



UNSHAKEN – Free Means Free

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

September 17, 2026

Scripture: Galatians 5:1, Joshua 1:9, Isaiah 40:31, Hebrews 12:1,2, John 8:31-32, Romans 14:13, 14, II Corinthians 3:16-18, Galatians 5:13-15, I Corinthians 8:11-13

Music: Zac Brown Band "Free" - <https://www.youtube.com/watch?v=0IGKraCzRRg>

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

THIS WEEK — SET FREE

"Free Means Free!" — John 8:31-32

"It is a tragedy that being a Christian for many is about obeying rules, doing religious things, and being "nice.""

FREE TO SIN?

Romans 14:14; 2 Corinthians 3:17; Galatians 5:13

"If we don't have the freedom not to do what he wants, we have redefined the word freedom."

BEWARE OF LEGALISM

Control can be baptized and called discipleship.

WILL FREEDOM KILL OUR WITNESS?

1 Corinthians 8:13

"What kills our witness in pretense, not freedom."

THE GRACE AND TRUTH CONTINUUM

TOO MUCH GRACE
TOO LITTLE TRUTH

X

TOO MUCH TRUTH
TOO LITTLE GRACE

GRACE AND TRUTH
John 1:14

ANTINOMIANISM

Grace detached from truth becomes permission without transformation.

"FULL OF GRACE AND TRUTH."

The Gospel does not pull us to either ditch. Jesus holds grace and truth together.

LEGALISM

Truth detached from grace becomes control without compassion.

Freedom is not lawlessness. Freedom is life in Christ: grace that restores and truth that forms.

DEBRIEF — ACTION: JOURNAL THIS

01 What part of life seems to hold you in slavery?

02 What would being "truly free" look like?

03 Which word do you most need: Freedom, Courage, Resilience, or Perseverance?

04 What is one faithful step forward this week?

ONE MOVE

Name it. Write it down. Take the next faithful step.

MR • UNSHAKEN FREEDOM • COURAGE • RESILIENCE • PERSEVERANCE



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.

John 8:31-32 - 31 Then Jesus turned to the Jews who had claimed to believe in him. "If you stick with this, living out what I tell you, you are my disciples for sure. **32** Then you will experience for yourselves the truth, and the truth will free you."

Romans 14:13, 14 - 13 Forget about deciding what's right for each other. Here's what you need to be concerned about: that you don't get in the way of someone else, making life more difficult than it already is. **14** I'm convinced - Jesus convinced me! - that everything as it is in itself is holy. We, of course, by the way we treat it or talk about it, can contaminate it.

II Corinthians 3:16-18 - 16 Whenever, though, they turn to face God as Moses did, God removes the veil and there they are - face to face! **17** They suddenly recognize that God is a living, personal presence, not a piece of chiseled stone. And when God is personally present, a living Spirit, that old, constricting legislation is recognized as obsolete. We're free of it! **18** All of us! Nothing between us and God, our faces shining with the brightness of his face. And so we are transfigured much like the Messiah, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.

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 whatever 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?

I Corinthians 8:11-13 - 11 Christ gave up his life for that person. Wouldn't you at least be willing to give up going to dinner for him - because, as you say, it doesn't really make any difference? But it does make a difference if you hurt your friend terribly, risking his eternal ruin! **12** When you hurt your friend, you hurt Christ. A free meal here and there isn't worth it at the cost of even one of these "weak ones." **13** So, never go to these idol-tainted meals if there's any chance it will trip up one of your brothers or sisters.

“Free” by Zac Brown Band

So we live out in our old van Travel all across this land Me and you And we'll end up hand in hand Somewhere down on the sand Just me and you Just as free Free as we'll ever be Just as free Free as we'll ever be We drive until the city lights Dissolve into a country sky	Just me and you Lay underneath the harvest moon Do all the things that lovers do Just me and you Just as free Free as we'll ever be Just as free Free as we'll ever be And ever be No, we don't have a lot of money No, we don't have a lot of money No, we don't have a lot of money	No, we don't have a lot of money No, we don't have a lot of money No, we don't have a lot of money No, we don't have a lot of money All we need is love We're free as we'll ever be Just as free Free as we'll ever be So we live out in our old van Travel all across this land Me and you
---	--	--

Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue – Fairhope, Alabama 36532

Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org