



Unhindered

Aligning the Story of Your Heart

Unforced Rhythms of Grace

Matthew 11:28-30, Hebrews 12:1-2 | February 15, 2026

Freedom endures by grace as we stay near Christ—who sustains us, teaches us His unburied pace, and invites us into His work.

Unformed Rhythms of Grace

- » Walk with Jesus
- » Work with Jesus
- » Watch how Jesus does it

NOTES: _____

ANNOUNCEMENTS:

WCC Moms: Training for What Matters on Feb. 18 at 6:00 PM
Kids Ministry: Family Flashlight Tag (K-3rd grade) on Feb. 20 at 6:00 PM
Kids Ministry: Flashlight Tag (4th & 5th graders) on Feb. 27 at 6:00 PM
The Gathering on March 2 at 4:30 PM

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



STUDY QUESTIONS

GETTING STARTED:

If you had to describe the current pace of your life in one word, what would it be? (Examples: frantic, steady, overwhelming, peaceful, chaotic, restful)

A DEEPER DIVE:

- **Read Matthew 11:28-30.** What stands out to you about Jesus' invitation? What does He NOT require before we come to Him?
 - How does the concept of "unforced rhythms of grace" challenge the way you currently approach your spiritual disciplines and daily routines?
- **Walk with Jesus:** The sermon said Jesus was busy but never in a rush. How would your daily life change if you adopted Jesus' unhurried pace? What practical steps could help you "keep company" with Jesus?
- **Work with Jesus:** Discuss the difference between "our part" and "God's part" in the healing process. Where might you be trying to do God's part for Him? Where might you be neglecting your part?
- **Watch how Jesus does it:** Jesus didn't heal everyone or feed everyone. He did what the Father required of Him. What does this teach us about saying "no" to good things in order to say "yes" to the essential things?

Reflecting on the Unhindered Life.

- **Reviewing Hebrews 12:1-2,** what specific weights or hindrances might Jesus be inviting you to throw off so you can run your race with greater freedom?
- What sore spots have you identified throughout this series that need healing?

NEXT STEPS:

Review the Nevertheless Statements you created for yourself from this series. This week, take a few walks (outdoors if weather permits) with no phone or music. Just be with Jesus and recite your Nevertheless Statements.