



Unhindered

Aligning the Story of Your Heart

The Story of Your Heart

Hebrews 12:1; John 10:10; Luke 17:11-14; John 9:1-7 | January 11, 2026

*...let us throw off everything that hinders and
the sin that so easily entangles...*

— Hebrews 12:1

We all have things that hinder us from living life to the full.

Our journey over the next six weeks is to unhinder our heart to unhinder our story. The great part is that God invites us to partner with Him. We have a role to play in our healing journey, and it's not easy, but it's worth it.

A few things about the story of our heart:

- » The story of our heart writes the story of our life.
As water reflects the face, so one's life reflects the heart. (Proverbs 27:19)
- » The story of our heart can be hindered.
Let us throw off everything that hinders. (Hebrews 12:1)
- » The story of our heart can be edited.
As they went, they were cleansed. (Luke 17:14)

NOTES: _____

ANNOUNCEMENTS:

Women's Bible Study begins the week of Jan. 20

Kids Elementary Retreat from Jan. 23 to Jan. 24

Connect Class on Jan. 25 at 9:00 AM

Hunger Bowl on Feb. 8

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



STUDY QUESTIONS

GETTING STARTED:

Share a favorite movie or story that had a powerful impact on you. What made it memorable?

A DEEPER DIVE:

- What does it mean that "our hearts tell the story of our lives"? How have you seen this play out in your own experience?
- Where is a gap in your life that needs to be closed between where you are now and where you feel God wants you to be?
 - What do you feel God is challenging you to see with fresh eyes? What "more" do you feel God is showing you?
- The sermon mentions that we need to embrace self-understanding while also taking ourselves out of the center view. How can we balance these two practices in our spiritual journey?
- Jesus instructed the ten men with leprosy and the man with blindness to take action before their healing was complete. What does it mean for you to live in the presence of God's promises rather than in the hindrances of your circumstances?
 - Both healing stories required the people to do something—to partner with God. Why do you think God invites us to participate in our own healing rather than just instantly fixing everything?
- The Hebrew author says that discipline produces a harvest of righteousness and peace for those who have been trained by it. What difficult heart work might God be calling you to do that seems painful now but could yield this harvest later?
- **Reflect on Hebrews 12:1.** What's the difference between "sin that entangles" and "things that hinder"? Can you think of examples of each?

NEXT STEPS:

Set aside 30 minutes of quiet time and ask God: *"What is hindering me from the full life You offer?"*

Write down what comes to mind (fear, shame, control, people-pleasing, etc.). There's no need to try to fix these yet. Right now, we just need to grow in our awareness.