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**Resilient**

This is a transcript from a Men's Roundtable session led by Joe Barlow and Phil Harden, introducing a new teaching series titled **"Unshaken."** The speakers address the inevitability of life's "ambushes," such as personal tragedies, health crises, and professional failures, using the military concept of the "X" to describe being stuck in a point of attack. Through the harrowing survival story of Navy SEAL Jason Redman and the lyrics of a Rascal Flatts song, the presentation encourages men to reject a victim mentality in favor of spiritual resilience. The text emphasizes finding true freedom in Christ, which allows individuals to move past their worst moments without being defined by them. Ultimately, the leaders urge their audience to overcome isolation and draw

strength from the Word of God to persevere through suffering. The session concludes by framing faithfulness as the essential component to finishing life’s race strongly.

## Transcription

You ready? Good morning. Welcome to the Men's Roundtable. My name's Joe Barlow. I'm glad you're here. So, David, before I forget, let me start off. October 3rd is a work day at Deer Camp at Ebenezer. October 3rd. David would really appreciate it if a couple of dozen guys would show up, or at least a couple of dozen commit to it. out of a couple, at least three or four might really do some work. Great time for fellowship, like any other work weekend at a deer camp. Fellowship activities, cleaning up some, getting ready for the upcoming deer camp season, which I hope those of you that have not participated will certainly consider coming this fall. You know, as I was thinking this morning, I saw a little clip from Jeff Foxworthy in the middle of the night last night. And Jeff is one of those kind of clean comedians. He just tells jokes that you can share anywhere. But most of what he has is just kind of taking a mirror and holding it up to himself or those around him. And he kind of brought up a series that I think you did. You did some on it. You said it was trust. I said it was truth. But he asked a question. He said this was an interview he was doing, and he asked a question when he's doing his routine. At some point, he said he didn't know if it was really comedy or if it was more of an inward reflection or some kind of mentorship or ministry. He wasn't sure what it was. But he asked, and I like to ask this morning, a show of hands, who in here trusts the government? Who in here trusts, you did the series on trust, who in here trusts their news outlets? Their what? News outlets. Oh, their news outlets. One outlet. Yeah. Yeah. Yeah. What are you talking about? We're not talking about your wife. You're here trust what they see on social media. So I'm glad you're here. This is what I trust. And it's truth. It's not Phil Harden's truth. It's not my truth. it's the truth of the word of God and Jesus Christ. May we never forget that. We're starting a new series. I'm excited about that. So I know, Gray, you're back. I ask you if Rick shamed you into coming back. I'm glad you came under your own will. I was thinking about you this morning, hoping you would be here because I was going to use you as an example. In my younger days as a new dad, young dad. I coached Gray in baseball, and I tried to teach him a little bit about baseball, and that was fun. Then I had a different conversation with Noah Gaspard this morning about a different kind of coaching. That's what this group is about. Those of you that may be new here, this isn't necessarily a Bible study. It's more of a coaching, life coaching, application, taking God's word, living it out, living it with each other, sharing through struggles, working through issues, being known and knowing other men. That's what real life coaching is about. Gray, I did the best I could back in those days, trying to teach you how to swing and pitch and catch a ball. Man, I am so glad you're here now, getting into deep water, getting what real life is about. Heavenly

Father, we thank you for this day. Lord, I thank you for C Spire, for the coffee, chicken biscuits, my brother Phil Lord may you anoint him this morning in sharing and starting a new series speak through him Lord to us it's in your name I pray Amen Morning gentlemen fantastic to be here enjoyed my weekend in Tennessee with all my Tennessee hillbilly friends and family and It's good to be back. Today is guest day. So we welcome all of you who are here for the first time. I'd like for all the first timers to stand up, please. Stand up. Stand up. Stand up. Stand up. Stand up. Stand up. Thank you. We welcome you and trust that God will speak to your heart as he will to all of us. I'm excited about this series because it is geared toward those of you, those of us who are particularly facing big challenges. All of us in this room will or have or is facing big challenges, right? The title of our series is Unshaken. What happens when the bomb goes off? The catastrophic event happens. Most everybody in this room is old enough to where that's already happened at least once, if not more than once. how did you handle that and then there are those in this room who may be a little bit younger who thinks you've gone through some hard time you ain't seen nothing yet you ain't seen nothing yet you know one of the things that I so respect about God and scares me brings fear in my heart about God is he's not afraid nor apologetic to use suffering as an instrument to grow me. Does that scare you? It's like, I don't want to hurt anymore. You know, I've been there. I've hurt. And I have grown through that hurt. I don't want to do it again. I'm so grateful for the hurt that I've gone through. It has seasoned me. It has matured me. I'm a different man because of it, but I've still got a long way to go, and I know that, and therefore, my fear is that God's going to use suffering even more in my life as I look ahead. That's sobering to me. Is it not sobering to you? Like, wow. So today, and for the next several weeks and months, we're going to go through this series, and I want you to really listen, because I either want you to heal from the pain that you're in, or I want you to be prepared for the pain that you're getting ready to face. That makes sense? Look at your notes. They're on your handout, and I want to offer you a song by that great gospel group, Rascal Flats. I love taking country songs, pop songs, and seeing the gospel in those songs. I mean, this is a song that could be sung in church, at least in my mind. I haven't asked my pastor if he would sing it, but I want you to look just at the first part. I'll just kind of prime the pump, and then we're going to listen to this. Stand. Stand. You feel like a candle in a hurricane, just like a picture with a broken frame, alone and helpless, like you've lost your fight. But you'll be all right. You'll be all right. Because when push comes to shove, you taste what you're made of. You might bend till you break because it's all you can take. On your knees, you look up. Decide you've had enough. You get mad. You get strong. Wipe your hands. Shake it off. Then you stand. Then you stand. Gentlemen, you're going to have to fight. You're going to have to fight. I hope you hear the voice of God. I hope he awakens your heart to what he wants to say to you this morning. God is a very personal God. He is interested in this group, but he is interested in you as an individual. May you hear the voice of God.

Stand by Rascal Flatts. You feel like a candle in a hurricane Just like a picture with a broken frame Alone and helpless Like you've lost your fight But you'll be alright Yeah, you'll be alright Cause when push comes to shove You taste what you're made of You might bend till you break Cause it's all you can take On your knees You look up The side you've had enough You get mad You get strong Wipe your hands Shake it off Then you stare Oh, then you stare See, it's like a novel With the end drift out The edge of a canyon With only one way down Take what you're given Before it's gone And start holding on Hold on. Keep holding on. Cause when push comes to shove, you taste what you're made of. You might bend till you break, cause it's all you can take. No need to look up, decide you've had enough. You get mad, you get strong, wipe your hands, shake it off. Every time you get up and get back in the race. One more small piece to you starts to fall into place. Cause when push comes to shove, you taste what you're made of. But you might bend till you break, cause that's all you can take. On your knees, you look up and decide you've had enough. You get mad, you get strong, pipe your hands, shake it off. Then you stay. Oh, then you stay. Oh, then you stay. You never give up. You feel like a candle in a hurricane Just like a picture with a broken frame Alone and helpless Like you've lost your fight But you'll be alright Yeah, you'll be alright Cause when push comes to shove You taste what you're made of You might bend to your breath Cause it's all you can take on your knees As you look up, decide you've had enough. You get mad, you get strong. Wipe your hands, shake it off. Then you stand. Oh, then you stand. Say, nice like a novel. With the end drift out the edge of a canyon. But only one way down. Take what you're giving before it's gone. Galatians chapter 5 is one of those chapters in the Bible that if I only could have five chapters to read for the rest of my life, Galatians chapter 5 would be one of the five of all the chapters in the Bible. Now you may have, I'll tell you the other four if you ask me. But Galatians 5, critical chapter. In the very first verse in chapter 5, and again, I'm reading from the message, of course, says this, Christ has set us free to live a free life. So take your stand and never again let anyone put a harness of slavery on you. Guys, you are free. You are free. not free to do anything you want to do. That was the old hippie mantra that I had back in the 70s. If it feels good, do it. That was freedom. And that just about killed me. It just about died doing that. That was some crazy stuff. You know, like, here, hold my beer and watch this kind of freedom, you know, but free to be you. You're free to be who God created you to be. Jesus didn't die merely to make bad men behave better. He died and came to set captives free. How about this? Free from shame. Wouldn't it be great that you never felt shame again? Free from earning acceptance. Free from pretending that you're something that you're not. Free from perfectionism. I don't have to be perfect. Free from approval. I'm not approval seeking. But here is the freedom that I'm so excited about this morning. Free from believing that your worst moment gets to name you forever. How about that? Guys, I've got things that I share at Deer Camp that in this venue, It's not really the right venue that I can share at deer camp, that I'm so

glad that I have an environment that I can share that. But those painful parts of my story at one time felt like That was my destiny, that my past was my future. And because of the freedom in Christ, I no longer have to worry that somehow my worst moment of my life defines who I am. Guys, that's freedom. And that's all because of Jesus. the book that I strongly strongly want to recommend that you read that I'm using as a resource is Steve Brown's book A Scandalous Freedom the Radical Nature of the Gospel and guys this is one of the most influential books of my life I would put this in the top five books and I'm a reader. You know, there are always, you know, people that read more, but I'm kind of in that category. I'm a reader. I'd rather sit on the beach with a backpack full of books and a peanut butter sandwich and read all day than do most anything. But that's how I relax. Guys, this is one. This is in the top five books. I want you to get this. I want you to read it. a scandalous freedom. I want you to be free. I want you to understand why Jesus came. He came that you might be free to be everything that God intended you to be. Freedom. Then this idea of courage, get off the X. X is that place where you're being ambushed, where you're being challenged. Are you just going to lay here and die? Are you going to get off the X? I don't know of a better way to illustrate this than to expose you to a Navy SEAL, Jason Redman. And Roan hurt my feelings this week when he sent me a tape. And in the tape, Francis Chan was talking about, you cannot claim to be a Navy SEAL just because you went swimming. And I think Roan was trying to send me a message, you know. Kind of hurt my feelings. It was a video. Yeah, it was a video. Exactly. Yeah, it was a video. So, you know, I have this desire to be a Navy SEAL like, man, I'll never be a Navy SEAL. That's not going to happen. I couldn't have been a Navy SEAL when I could have been a Navy SEAL, you know. I'm afraid of the water. How about that? But man, this story of Jason Redman has inspired me tremendously. This is a TED Talk. You can listen to the whole thing. I'm going to show you just about five minutes of Jason Redman. Listen to this. As a Navy SEAL leader, I've always chosen light and fast over slow and heavy. As such, I rarely wore my side plates into battle. But on this one mission, to neutralize a high-value al-Qaeda leader in 2007, I had a little voice in my head say, wear your side plates. I tell you what, thank God that I listened. Because that night, we were ambushed. And I was shot eight times by an enemy PKM machine gun to my body and face. Leaving me for dead in the middle of one of the fiercest firefights of my war. A little over 96 hours later, I found myself in a hospital bed in Bethesda, Maryland, struggling as the doctors filled me with overwhelming information. Lieutenant Redman, you have no use of your left hand. We don't know the extent of the nerve damage. Your elbow is destroyed. We're thinking about amputating your arm. You are trached, you are wired shut, and we are feeding you through a stomach tube. Lieutenant Redmond, it's going to take years to put you back together. As this information began to sink in, I suddenly was hit with a stark realization. My military operational career is over. I'm going to be permanently disabled, and I will be forever disfigured. As I was trying to process this, I suddenly heard a

conversation close by and it sounded a little like this. What a shame. What a pity. We send these young men and women off to war and they come home broken and battered. And they're never going to be the same. They're never going to find success. They're never going to be able to get back out there and achieve the American dream. And as I digested all of this, I couldn't help but think to myself, it is the end. And I know there's so many of you in the audience right now that are listening. You're thinking to yourself, oh my God, I cannot relate to this. I can't relate to being in the middle of a firefight and be shot by a machine gun with bullets the size of my thumb. I can't imagine laying in a hospital bed and being told we may have to amputate your limbs. But the reality is, you all can relate. Because everyone has the end moments. Everyone in this audience has encountered a the end moment before. And if you have not, I got bad news. They are coming. They're coming for all of us. And you see, they are relatable. Like the father who came home to find out his young wife was having an affair. And as he signed the divorce papers looking at his young children, he thought to himself, it is the end. Or the entrepreneur who, sitting there going over his financials, looking at his million dollar company, is going down the drain. And he thinks to himself, it is the end. Or the business executive, she just made partner. And as she goes to her annual checkup, the doctor says, you've got stage four metastatic breast cancer. We need to do an immediate double mastectomy. She thinks to herself, it is the end. You see, all of us in life encounter these the end moments, these hard, stress-filled, anxiety-filled moments that unexpectedly hit us, no different from that ambush I encountered in Iraq. The difference is these are life ambushes. And you are not being hit by actual bullets or bombs that occur on the battlefield. You are being hit by the bombs and bullets of life. And the thing is that's common for all of us when these ambushes occur, we all get stuck on a central point. In special operations lingo, we call it the X. And the X is that central point of attack. It is the point of incident. It's the point of the the end moments. And for most of us, we focus on the pain. We focus on the misery. We focus on that stress. We focus on the past and what we've lost instead of focusing on what really needs to happen, which is what I was taught in my special operations career. When these life ambushes come, we must get off the X as quickly as possible. So how do we do that? As I lay in that hospital bed, digesting all these grim prognosis, the negativity, I realized in that moment I had a choice. I had a choice in how I would deal with this. I could lay there on the X and feel sorry for myself. I could listen to the negativity or I could figure out how to drive forward. And in that moment, I decided I would not be the victim that some wanted to put me into, into that box. Instead, I was going to step up. I was going to look at how to go forward. And when my wife came back into the room, I said, give me my pen. And I wrote out this sign. Attention to all who enter here. If you're coming in this room with sadness or sorrow, don't bother. The wounds I received, I got in a job that I love, doing it for people that I love, defending the freedom of a country I deeply love. I'll make a full recovery. What is full? That is the absolute utmost physically.

I have the ability to recover. And then I'm going to push that about 100% further through sheer mental tenacity. This room you're about to enter is a room of fun, optimism, and intense rapid regrowth. If you are not prepared for that, go elsewhere. And we signed it. We signed it, the management. You know, because we felt like, you know, it needed this level of credibility or something. It is amazing the power of positivity over negativity. It is amazing what in the face of massive adversity, when we choose to drive forward, what it can do for us. Because most people are unwilling to do this. We're so focused on the pain and the misery and on what we lost. We focus on the end. And we get stuck on the X. Failing to realize one of the greatest gifts you have when life ambushes come. That it can become a new beginning. So guys, I'll play the rest of that TED Talk. You can watch it later. But when I discovered the sign on the door, I was deeply, deeply inspired. And it kind of hurt my feelings because I kind of pride myself in being a reader and knowing things. And, you know, he wrote that like some 15, 16 years ago. And it's like, why haven't I heard about this? You know, but God's timing is perfect. And I want to show you something that I'm excited about. Ernie, I want you to come up. Guys, help me with this. When I discovered this sign on the door, I reached out to my friend Ernie. And Ernie and I have a kindred spirit. You know, we're imaginative. We're artists in our own way. Ernie's serious, and I'm kind of a pretender and being an artist. But I asked Ernie if he would help me. And Ernie created the sign on the door that's going to go at Ebenezer Place and it'll go in the pavilion. David's going to figure out how to hang this thing. But the sign on the door will hopefully inspire many men in our circle as it has inspired hundreds of thousands through the years through Jason Redman's quote. So Ernie, thank you, my friend. Thank you. Thank you. Thank you. Stand for Ernie. Thank you. Stand for Ernie. Stand for Ernie. Go ahead and go for it. All right. Very good. Again, guys, get off the X. And so again, are you, as Jason Redman was faced with, are you going to be a victim? Or are you going to be a fighter? All of us have that decision at some time or another. I know men who are in this room and who are watching by video, hundreds are watching by television, that are watching, that are sitting on the X right now. They're in the toughest time of their life. And I want you to be inspired. I want you to get off the X. I want you to be like Jason Redmond. I want to be like Jason Redmond. I want you to look over at Joshua chapter 1, verse 9. Again, a good verse to memorize. Again, reading it out of the message. Haven't I commended you? Strength, courage, don't be timid. Don't get discouraged. God, your God, is with you every step you take. Doesn't that annoy you? What I mean by that is oftentimes I pray, God, take this away. And you know what God's answer is? No. Get off the X. I'm with you. But how about a glass of wine? No, I did that one time just for fun at a wedding. But I'm going to be with you. Get up. Get out of bed. Quit feeling sorry for yourself and get off the X. Stand up. I had an old friend came to see me yesterday. It's ironic. Hadn't seen him in years. And I was delighted. I hope he's watching this morning. And I was in tears with him yesterday. Because he's been in a really, really dark, hard place. A lot of helplessness, a lot of

hopelessness, a lot of darkness. And I hurt with him, but I did not feel sorry for him. I don't want to feel sorry for you. I don't want you to feel sorry for me. But I did my best to encourage my friend to get up off the X and get moving. You know what a lot of his problem was? Was the same thing that I suffer with when I get discouraged. I just want to be by myself. I want to isolate. I don't want to come to men's group. I don't want to call anybody. I don't want to talk to anybody. and dude that's like drinking Drano hoping you don't get sick that's crazy and that's what my friend was suffering from he was suffering from a deep deep case of isolation and when we were sitting there, I cut all the lights off in my office and he and I sat there in the dark for a few minutes. I said, what would it be like if you came into my office and I just, we had the whole session like this? Well, first of all, he said, I think you were crazy. Well, I am a little crazy. So that would be confirmed. But I said, that's what you're doing at home. I said, you know, get out. I said, as I often do, I took my pad and I wrote action and I had five things for him to do. And the first thing was get out of the house. He's retired and he just stays at home. Dude, I don't even like going to the bathroom by myself. I mean, I do. But it's like, come on now. Don't live in isolation. It'll make a coward out of you. Okay? So, how about resilience? What do you do to stay resilient? What are you going to do? Turn over to Isaiah chapter 40. And Isaiah chapter 40 says this. Isaiah 40 verse 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. That's so important, is that you need strength. Who are you going to get that strength? You know, if I had a water bottle up here, a plastic water bottle, and if I was smarter, I'd have had it in my hand. I forgot it. I was going to, but it's like a children's sermon. You know, you got to have a prop. And so if I had an empty bottle, a plastic water bottle, and I said, I want you to see this water bottle as your own life. Now move out, move out, and you're empty. You're tired. As I've said to you before, when I hear the phrase, I'm tired in my counseling office, I know that's code for a lot of things, and I stop right there. What do you mean by that? Tease bottle to move out, to somehow drink from that empty water bottle, that's crazy. What we need is for that water bottle to be filled up, and that's resilience. Where are you going to get restored in that strength? The Bible tells us that you get that strength from God himself. Don't get determined to do it on your own. Get determined, as the song by Rascal Flatts says, to get on your knees and get filled up. Because those who wait on the Lord, they spread their wings and soar like eagles. They run and don't get tired. They walk and don't lag behind. So to encourage you and inspire you, again, as we go through this series, the book that we read on our summer trip in Idaho this year was Resilient by John Eldridge. I would encourage you to read this after you read Steve Brown's book, A Scandalous Freedom, Resilient by John Eldridge. Again, I'm a reader, so be careful. I'll load you up with books. And then this idea, guys, perseverance. Perseverance. It's the idea of finish strong. Finish strong. Look at Hebrews chapter 12. Hebrews chapter 12, verse 1 and 2. Again, good verse to meditate on, journal, process, rewrite it in your own

words. Listen to this, Hebrews chapter 12. Do you see what this means? All these pioneers who blazed the way, all these veterans cheering us on. And again, I would say, you know, godly men like a Jason Redman. godly men who faced all kinds of catastrophic events, trauma, we would call it in contemporary language. It means we had better get on with it. Get off the X. Strip down, start running, and never, never, never, Winston Churchill quit. Never give up. No extra spiritual fat. No parasitic sin. We would call that addiction. Keep your eyes on Jesus, who both began and finished this race you're in, 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. When you find yourselves flagging in your faith, Go over that story again, item by item, that long litany of hostility he plowed through that will shoot adrenaline into your souls. Guys, we are intended to be inspired by the life of Jesus. Are we not? You know, I love Jason Redman. I love that quote. But Jason Redman doesn't even hold a candle to Jesus. in my life. Again, I've got a long way to go, a long way to go, but I'm excited to be able to stand before you this morning and point you to Jesus. I wish I could do it better, more eloquently, more dynamically, whatever, but in the best way I know how, guys, It's about Jesus. It's about Jesus. Freedom from Jesus as a result of Jesus. Courage in Jesus. Resilience in Jesus. And perseverance in Jesus. So guys, finishing strong doesn't mean finish first, and it doesn't mean finish fast, but it does mean finish faithful. And with all of my energy, I want to be faithful to the end. Don't you? Don't you? Let's close in prayer. Father, we are grateful that you have given us your word. Help us to eat from it, eat from the table. And Father, may we bring honor and glory to your name every day of our lives. Help us to not be victims and full of self-pity. Help us to get up and get moving and bring honor to your name every day. In Jesus' name, amen. Have a great day.