

UNSHAKEN

– THE CURSE OF PRETENSE!

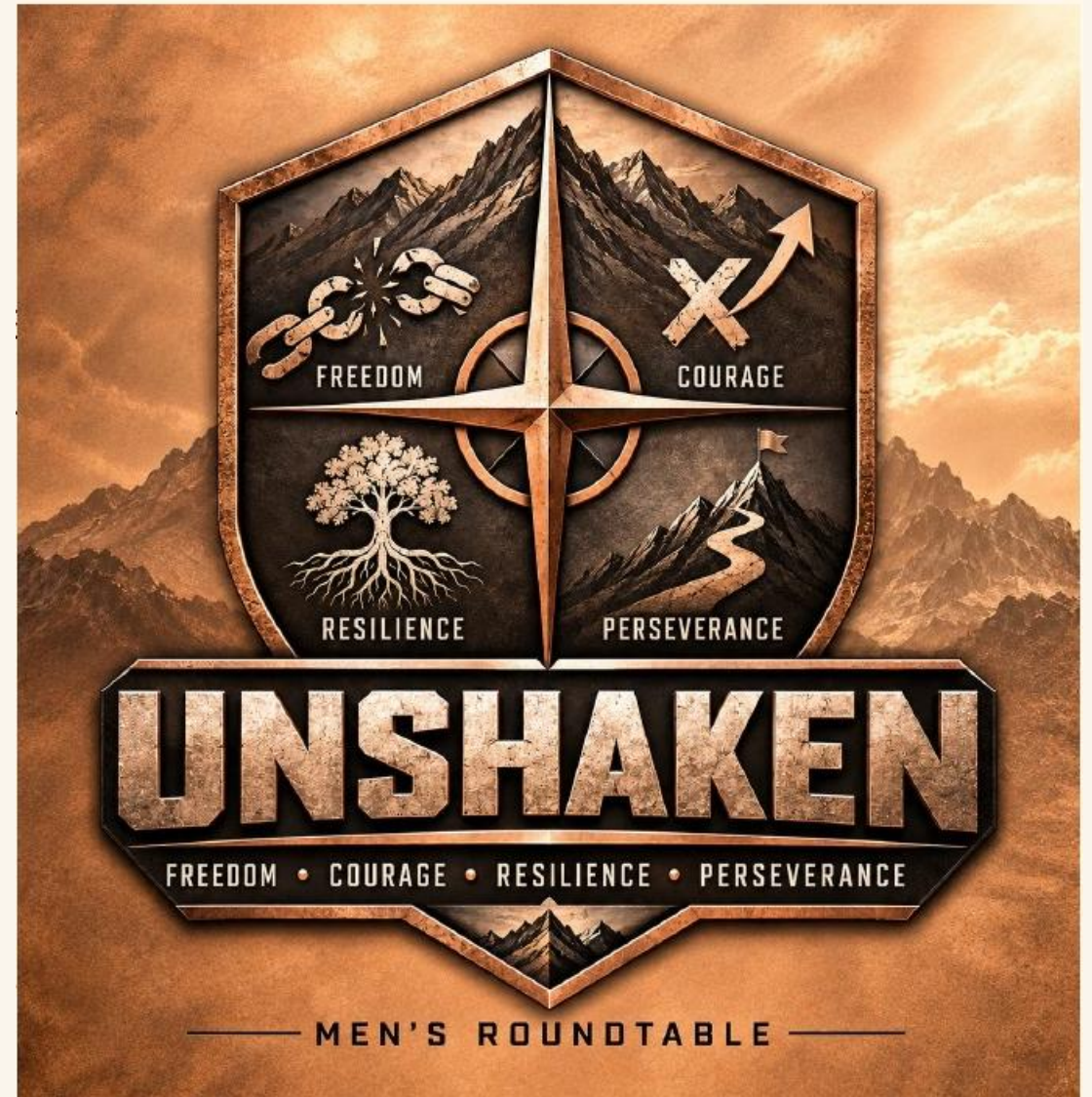
MEN'S ROUNDTABLE

*“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, and build the resilient heart that can stand back up, move forward, and finish strong.

MISSION

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



Series Movement & Core Resources



01 SET FREE

FREEDOM

Galatians 5:1



02 GET OFF THE X

COURAGE

Joshua 1:9



03 STAY RESILIENT

RESILIENCE

Isaiah 40:31

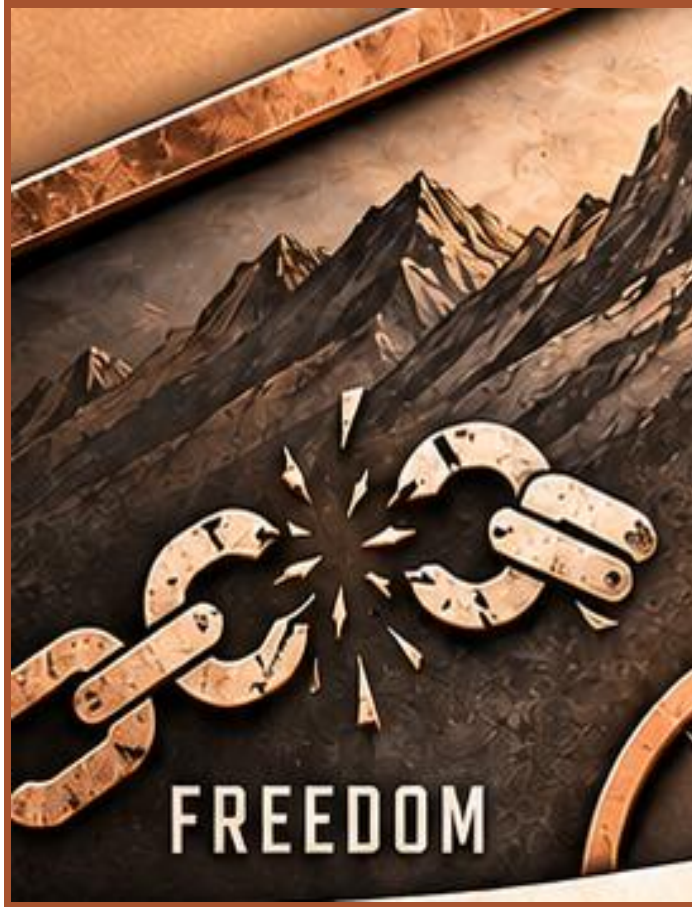


04 FINISH STRONG

PERSEVERANCE

Hebrews 12:1–2

Part 1: FREEDOM → BEWARE THE CURSE OF PRETENDING!



1. **TELL THE TRUTH** → Pretending can kill YOU! We greatly diminish our freedom when we pretend to others that we are better than we are. Stop trying to be better! We can find great relief and freedom in giving up making ourselves better. The issue is bring loved by God. What problems do you avoid confessing? The part of your life you keep hiding is a place where you need to receive grace. Hebrews 4:14-16.
2. **RECEIVE GRACE** → Stop trying to be better! We can lose our freedom when we think we have to be perfect. Guilt has only one purpose: to drive us to the throne of grace, where we allow God, if He deems us to do so, to change us and make us better. Surrender the effort to make yourself worthy of God's love. Romans 8:1-2.
3. **TRUST GOD'S WORK** → The closer I am to God, the more I see the truth about myself and how very far off the destination I really am. I Corinthians 10:11-14. Philippians 1:3-6.

Part 2: COURAGE / GET OFF THE X

THE REACT PLAN

A practical way to GET OFF THE X and move forward.

R **RECOGNIZE** Your Reality

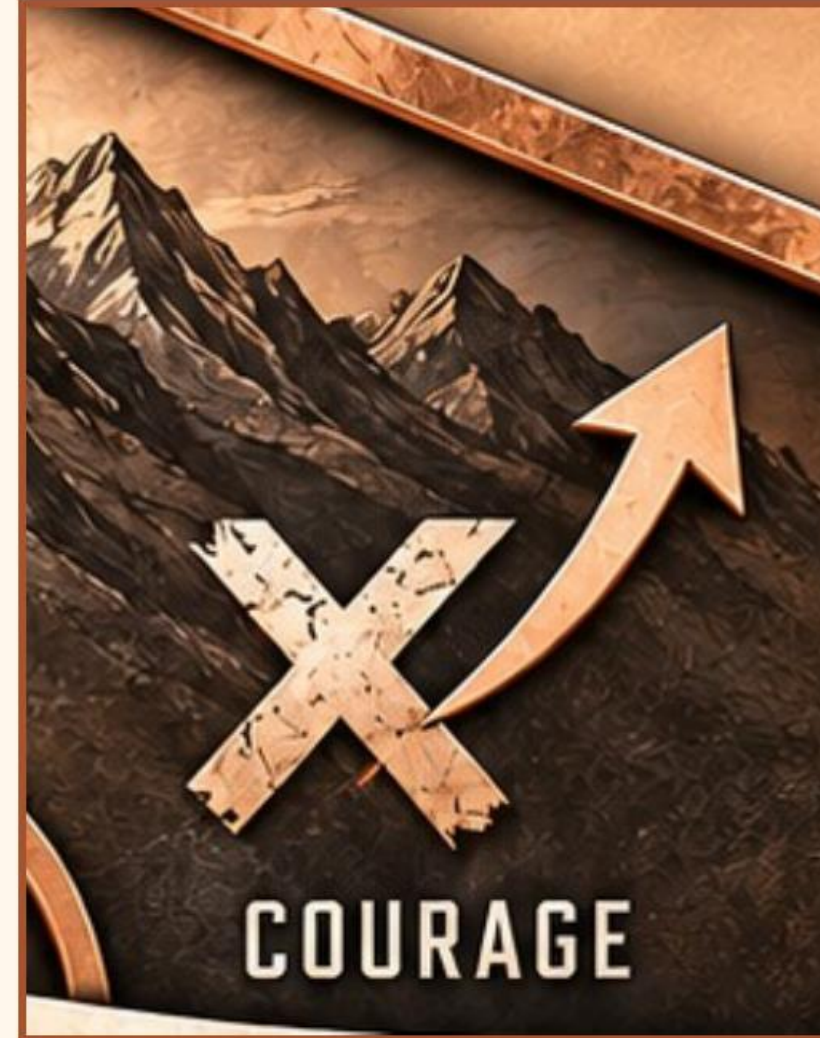
E **EVALUATE** Your Assets

A **ASSESS** Possible Options and Outcomes

C **CHOOSE** a Direction and Communicate It

T **TAKE** Action

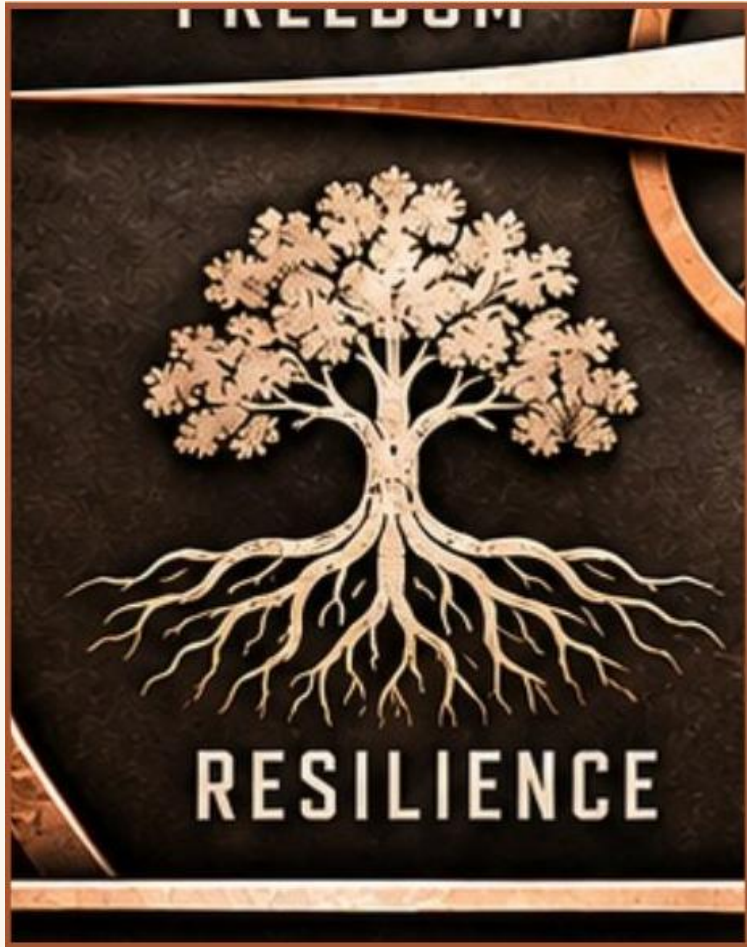
RECOGNIZE → EVALUATE → ASSESS → CHOOSE → TAKE ACTION



REACT: A BIBLICAL COACHING PLAN

Step	Biblical coaching directive	Board word
R — Recognize your reality	Bring the truth into God’s presence. Psalm 139:23-24. Psalm 62:7-8.	TRUTH
E — Evaluate your assets	Identify and receive the help God provides. I Peter 4:7-11. Galatians 6:2. Hebrews 4:16.	HELP
A — Assess your options and outcomes	Seek wisdom and examine where each path leads. Galatians 6:7-10.	WISDOM
C — Choose and communicate	Commit to a faithful direction and bring someone alongside. James 5:16.	COMMITMENT
T — Take action	Put faith into practice through one concrete step. James 1:22-24.	OBEDIENCE

Part 3: STAY RESILIENT



Resilience is not trying harder. It is learning where to be replenished.

1. ***CHECK YOUR RESERVES! Psalm 13:1-6.***
2. ***NOTICE WHERE YOU TAKE YOUR THIRST A WELL IN THE DESERT – Jeremiah 2:12-13.***
3. ***COME TO JESUS AND DRINK. Stay attached to Jesus. Receive from Jesus. Let Jesus restore what life has drained. John 7:37-39.***

BETTER QUESTION

Not “How do I try harder?” “Where will I get replenished?”

Part 4: FINISH STRONG

*Finishing strong is not finishing fast or first.
It is finishing faithful.*

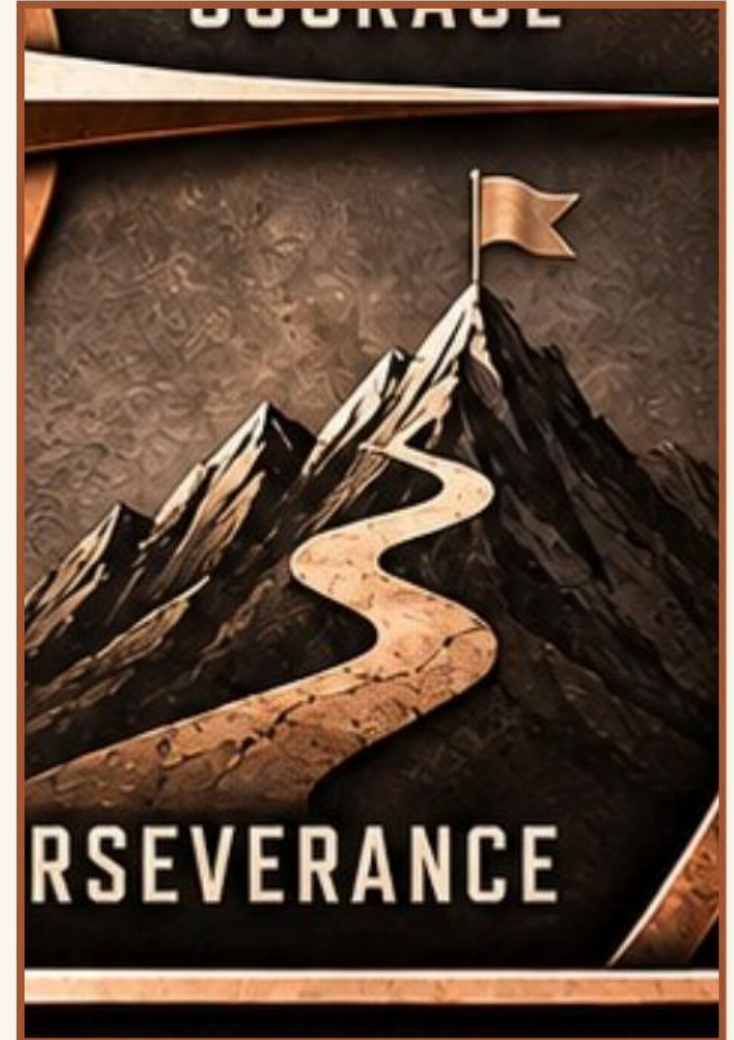
FAITHFUL

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.



Action: Journal This

01 WHERE ARE YOU ON THE X?

NAME IT! – Where has life hit you – or where have you become stuck?

02 WHAT IS KEEPING YOU THERE?

OWN IT! – Fear, Shame, Grief, Resentment, Avoidance, or trying to handle everything alone?

03 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!

