

UNSHAKEN

– THE DESIRE TO BE BETTER!

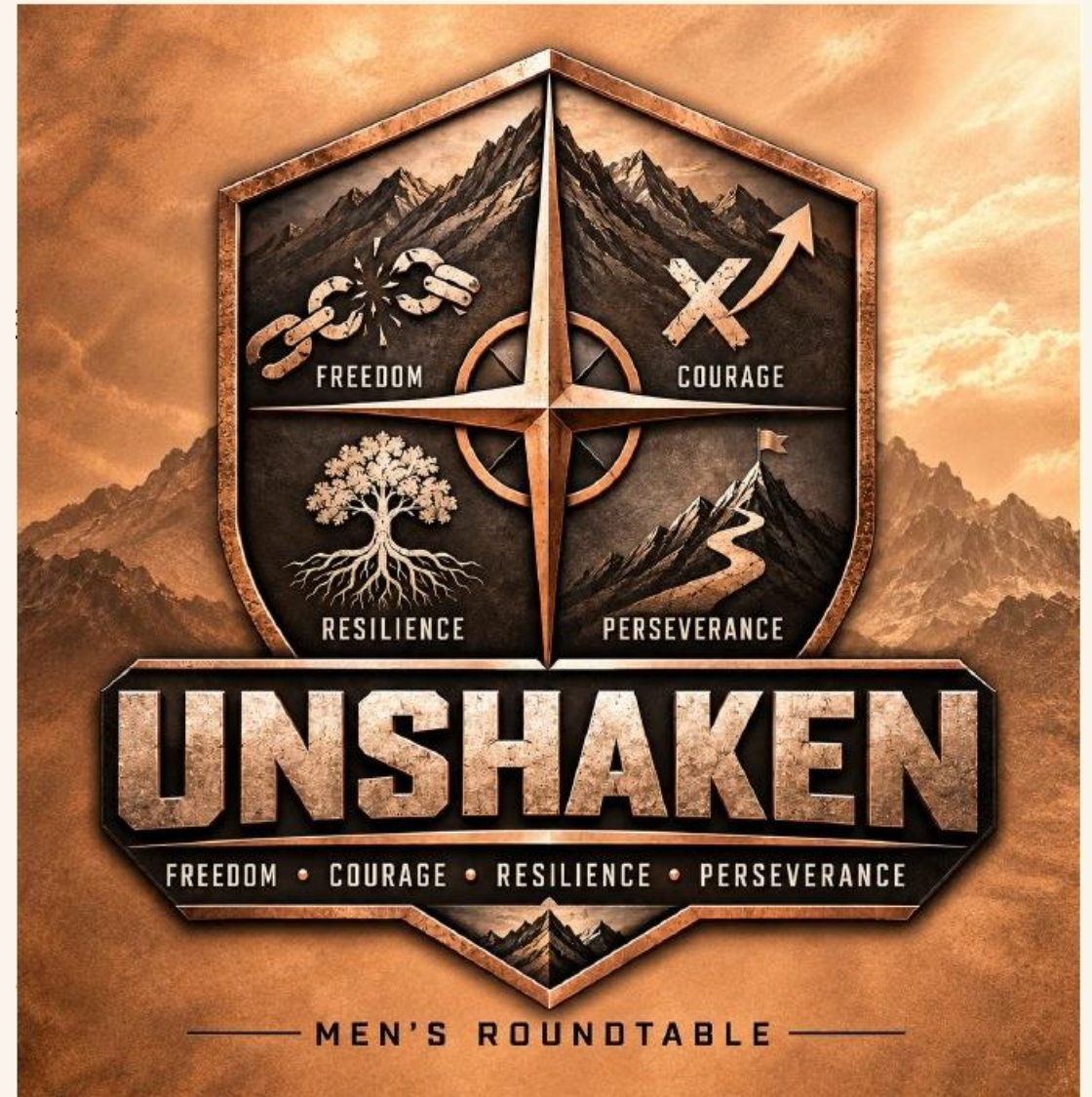
MEN'S ROUNDTABLE

*“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 STRONG0020



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

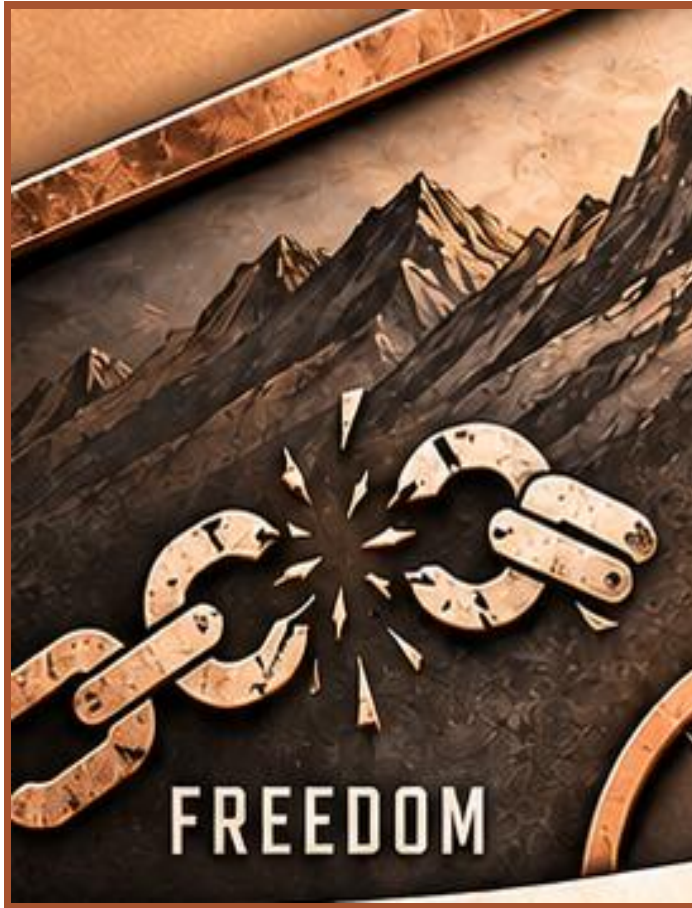


04 FINISH STRONG

PERSEVERANCE

Hebrews 12:1–2

Part 1: FREEDOM → THE DESIRE TO BE BETTER!



1. **OBSESSED TO GET BETTER** → The greatest cause for our not getting better is our obsession with not getting better. Romans 7:14-20; 8:1.
2. **TIRED OF TRYING** → There is hardly anything that will beat you down and rob you of your freedom more than your efforts to get better—or, at least the effort to get better in the wrong way. Philippians 2:12,13.
3. **HOW TO BE HAPPY** → If you want to be HAPPY, live according to the instructions God has given in GRACE & TRUTH. However, you must avoid Antinomianism and Perfectionism. Romans 6:1-3, 15-18. Titus 2:11-12.
4. **SURRENDERING SELF SUFFICIENCY** → Your quest for perfection is an indication of something good. However, if you don't watch out, it will rob you of your freedom. You must give up—give up on your ability to be better and your obsession. Your understanding of GRACE is critical to living FREE. Perfectionism robs you of your freedom. John 14:15-20.

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

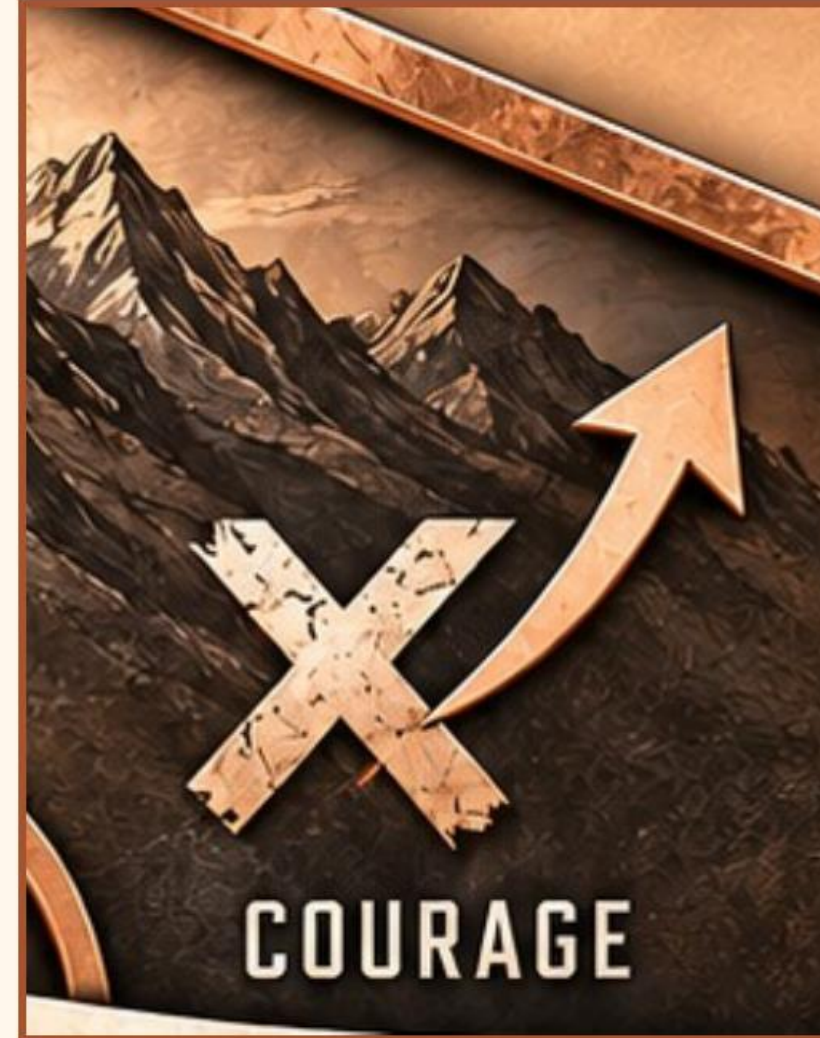
C

CHOOSE a Direction and Communicate It

T

TAKE Action

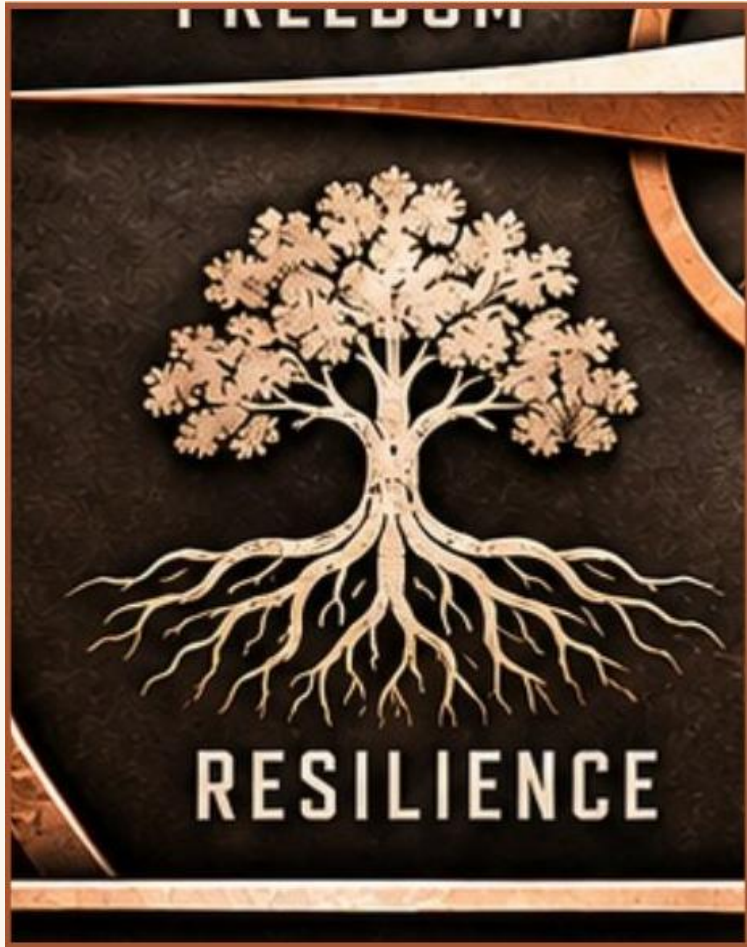
RECOGNIZE → EVALUATE → ASSESS → CHOOSE → TAKE ACTION



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.*

A WELL IN THE DESERT

Jesus is the well. Come to Him and drink deeply.

BETTER QUESTION

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

**Stay attached to Jesus. Receive from Jesus.
Let Jesus restore what life has drained.**

Part 4: FINISH STRONG

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

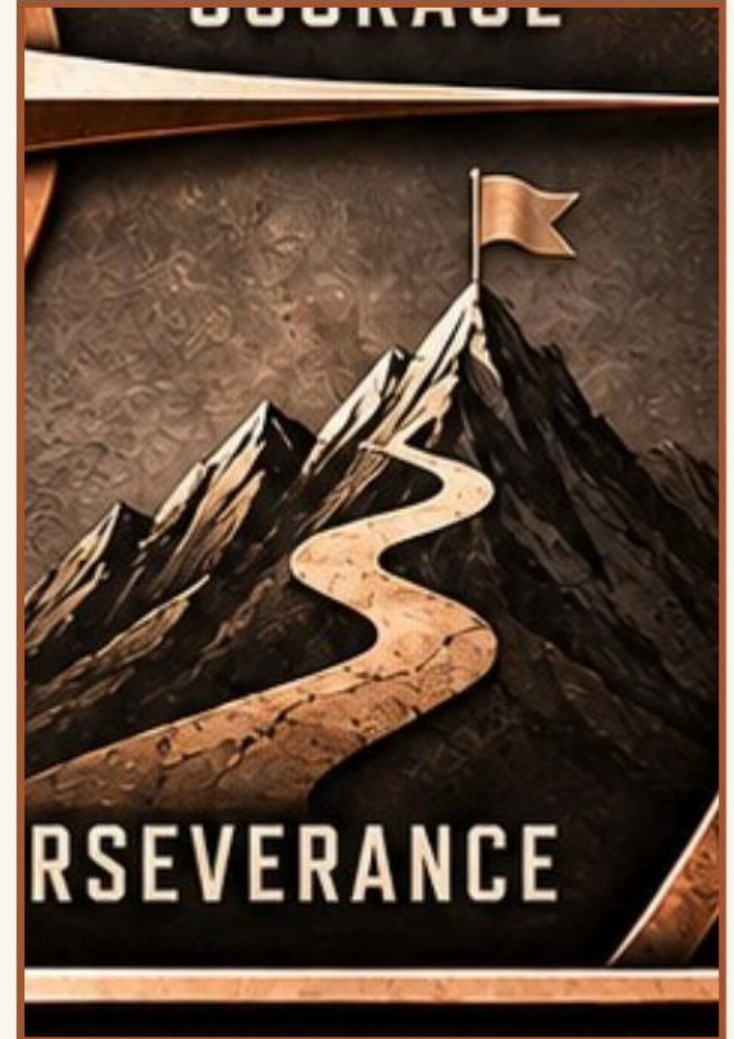
FAITHFUL

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!

