

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 **November 05, 2026**

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, Matthew 11:28-30, Ephesians 2:7-10, John 10:25-30, Galatians 5:13-15, Psalm 98:1-9
Music: John Michael Montgomery - Life's A Dance - **https://www.youtube.com/watch?v=TOp_EW-Mirs**
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

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LET'S DANCE • Jesus Invites Us to Dance

MEN'S ROUNDTABLE / NOVEMBER 5, 2026 / SESSION HANDOUT

The Mission
Life hits every man. In Christ, we can stand again, move forward, and finish faithfully.
The Mission Map
Set Free — Galatians 5:1. **Get Off the X** — Joshua 1:9.
Stay Resilient — Isaiah 40:31. **Finish Strong** — Hebrews 12:1–2.

FREEDOM • 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. Receive His grace. **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**

COURAGE • Get Off the X
REACT: Recognize your reality. Evaluate your assets. Assess your options and outcomes. Choose a direction and communicate it. Take action.

REACT • A Biblical Coaching Plan
TRUTH: Bring reality to God. **HELP:** Receive His provision. **WISDOM:** Examine where each path leads. **COMMITMENT:** Bring someone alongside. **OBEDIENCE:** Take one concrete step.
Psalm 139:23–24; Galatians 6:2, 7–10; James 5:16; 1:22–24.

RESILIENCE • Stop and Get Your Bearings
1. STOP THE HURRY — CHECK YOUR SOUL. Pause: Where am I emotionally, spiritually, and relationally? **Psalm 46:10**
2. EXAMINE THE STORY — WHO HAS THE PEN? How are fear, shame, anger, or old wounds shaping my interpretation? View life within 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 guide your next step. **Psalm 23:1–4**
Ask: What story am I believing, and where is the Shepherd inviting me to follow?

PERSEVERANCE • Finish Strong
Finish faithful. Keep moving when quitting seems easier. Keep your eyes on Jesus. Hebrews 12:1–2

DEBRIEF • Name It Own It Do It

Where am I on the X? _____ **What keeps me there?** _____
My next faithful move with God's help: _____

Sign in to this Thursday's **Men's Roundtable**

Donate to **BPO**

Sign Up for **Men's Coaching Weekend!**

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.

Matthew 11:28-30 - **28** "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest.**29** Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you.**30** Keep company with me and you'll learn to live freely and lightly."

Ephesians 2:7-10 - **7** Now God has us where he wants us, with all the time in this world and the next to shower grace and kindness upon us in Christ Jesus.**8** Saving is all his idea, and all his work. All we do is trust him enough to let him do it. It's God's gift from start to finish!**9** We don't play the major role. If we did, we'd probably go around bragging that we'd done the whole thing!**10** No, we neither make nor save ourselves. God does both the making and saving. He creates each of us by Christ Jesus to join him in the work he does, the good work he has gotten ready for us to do, work we had better be doing.

John 10:25-30 - **25** Jesus answered, "I told you, but you don't believe. Everything I have done has been authorized by my Father, actions that speak louder than words.**26** You don't believe because you're not my sheep.**27** My sheep recognize my voice. I know them, and they follow me.**28** I give them real and eternal life. They are protected from the Destroyer for good. No one can steal them from out of my hand.**29** The Father who put them under my care is so much greater than the Destroyer and Thief. No one could ever get them away from him.**30** I and the Father are one heart and mind."

Galatians 5:13-15 - **13** It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do hatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows.**14** For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom.**15** If you bite and ravage each other, watch out - in no time at all you will be annihilating each other, and where will your precious freedom be then?

Psalm 98:1-9 - **1** Sing to God a brand-new song. He's made a world of wonders! He rolled up his sleeves, He set things right.**2** God made history with salvation, He showed the world what he could do.**3** He remembered to love us, a bonus To his dear family, Israel - indefatigable love. The whole earth comes to attention. Look - God's work of salvation!**4** Shout your praises to God, everybody! Let loose and sing! Strike up the band!**5** Round up an orchestra to play for God, Add on a hundred-voice choir.**6** Feature trumpets and big trombones, Fill the air with praises to King God.**7** Let the sea and its fish give a round of applause, With everything living on earth joining in.**8** Let ocean breakers call out, "Encore!" And mountains harmonize the finale - **9** A tribute to God when he comes, When he comes to set the earth right. He'll straighten out the whole world, He'll put the world right, and everyone in it.

"Life's A Dance" By John Michael Montgomery

When I was fourteen I was fallin' fast
For a blue-eyed girl in my homeroom class.
Tryin to find the courage to ask her out
Was like tryin' to get oil from a water spout.
What she would've said, I can't say.
I never did ask then she moved away.
I learned something from my blue-eyed girl:
sink or swim, you gotta give it a whirl.

Life's a dance, you learn as you go.
Sometimes you lead, sometimes you follow.
Don't worry 'bout what you don't know,
life's a dance, you learn as you go.
The longer I live the more I believe
You do have to give if you wanna receive.
There's a time to listen, a time to talk.
And you might have to crawl even after you walk

Had sure things blow up in my face,
Seen the longshot win the race.
Been knocked down by the slammin' door.
Picked myself up and came back for more.
Life's a dance
Life's a dance
Life's a dance
Take a chance on love
Life's a dance
you learn as you go

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