



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 29, 2026

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, Hebrews 4:14-16, Romans 8:1-2, I Corinthians 1-11-14, Philippians 1:3-6, Psalm 13:1-6, Jeremiah 2:12-13, John 7:37-39

Music: The Great Pretender — The Platters - <https://www.youtube.com/watch?v=xV83aG7Jt5k>

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

Bring your real self to God. Bring your thirsty heart to Jesus.

FREEDOM FROM PRETENDING

1. _____ → Pretending keeps our struggles hidden and makes it harder to receive help. Bring your doubts, shame, resentment, and need for approval into God's light. Tell one trustworthy man where you need help. *Hebrews 4:15-16*
2. _____ → Release the pressure to earn God's love through perfect performance. Confess what is wrong, receive mercy, and take responsibility for repair. *Romans 8:1*
3. _____ → Recognize your vulnerability to temptation and act on the way of escape God provides. Trust Him to continue the work He began. *1 Corinthians 10:11-14; Philippians 1:6*

REFLECT: What am I afraid to let another man know about me?

A WELL IN THE DESERT

1. _____ → The ability to keep functioning can hide how depleted you have become. Name what life has drained and bring your longing for restoration to God. *Psalm 13:1-3*
2. _____ → Quick relief can leave us empty and create further harm. Ask: What am I expecting work, approval, entertainment, or another escape to give me? Return that longing to God. *Jeremiah 2:12-13*
3. _____ → Jesus invites the thirsty to come to Him. John identifies His living-water promise with the Holy Spirit.

Make room each day to pray honestly, receive His care, and welcome support. *John 7:37-39*

REFLECT: My reserves today: ____ / 10. Where do I go first when I feel empty?

THIS WEEK | NAME IT. OWN IT. DO IT.

NAME IT: Where am I hiding or depleted? _____

OWN IT: What keeps me there? _____

DO IT: My next faithful action: _____

CONNECT: I will tell _____ by _____.

A DAILY PRAYER: Jesus, I bring You my real self and my thirsty heart. Help me receive Your love, welcome help, and take the next faithful step. Amen.



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.

Hebrews 4:14-16 - 14 Now that we know what we have - Jesus, this great High Priest with ready access to God - let's not let it slip through our fingers. **15** We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all - all but the sin. **16** So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help.

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.

I Corinthians 1:11-14 - 11 I bring this up because some from Chloe's family brought a most disturbing report to my attention - that you're fighting among yourselves! **12** I'll tell you exactly what I was told: You're all picking sides, going around saying, "I'm on Paul's side," or "I'm for Apollos," or "Peter is my man," or "I'm in the Messiah group." **13** I ask you, "Has the Messiah been chopped up in little pieces so we can each have a relic all our own? Was Paul crucified for you? Was a single one of you baptized in Paul's name?" **14** I was not involved with any of your baptisms - except for Crispus and Gaius - and on getting this report, I'm sure glad I wasn't.

Philippians 1:3-6 - 3 Every time you cross my mind, I break out in exclamations of thanks to God. **4** Each exclamation is a trigger to prayer. I find myself praying for you with a glad heart. **5** I am so pleased that you have continued on in this with us, believing and proclaiming God's Message, from the day you heard it right up to the present. **6** There has never been the slightest doubt in my mind that the God who started this great work in you would keep at it and bring it to a flourishing finish on the very day Christ Jesus appears.

Psalms 13:1-6 - 1 Long enough, God - you've ignored me long enough. I've looked at the back of your head **2** Long enough I've carried this ton of trouble, lived with a stomach full of pain. Long enough my arrogant enemies have looked down their noses at me. **3** Take a good look at me, God, my God; I want to look life in the eye, **4** So no enemy can get the best of me or laugh when I fall on my face. **5** I've thrown myself headlong into your arms - I'm celebrating your rescue. **6** I'm singing at the top of my lungs, I'm so full of answered prayers.

Jeremiah 2:12-13 - 12 "Stand in shock, heavens, at what you see! Throw up your hands in disbelief - this can't be!" God's Decree. **13** "My people have committed a compound sin: they've walked out on me, the fountain Of fresh flowing waters, and then dug cisterns - cisterns that leak, cisterns that are no better than sieves.

John 7:37-39 - 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." **39** (He said this in regard to the Spirit, whom those who believed in him were about to receive. The Spirit had not yet been given because Jesus had not yet been glorified.)

"The Great Pretender" by The Platters

Oh-oh, yes I'm the great pretender Pretending that I'm doing well My need is such I pretend too much I'm lonely but no one can tell Oh-oh, yes I'm the great pretender Adrift in a world of my own I've played the game but to my real shame	You've left me to grieve all alone Too real is this feeling of make-believe Too real when I feel what my heart can't conceal Yes, I'm the great pretender Just laughin' and gay like a clown I seem to be what I'm not, you see I'm wearing my heart like a crown	Pretending that you're still around Too real is this feeling of make-believe Too real when I feel what my heart can't conceal Yes, I'm the great pretender Just laughin' and gay like a clown I seem to be what I'm not, you see I'm wearing my heart like a crown Pretending that you're still around
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