



# Unhindered

*Aligning the Story of Your Heart*

## Heart Logic: Four Essential Questions & Answers

Mark 4:35-41 | January 25, 2026

### What Is Heart Logic?

Heart Logic is the most foundational meanings we make about the world, others, ourselves, and God.

### Heart Shapers » Sore Spots » Heart Logic

#### The Four Heart Logic Questions:

- » Is God Good? Is He really good all the time?
- » Am I good even though I'm flawed? Am I truly valued and worthy of love?
- » Are other people good? Is there goodness among the brokenness in humanity?
- » Is life good? Is life good even in the most difficult times?

#### When Heart Logic Meets Hard Reality (Mark 4:35-41)

- » The disciples experienced a real storm, rising fear, and troubling conclusion: "Do you not care?"
- » Their fear wasn't just about the waves—it revealed what their hearts believed about Jesus.
- » Jesus was not merely delivering them from the storm; He was inviting them into a truer understanding of Himself.

**Our lives are shaped by what our hearts believe.** (Proverbs 4:23)

**In God's story of our lives, the answer to each of the Heart Logic questions is a resounding "yes!"**

#### ANNOUNCEMENTS:

**Men's Event** tonight at 6:00 PM

**Hunger Bowl** on Feb. 8 at 8:00, 9:00, 10:30, 11:30 AM, and 12:30 PM

**WCC Moms: Training for What Matters** on Feb. 18 at 6:00 PM

**Kids Ministry: Flashlight Tag (4th & 5th graders)** on Feb. 27 at 6:00 PM

**Download our WCCChurch app or scan the QR code for more info or to sign up!**



# STUDY QUESTIONS

## GETTING STARTED:

Share a time when you had to pivot at the last minute and touched a "sore spot" for you. How did you respond? What did that reveal about what you were feeling underneath?

## A DEEPER DIVE:

- Review "The Four Heart Logic Questions." What conclusions has your heart quietly made about God, yourself, others, or life?
  - What experiences shaped that belief?
  - If you answered "no" to one of the Heart Logic questions, what problems has that created in your life? (Examples given: hiding from risks, living with shame, keeping your guard up with people, relying only on yourself)
- The sermon said, "What we believe to be true about the future often determines our present behavior." How have you seen this play out in your life? How does faulty heart logic about the future affect your decisions today?

In the sermon, we said: Let's pursue our relationship with God. Let's pause when storms arise and look for God. Let's proceed with faith.

- What is one specific way you can pursue God and "taste and see that the Lord is good" this week? (Ideas: start your morning with gratitude, memorize a psalm, serve someone and experience God's goodness flowing through you.)
- What "storm" are you currently facing where you need to pause and look for God's presence instead of reacting in fear? What would it look like to look for your "ever-present helper" in that situation?
- Jesus asked the disciples, "Do you still have no faith?" even after they had seen Him in action. Where is Jesus inviting you to a deeper faith right now? What would it look like to proceed in faith rather than fear?
- Understanding Heart Logic may seem like it's all up to you, but what role does God play in revealing it and giving you wisdom about how to address it?

## NEXT STEPS:

This week, when you notice hindered behavior arising, pause and ask yourself:

**"Which of the four Heart Logic questions is my heart answering 'no' to right now?"**

Then take a moment to pray that God would help you see where He is and how to reframe the answer to 'yes.'