



# Unhindered

*Aligning the Story of Your Heart*

## Sore Spots: What Has Hindered Our Hearts?

Numbers 13:26-32; 14:20-24 | January 18, 2026

*Above all else, guard your heart, for everything you do flows from it.*

— Proverbs 4:23

Here are some of our primary heart shapers: family of origin, everyday life experiences, defining moments and sin.

A question we all should ask:  
**What are the primary shapers of my heart?**

**Negative Heart Shapers » Sore Spots » Hindered Behavior**

A great example of this is found in Numbers 13:26-32; 14:20-24.

- Sore Spots affect the story of our heart.
  - Sore Spots usually surface in these ways: Shame, Fear, Inadequacy, A Sense of Rejection, Feeling Unvalued, Pride
- Sore Spots alter our story.
  - The spies investigated the same land, had the same enemies, served the same God, yet had different hearts.
- Sore Spots can be a source of impact.
  - Peter's restoration and transformation provide a great example. (John 21 and Acts 2)

### ANNOUNCEMENTS:

**Preschool Fun Day** on Jan. 19 at 9:00 AM

**Kids Elementary Winter Retreat** from Jan. 23 to Jan. 24

**Connect Class** on Jan. 25 at 9:00 AM

**Men's Event** on Jan. 25 at 6:00 PM

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

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



# STUDY QUESTIONS

## GETTING STARTED:

When you were a child, what was something that shaped who you are today in a positive way? Share one memory that still influences you

## A DEEPER DIVE:

- Looking at some of our primary heart shapers (family of origin, everyday life experiences, defining moments, and sin), which one has had the most significant impact on shaping your heart? Can you share an example?
- The sermon mentioned that some heart shapers are things done TO us, while others are decisions WE made. Why is it important to recognize both? Which type of wound do you find harder to bring to Jesus for healing? Why?
- Read Numbers 13:26-32; 14:20-24. What stands out to you most from this passage? What do you notice about the difference between the ten spies and Caleb (and Joshua)?
- The ten spies and Caleb shared the same experiences – slavery in Egypt, witnessing God's miracles, and scouting the same land – yet they responded differently. What made Caleb respond so differently? What does this teach us about how we respond to our own heart shapers?
- The sermon listed six common sore spots: shame, fear, inadequacy, rejection, feeling unvalued, and pride. Which of these resonates most with your current season of life? How does it show up in your thoughts, feelings, and actions?
- "Sore spots can become a source of impact." Can you think of someone whose past pain became their greatest ministry? How might God want to use your healed sore spots to impact others?
- Romans 8:39 reminds us that nothing can separate us from God's love. How does knowing you are fully loved by God—regardless of your sore spots—change your willingness to let Him reshape your heart?

## NEXT STEPS:

### What sore spot are you ready to bring to Jesus for him to reshape?

Write down the primary heart shapers in your life. Be specific about experiences, people, or moments that have left sore spots. Bring this list to Jesus in prayer each day.