the country where sin is sovereign, how can we still live in our old house there? **3** Or didn't you realize we packed up and left there for good? That is what happened in baptism. When we went under the water, we left the old country of sin behind; when we came up out of the water, we entered into the new country of grace - a new life in a new land! **15** So, since we're out from under the old tyranny, does that mean we can live any old way we want? Since we're free in the freedom of God, can we do anything that comes to mind? **16** Hardly. You know well enough from your own experience that there are some acts of so-called freedom that destroy freedom. Offer yourselves to sin, for instance, and it's your last free act. But offer yourselves to the ways of God and the freedom never quits. All your lives you've let sin tell you what to do. **17** But thank God you've started listening to a new master, **18** one whose commands set you free to live openly in his freedom!

Titus 2:11-12 - 11 God's readiness to give and forgive is now public. Salvation's available for everyone! **12** We're being shown how to turn our backs on a godless, indulgent life

John 14:15-20 - 15 "If you love me, show it by doing what I've told you. **16** I will talk to the Father, and he'll provide you another Friend so that you will always have someone with you. **17** This Friend is the Spirit of Truth. The godless world can't take him in because it doesn't have eyes to see him, doesn't know what to look for. But you know him already because he has been staying with you, and will even be in you! **18** "I will not leave you orphaned. I'm coming back. **19** In just a little while the world will no longer see me, but you're going to see me because I am alive and you're about to come alive. **20** At that moment you will know absolutely that I'm in my Father, and you're in me, and I'm in you.

"Let It Be Me" By Ray LaMontagne

There comes a time—a time in everyone's life Where nothing seems to go your way Where nothing seems to turn out right There may come a time You just can't seem to find your place For every door you open Seems like you get two slammed in your face That's when you need someone Someone that you—you can call When all your faith is gone It feels like you can't go on	Let it be me Let it be me If it's a friend that you need Let it be me Let it be me Feels like you're always coming up last Pockets full of nothing, ain't got no cash No matter where you turn, you ain't got no place to stand You reach out for something and they slap your hand I remember all too well Just how it feels to be all alone You feel like you'd give anything For just a little place you can call your own	That's when you need someone Someone that you—you can call When all your faith is gone It feels like you can't go on Let it be me Let it be me If it's a friend you need Let it be me Let it be me Let it be me Let it be me If it's a friend you need Let it be me Let it be me Let it be me
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