FREEDOM • COURAGE • RESILIENCE • PERSEVERANCE

HONOR - All translation is MIS-translation!

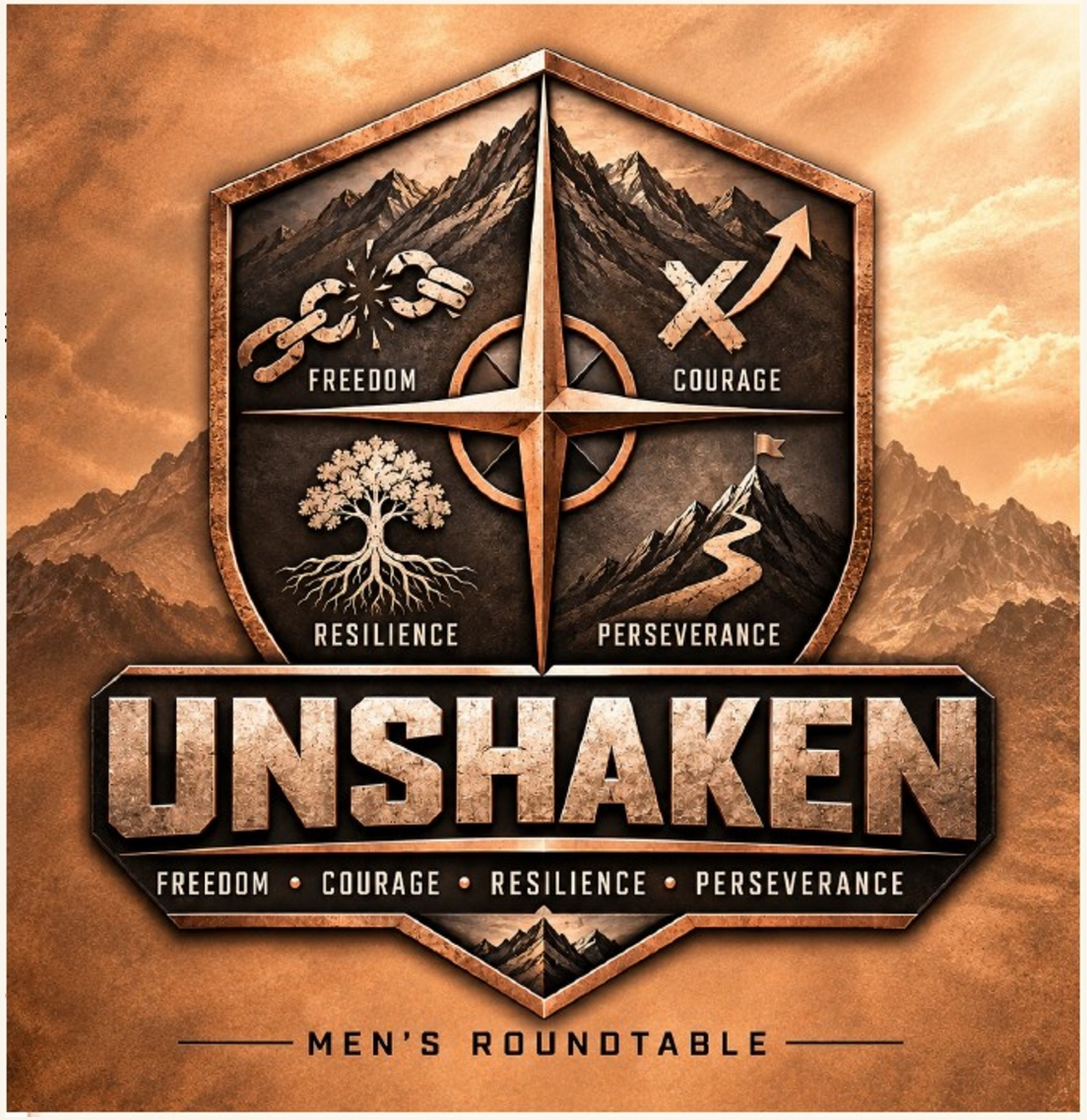
MEN'S ROUNDTABLE

"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



MISSION MAP

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

THE CONNECTION MODEL

Connection is how unhealthy cycles get interrupted

EMOTIONAL DISTRESS
stress • loneliness • shame • fear

↓

ISOLATION
keep it hidden • withdraw • handle it alone

↓

UNHEALTHY COPING
escape • numb • overwork • compulsive behavior

↓

SHAME & DESPAIR
it works until it doesn't

Healing begins when isolation ends

CONNECTION INTERRUPTS THE CYCLE

Tell the truth. Call someone. Stay connected.

The goal is not to carry it alone forever.

F.I.T. FRAMEWORK

FACTS
What happened?

→

IMPACT
How did it shape you?

→

TRACK
Where has it followed you?

Understanding your story increases awareness.
Does not excuse choices.

Reactive Avoidance Trauma Model

Begins • Early childhood → adolescence

STAGE 01
Maltreatment and/or Dis-attunement

STAGE 02
Painful implicit memories & Attachment disturbance

STAGE 03
Reduced emotional regulation skills

STAGE 04
Triggers (life stress) + Emotional Dysregulation

STAGE 05 — MANIFESTATION
Coping Strategies (Distress Reduction Behaviors)

Distress Reduction Behaviors

1. Sexual compulsivity & impulsivity
2. Food – bingeing & purging
3. Money – gambling, shopping, shoplifting
4. Technology / iPhones & Work
5. Reactive Aggression – passive, overt, or covert (withdrawal/avoidance)
6. Self-injury & "Impulsive" suicidality

How to Change It? R.E.G.A.I.N.

1. **Recognize & Reconnect:** Aware of emotional state & reconnect.
2. **Ground Yourself:** Stand in the TRUTH of today.
3. **Allow & Accept Feelings:** Don't repress or deny.
4. **Investigate & Identify:** Where is this coming from?
5. **Non-Identify w/ Source Error:** Recognize true identity.

STAY RESILIENT



1. STOP THE HURRY → CHECK YOUR SOUL.

Moving faster can take you farther off course. Pause and ask: Where am I emotionally, spiritually, and relationally?

Psalm 46:10

2. EXAMINE THE STORY → WHO HAS THE PEN?

Fear, shame, anger, and old wounds shape how you interpret life. Ask: Am I understanding my life through God's larger story?

Romans 8:28–39

3. RETURN TO THE SHEPHERD → RECEIVE HIS LEAD.

Tell Him the truth. Receive His care. Let Him restore your soul and direct your next step.

Psalm 23:1–4

DEBRIEF: What story am I believing—and where is the Shepherd inviting me to follow?

ONE MOVE: Pause. Name the story. Follow the Shepherd.