

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 12, 2026**

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, Romans 4:19-25, Matthew 7:1-5, Psalm 46:7-11, Romans 8:26-39, Psalm 23:1-4
Music: "Lord Of The Dance" By Steven Curtis Chapman
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

01 THE MISSION
Every man gets hit. Christ gives us freedom to stand again, move forward, and finish faithfully.

02 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

03 FREEDOM / DANCE WITH FREEDOM
1. _____: When being good becomes the measure of "real Christianity," we lose sight of the love story. Receive God's promise by faith. Romans 4:19–25.
2. _____: Constant self-scrutiny keeps us absorbed in ourselves. Honestly acknowledge sin, receive grace, and release the urge to judge others. Matthew 7:1–4.
3. "FREE SINS" — _____: If you really believed you were saved by grace, what would change?
1) 2. You would be less obsessive about yourself and might even get a life.
2) You would grow less concerned with the sins of others.
3) We wouldn't have to define yourself in terms of how good or bad you are.

REFLECT: Where am I still trying to prove that I am good enough?
_____

04 COURAGE / GET OFF THE X
REACT: Recognize your reality. Evaluate your actions. Assess options and outcomes. Choose a direction and communicate it. Take action.

05 REACT / A BIBLICAL COACHING PLAN
TRUTH: Bring reality to God. HELP: Evaluate your assets and receive His provision. WISDOM: Consider where each path leads. COMMITMENT: Bring someone alongside. OBEDIENCE: Act.
Psalm 139:23–24; Galatians 6:2, 7–10; James 5:16; 1:22–24.

06 RESILIENCE / STOP. GET YOUR BEARINGS.
1. STOP THE HURRY — CHECK YOUR SOUL. Where am I emotionally, spiritually, and relationally? Pause long enough to tell the truth. Psalm 46:10
2. EXAMINE THE STORY — WHO HAS THE PEN? How are fear, shame, anger, or old wounds shaping my interpretation? See my 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 my soul and guide my next step. Psalm 23:1–4
REFLECT: What story am I believing? Where is the Shepherd inviting me to follow?
_____

07 PERSEVERANCE / FINISH STRONG
Finish faithful. Keep moving when quitting seems easier. Keep your eyes on Jesus. Hebrews 12:1–2

08 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**

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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.
Romans 4:19-25 - 19 Abraham didn't focus on his own impotence and say, "It's hopeless. This hundred-year-old body could never father a child." Nor did he survey Sarah's decades of infertility and give up.20 He didn't tiptoe around God's promise asking cautiously skeptical questions. He plunged into the promise and came up strong, ready for God,21 sure that God would make good on what he had said.22 That's why it is said, "Abraham was declared fit before God by trusting God to set him right."23 But it's not just Abraham;24 it's also us! The same thing gets said about us when we embrace and believe the One who brought Jesus to life when the conditions were equally hopeless.25 The sacrificed Jesus made us fit for God, set us right with God.
Matthew 7:1-5 - 1 "Don't pick on people, jump on their failures, criticize their faults - unless, of course, you want the same treatment.2 That critical spirit has a way of boomeranging.3 It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own.4 Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt?5 It's this whole traveling road-show mentality all over again, playing a holier-than-thou part instead of just living your part. Wipe that ugly sneer off your own face, and you might be fit to offer a washcloth to your neighbor.
Psalm 46:7-11 - 7 Jacob-wrestling God fights for us, God of angel armies protects us.8 Attention, all! See the marvels of God! He plants flowers and trees all over the earth,9 Bans war from pole to pole, breaks all the weapons across his knee.10 "Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything."11 Jacob-wrestling God fights for us, God of angel armies protects us.
Romans 8:26-39 - 26 Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans.27 He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God.28 That's why we can be so sure that every detail in our lives of love for God is worked into something good.29 God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.30 After God made that decision of what his children should be like, he followed it up by calling people by name. After he called them by name, he set them on a solid basis with himself. And then, after getting them established, he stayed with them to the end, gloriously completing what he had begun.31 So, what do you think? With God on our side like this, how can we lose?32 If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us?33 And who would dare tangle with God by messing with one of God's chosen?34 Who would dare even to point a finger? The One who died for us - who was raised to life for us! - is in the presence of God at this very moment sticking up for us.35 Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture:36 They kill us in cold blood because they hate you. We're sitting ducks; they pick us off one by one.37 None of this fazes us because Jesus loves us.38 I'm absolutely convinced that nothing - nothing living or dead, angelic or demonic, today or tomorrow,39 high or low, thinkable or unthinkable - absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.
Psalm 23:1-4 - 1 God, my shepherd! I don't need a thing.2 You have bedded me down in lush meadows, you find me quiet pools to drink from.3 True to your word, you let me catch my breath and send me in the right direction.4 Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure

"Lord Of The Dance" By Steven Curtis Chapman

On the bank of the Tennessee River
In a small Kentucky town
I drew my first breath one cold November morning
And before my feet even touched the ground
With the doctors and the nurses gathered 'round
I started to dance, I started to dance
A little boy full of wide-eyed wonder
Footloose and fancy free
But it would happen, as it does for every dancer
That I'd stumble on a truth I couldn't see
And find a longing deep inside of me, it said
I am the heart, I need the heartbeat
I am the eyes, I need the sight
I realize that I am just a body
I need the life

I move my feet, I go through the motions
But who'll give purpose to chance
I am the dancer
I need the Lord of the dance
The world beneath us spins in circles
And this life makes us twist and turn and sway
But we were made for more than rhythm with no reason
By the one who moves with passion and with grace
As He dances over all that He has made
I am the heart, He is the heartbeat
I am the eyes, He is the sight
And I see clearly, I am just a body
He is the life
I move my feet, I go through the motions

But He gives purpose to chance
I am the dancer
He is the Lord of the dance
Lord of the dance
Lord of the dance
And while the music of His love and mercy plays
I will fall down on my knees and I will pray
I am the heart, You are the heartbeat
I am the eyes, You are the sight
And I see clearly, I am just a body
You are the life
I move my feet, I go through the motions
But You give purpose to chance
I am the dancer
You are the Lord of the dance
I am the dancer
You are the Lord of the dance

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