FREEDOM • COURAGE • RESILIENCE • PERSEVERANCE

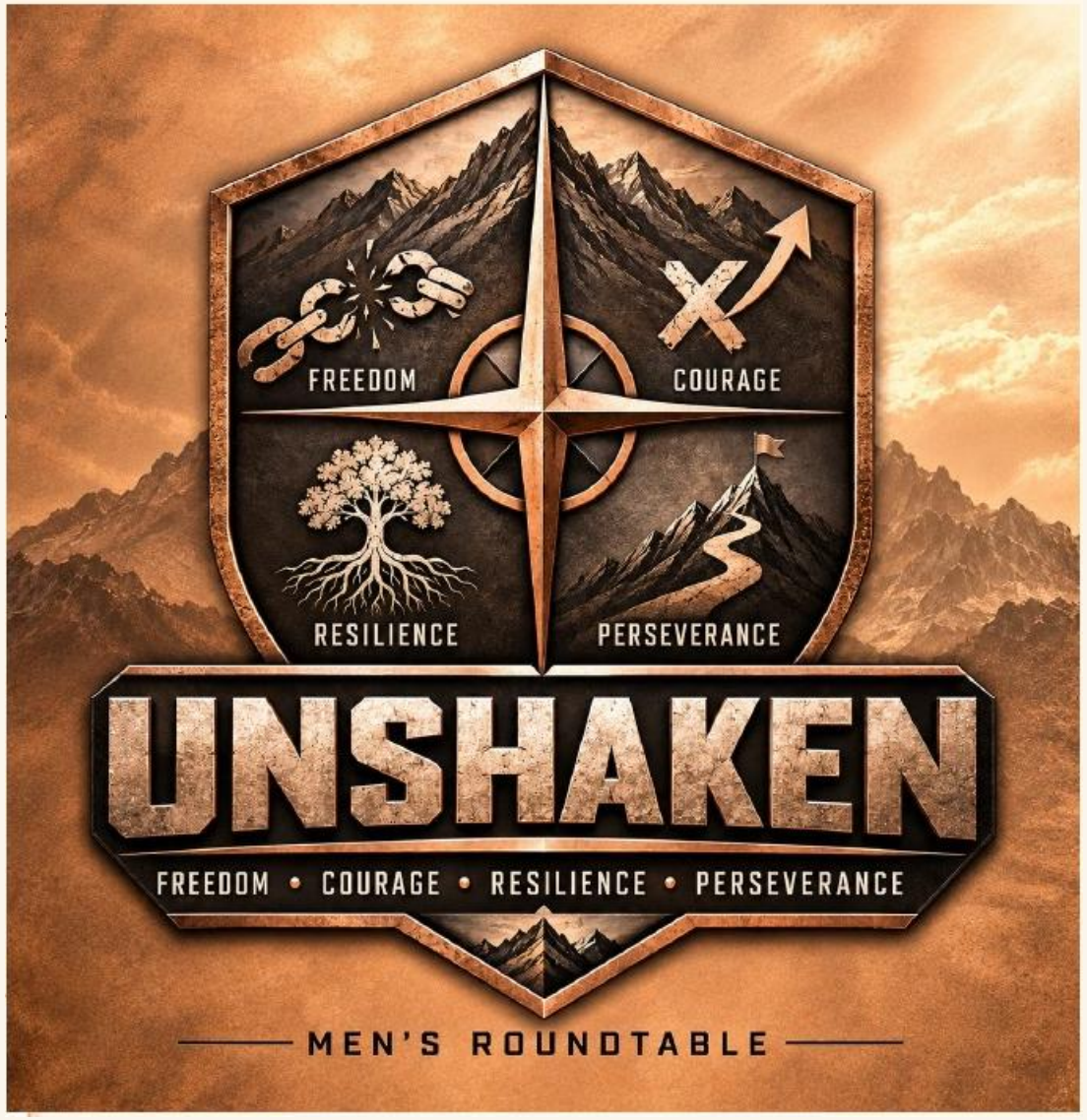
UNSHAKEN
– Let's Dance!
MEN'S ROUNDTABLE

"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

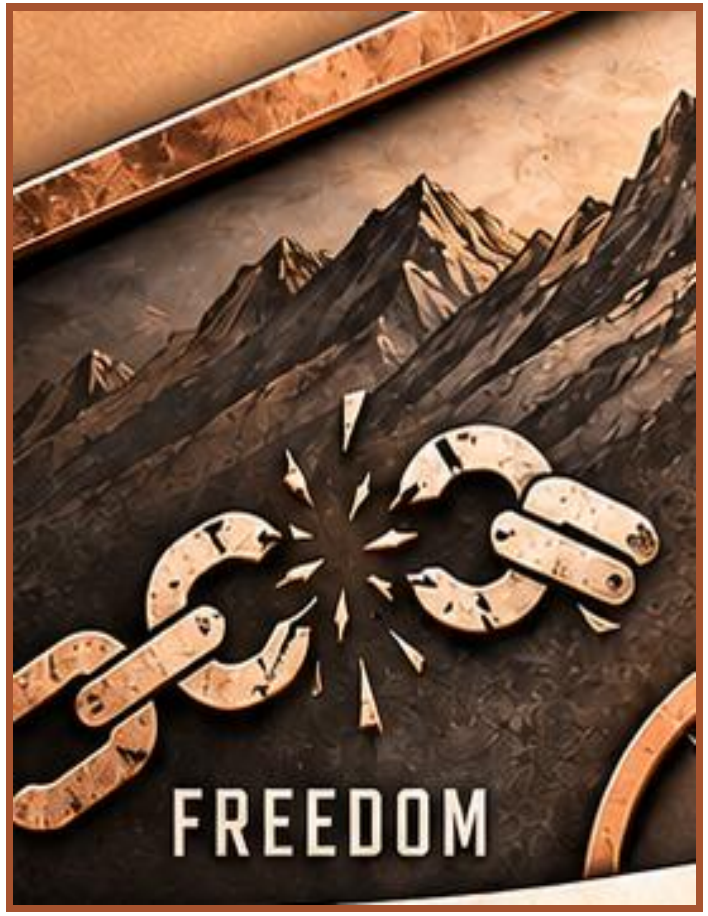


04 FINISH STRONG

PERSEVERANCE

Hebrews 12:1–2

JESUS INVITES US TO DANCE



1. ACCEPT HIS _____

Jesus welcomes the weary. Come as you are and receive His rest.
Matthew 11:28

2. LAY DOWN _____

Release the pressure to earn God's love. Grace makes room to breathe.
Ephesians 2:8–9

3. TRUST HIS _____

Let Jesus set the direction. Follow Him one faithful step at a time.
John 10:27

4. LEARN HIS _____

Walk with Jesus daily. Learn His gentle way and receive His rest.
Matthew 11:29–30

5. MOVE IN _____

Stand firm in grace. Use your freedom to love and serve others.
Galatians 5:1, 13

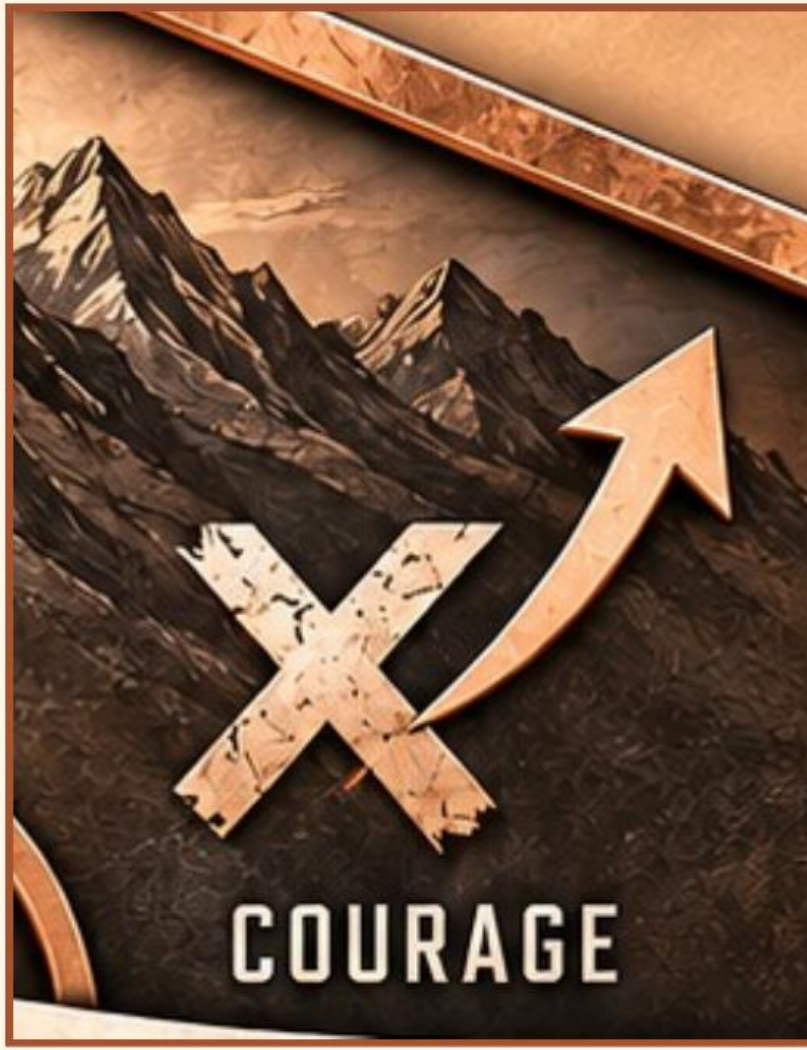
Part 2: COURAGE / GET OFF THE X

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

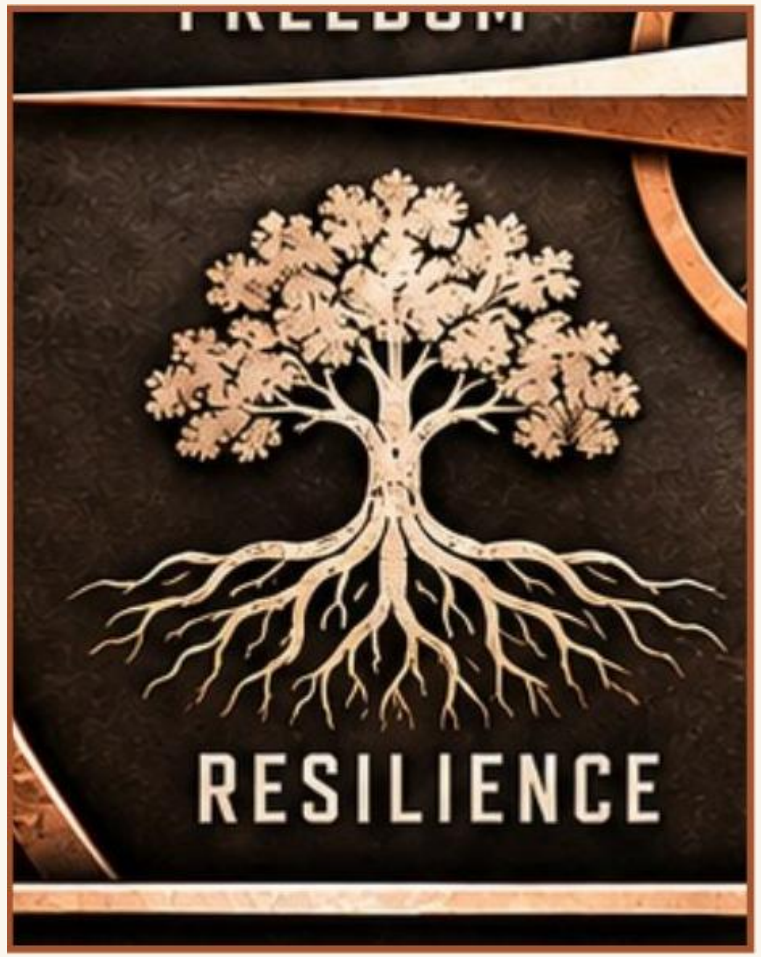
RECOGNIZE → EVALUATE → ASSESS → CHOOSE → TAKE ACTION



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



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.

Part 4: FINISH STRONG

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

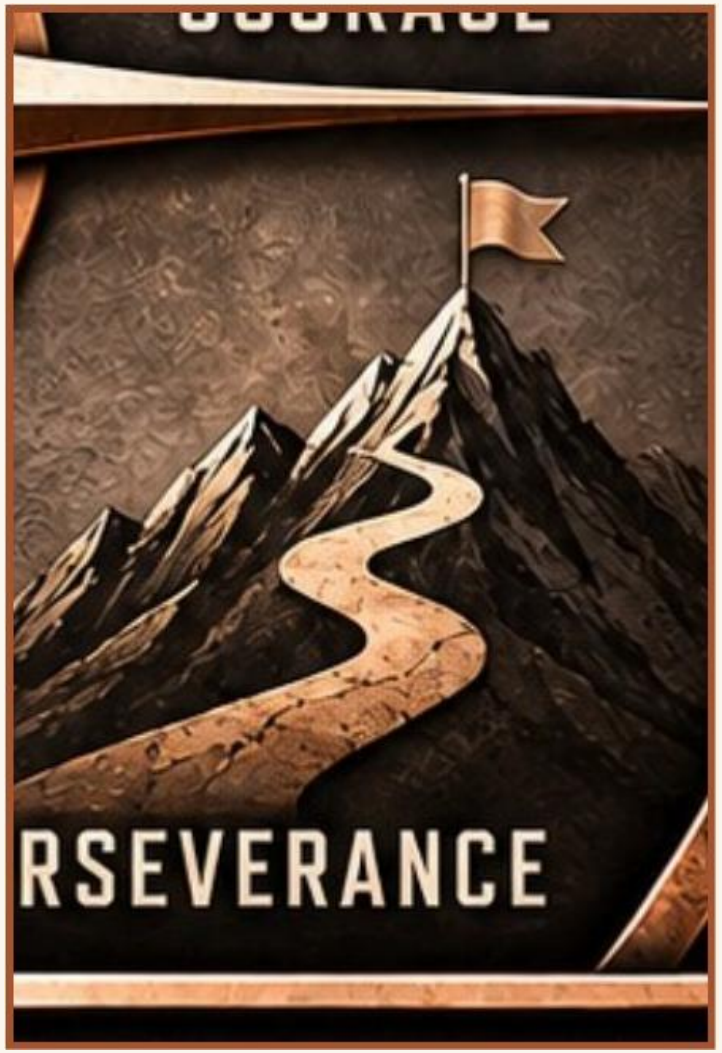
FAITHFUL

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.



DEBRIEF

Action: Journal This

01 WHERE ARE YOU ON THE X?

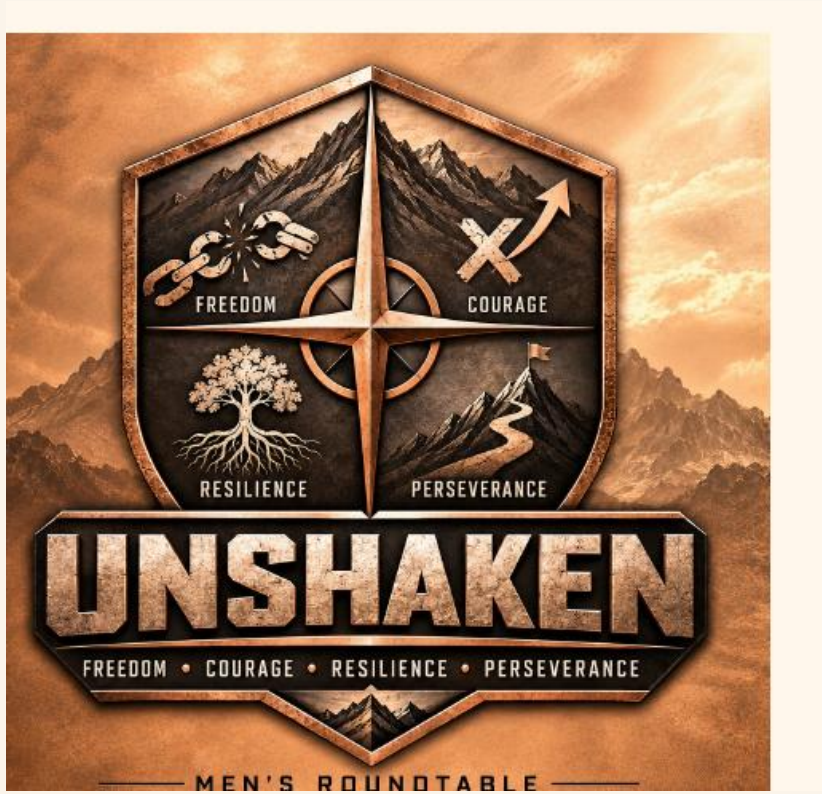
NAME IT! – Where has life hit you – or where have you become stuck?

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!**