



# HEART CONFERENCE DIGITAL PROGRAM

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WE ARE CRUSHING SNAKES IN JESUS' NAME!



CRUSHING SNAKES  
IN JESUS' NAME



# STEP INTO HIS AUTHORITY

There is an invitation for you to rise and shine and step into the light. While the world may still be sleeping, you are called to awaken and step into the divine purpose and authority that Christ has pre-destined for you. From the beginning of time, you were part of His ultimate and favoured design. The realities of fear, shame & insignificance have tried to keep you bound, but no longer. For He will bring you out into a broad place; He will rescue you, because He delights in you. Arise, shine, for your light has come, and the glory of the LORD has risen upon you. Awake, put on your beautiful garments, the full armour of God. For Christ has given you all authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. The God of peace will soon crush Satan under your feet. No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgement. So if the Son sets you free, you will be free indeed!

# You are His Beloved

*in Jesus' Name*

My beloved daughter,  
Today I want you to take a step.

It might feel like the biggest step of your life but I promise, it's just one small step forward towards me and away from everything that is holding you back. Philippians 3:13-14.

It is time.

I came to this world so you could be free. Galatians 5:1

You have to throw off everything that is hindering you and come with me into the fullness of your freedom. Hebrews 12:1-4

Grab hold of me by faith, like the woman with the issue of blood, and let me heal you. Daughter you must stop going back to the old. Luke 8:43-48

Your freedom is imminent. It is for you and I will do it but you have to trust me. You cannot do this life alone, in your own strength, and be free. You have to trust me. I will lift you up and crush Satan under your feet. Romans 16:20

Take my hand today and position yourself behind me, come very close. I will go before you and make the way straight. I will walk slowly and gently caring for all your needs. Nothing and no one will harm you. Just remain behind me. Psalm 91:1-2

These are my words, they are written for you. Memorize them, declare them out loud, pray them. They are my words and my word is powerful, sharper than the sharpest double edged sword. The enemy is powerless over my word. Hebrews 4:12. My word will reveal what is holding you back and together we will walk towards freedom and healing. I will heal your heart, your deepest hurt and the mistrust that's keeping you away from me.

This is my word for you.  
I will teach you. I will lead you and I will protect you. Psalm 27:11  
Clothe yourself in me, my beloved girl. I will rescue you.

With All My Love,  
Your Father

# CONFERENCE SCHEDULE

## DAY ONE

6:30pm   Doors Open  
7:30       Session 1  
10:00      End

## DAY TWO

8:30am   Doors Open  
9:00       Session 2  
10:30      Break  
11:00      Session 3  
12:00pm   Lunch  
1:15       Workshops  
2:30       Break  
3:00       Session 4  
4:30       End



# SPEAKERS



**Pastor Lori Boucher**



**Pastor Ingrid Heeg**



**Pastor Angela Johnson**



**Pastor Sara Wall**

Main Session  
Crushing Fear

Main Session  
Crushing Fear

Main Session  
Crushing Shame

Main Session  
Crushing Shame



**Pastor Shirley Zappia**

Main Session  
Crushing Insignificance



**Pastor Joyce Boucher**

Main Session  
Crushing Insignificance



**Pastor Rhonda Cousteau**

Main Session  
Crushing Freedom

# WORKSHOPS



**Pastor Angela Johnson**

Crushing Insecurity in  
Jesus' Name



**Pastor Skylar Smit**

Crushing Insecurity in Jesus'  
Name



**Pastor Emma Bidgood-Nyathi**

Crushing Loneliness in  
Jesus' Name



**Pastor Elizabeth Brown**

Crushing Time  
Management in Jesus'  
Name



**Pastor Karen Sargent**

Crushing Grief & Loss in  
Jesus' Name



**Pastor Cassie Pitt**

Crushing Control in Jesus'  
Name



**Pastor Ingrid Heeg**

Crushing Your Thought  
Life in Jesus' Name

# SOME HELPFUL INFORMATION FOR YOU HEART CONFERENCE

## **FIRST AID**

If you require first aid for any reason, big or small, the kits can be found in the main lobby. Feel free to ask any of our volunteers for directions or assistance.

## **WASHROOMS**

During the conference, there are several facilities available. Two are down the main hallway towards the kid's wing of the building, and two more are in the student wing. There are also two accessible washrooms, one in the student wing and the other in the hallway just off the cafe.

## **WATER FOUNTAIN**

There are three water fountains available for you to refill your water bottles. Two are in the hallway in the kid's wing of the building and one is in the student wing.

## **SWAG BAGS & BRACELETS**

Don't peek in your swag bags! Each item has been carefully selected as a part of our conference. How fun is that? Be sure to wear your conference bracelets. You will need it to enter and to get your lunch!

## **PARENT LOUNGE**

Moms with infants are welcome to use our parent lounge at any time during the conference and enjoy a live feed of our services. The room is located in the kid's wing.

## **PRAYER MINISTRY ROOM**

We have a dedicated prayer ministry room where you can receive prayer before or after any of our sessions. We will have prayer team members there ready to minister and pray for you.

## **QUIET ROOM**

If you need a quieter space at any point throughout the conference, we have several spaces available for personal reflection, quiet meditation journaling, or rest. The student wing is available for you to watch the service with a bit more space. As well, down in the kid's wing, there is a designated quiet room. Please be mindful not to talk or distract others in our quiet room.

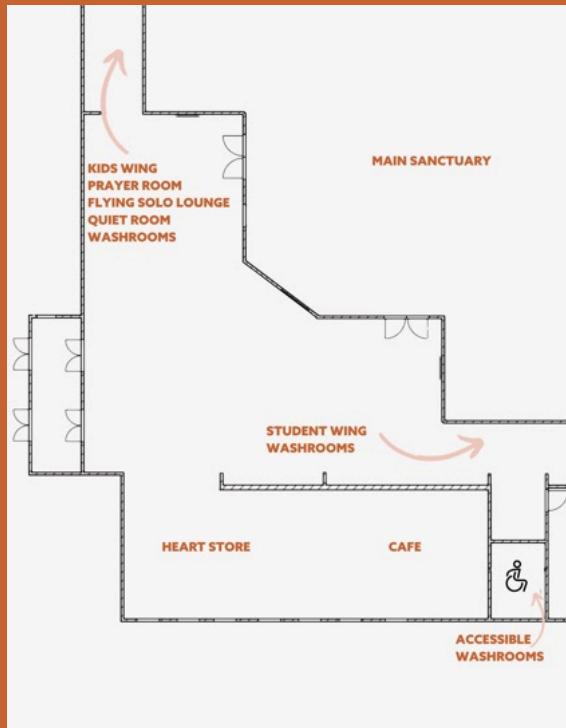
## **FLYING SOLO LOUNGE**

If you wish to connect with others who are flying solo find Laura and Andree because they are Flying Solo too and they would LOVE to connect with you. We have special seating and a Flying Solo lounge located in the kid's wing where you can go to meet others or have your lunch together.

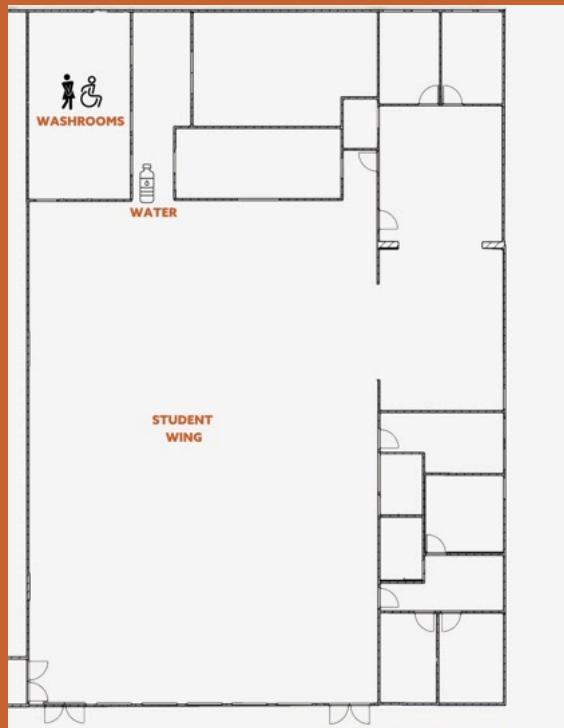
## LIFECENTRE MAP

# HEART CONFERENCE

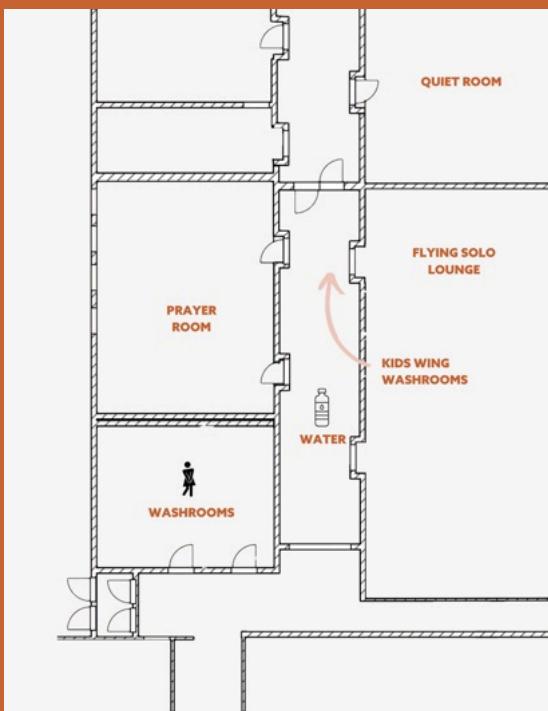
### LOBBY



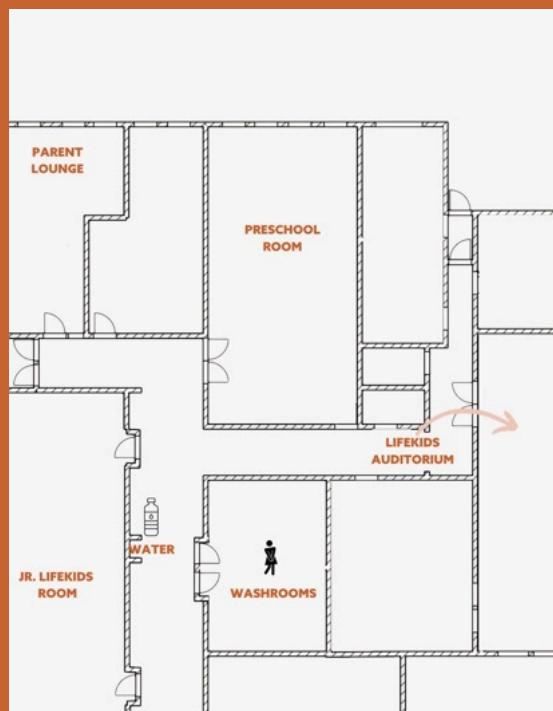
### STUDENT WING



### TRAINING ROOM HALLWAY



### KID'S WING



# You Have Authority

Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Luke 10:19



# WORKSHOP DESCRIPTIONS



Workshops will take place on DAY TWO at 1:15 pm.

Our six workshop descriptions & locations are listed in the pages to follow. Please read the descriptions and choose ONE workshop to attend. Seating is first come, first serve. Once the room is full you will need to make another choice. Please be gracious as we are limited by the seating capacity of each of our rooms.

# WORKSHOP LOCATIONS

01

CRUSHING INSECURITY  
IN JESUS' NAME

LOCATION:  
LifeKids Auditorium

02

CRUSHING LONELINESS  
IN JESUS' NAME

LOCATION:  
LifeKids Pre-school Room

03

CRUSHING GRIEF &  
LOSS IN JESUS' NAME

LOCATION:  
Nouvelle Espoir Youth Room

04

CRUSHING CONTROL IN  
JESUS' NAME

LOCATION:  
Nouvel Espoir Main Sanctuary

05

CRUSHING TIME  
MANAGEMENT IN JESUS' NAME

LOCATION:  
Lifecentre Jr. LifeKids

06

CRUSHING YOUR THOUGHT  
LIFE IN JESUS' NAME

LOCATION:  
Lifecentre Student Wing

WORKSHOPS BEGIN PROMPTLY AT 1:15 PM

# 01.

## CRUSHING INSECURITY IN JESUS' NAME (GRADES 6-12)

**LOCATION:**  
**LIFEKIDS AUDITORIUM**

**PASTOR  
ANGELA  
JOHNSON**



**PASTOR  
SKYLAR  
SMIT**



### WORKSHOP DESCRIPTION:

Many of us know what it is like to face insecurity. It is a snake that seeks to steal our identity as daughters of God, and crush our sense of value and worth as His children. In this workshop, we will learn the truth of who we are as God's daughters. We are wonderfully made and secure in our position as His children. We have been equipped with tools and gifts God has given us to help us crush the snake of insecurity in Jesus' name.

### SPEAKER BIO:

Angela Johnson is the LifeStudents pastor at Lifecentre Orleans Campus. She grew up in Ottawa and came to know Jesus when she was 15 years old attending Lifecentre's youth group! Angela has a passion for seeing the younger generation come to know Jesus and powerfully serve His Kingdom.

Skylar Smit is the LifeStudents pastor at Lifecentre Kanata Campus. She loves Jesus, meeting new people, and plants! She's been married to her high school sweetheart for almost 4 years and has loved every second of it. Skylar loves the next generation and making a space for them at the table!

# 02.

## CRUSHING LONELINESS IN JESUS' NAME (GRADES 4-5)

### LOCATION:

LIFEKIDS AUDITORIUM &  
PRE-SCHOOL ROOM



### WORKSHOP DESCRIPTION:

Loneliness is something that most of us have experienced or will eventually experience. When faced with it, we can often start to believe lies such as “I am all alone”, “Nobody cares about me”, and “I don’t have any real friends” ... If left unchecked, these lies will begin to take a toll on our mind, our emotions and our relationships! In this workshop, we will crush the snakes of loneliness by leaning into 2 important truths: 1) We are made for relationships - with God, our family, and our friends. 2) We are so much better together.

PASTOR  
EMMA  
BIDGOOD-  
NYATHI

### SPEAKER BIO:

Emma Bidgood-Nyathi is the LifeKids pastor at Lifecentre Church. She is a sister, a friend, a wife, a mother of 3 (soon to be 4), and a cheerleader for all. God has stirred up a great passion within Emma’s heart to see children and their families grow and thrive in their relationships with Jesus and in their love for His church - to see them become fully equipped as His disciples and carry His light into every corner of their world.

# 03.

## CRUSHING GRIEF & LOSS IN JESUS' NAME

**LOCATION:**  
NOUVEL ESPOIR YOUTH  
ROOM



### WORKSHOP DESCRIPTION:

In Luke 4:18 Jesus says, “He has sent me to heal the brokenhearted.” All of us experience grief and loss in many ways throughout our lives. We cannot escape it. It is a part of the human experience. How we navigate these seasons is crucial to our mental, emotional, physical, and spiritual health. In this session, ladies will be reminded of the hope that only Jesus can provide when they choose to partner with Him through difficult times.

### PASTOR KAREN SARGENT

#### SPEAKER BIO:

Karen joined the Lifecentre Kanata Campus staff team in Feb. 2017 as the administrator and in October 2018 as LifeKids pastor. She has been married to her husband Rob for over 38 years. They have 2 adult daughters and 2 grandchildren. In recent years, Karen has experienced God’s hope and peace firsthand as she has navigated through seasons of grief and loss. She desires to share her experience with others so they too can feel His presence in the midst of grief.

# 04.

## CRUSHING CONTROL IN JESUS' NAME

### LOCATION:

NOUVEL ESPOIR  
SANCTUARY

### WORKSHOP DESCRIPTION:

If you feel like you are constantly living on the edge, trying to manage too much, controlling everything so nothing falls apart, this workshop is for you. Choosing to crush the snake of CONTROL in your life can be done, in Jesus' name! Let's talk about how we can surrender our lives, and our futures to God, while being active partners with HIM. Surrender doesn't mean watching life pass by - it means engaging in the adventure that God has planned for us and allowing HIM to lead us into great and beautiful things.

PASTOR  
CASSIE  
PITT

### SPEAKER BIO:

Cassie Pitt is the newly employed pastor of connections and community at the Lifecentre Kanata Campus! She loves school, winter, roller coasters, coffee, and hanging out with her husband and two sons. She can sometimes be found organizing things or laughing loudly when it's quiet time. She loves Jesus and is so grateful that He never gave up on her.



# 05.

## CRUSHING TIME MANAGEMENT IN JESUS' NAME

### LOCATION:

LIFECENTRE JR. LIFEKIDS  
ROOM



### WORKSHOP DESCRIPTION:

One of the ways the enemy snaps at our heels is by drowning us in busyness. He feeds us the lie that there is insufficient time to accomplish everything God has entrusted into our care. To crush this snake, we must make space in our crowded lives to align ourselves to the movements of God through the spiritual disciplines of simplicity and slowing down. When we trust God one day at a time, we see that there is enough time each day to accomplish all that God requires of us. Come and learn how Jesus aligned His daily living to God's plans, so you too can live in victory, enjoying the tempo of a God-breathed life.

PASTOR  
ELIZABETH  
BROWN

### SPEAKER BIO:

Elizabeth is deeply passionate about studying God's Word and how it teaches us to walk in a relationship with Jesus. She loves living alongside fellow believers as together we discover who God has created us to be and how to boldly go out and fulfill our God-given purposes. Elizabeth holds a Masters of Divinity, is the discipleship pastor at Lifecentre Kanata, serves multiple women's ministries across Canada, and is a proud military wife.

# 06.

## CRUSHING YOUR THOUGHT LIFE IN JESUS' NAME

### LOCATION:

LIFECENTRE STUDENT  
WING



### WORKSHOP DESCRIPTION:

So much of what we battle starts in our thoughts. Scriptures teach us that we are to take our thoughts captive and dwell on Godly things. In this workshop, we will examine how submitting our minds to Christ and choosing God's truth over lies will, over time, transform us. This will be a practical workshop with some teaching and some time to reflect and put into practice the principle being taught.

PASTOR  
INGRID  
HEEG

### SPEAKER BIO:

Ingrid is a pastor at the Lifecentre Cornwall Campus, where she co-leads with her husband Geoff. She is a mother of 6 but is often called "Mother Ingrid" by others as she loves seeing people nurtured and cared for. She has a passion for God's Church and desires to see it whole, unified, and a beautiful reflection of God's fullness. For it is by our love for one another that everyone will know that we are disciples of Christ.

ARISE, SHINE,  
FOR YOUR  
LIGHT HAS  
COME, AND THE  
GLORY OF THE  
LORD HAS RISEN  
UPON YOU.

ISAIAH 60:1

# NEXT STEPS IN YOUR FREEDOM



Sometimes it's hard to know what to do after a powerful weekend with Jesus. Here are a few resources and suggestions to help you continue on your journey of healing and freedom in Christ! Keep crushing those snakes GIRL!





# Crushing Fear

## *in Jesus' Name*

Here is an exercise that you can do at home to keep crushing the snake of fear when it tries to come and burden you. Let's keep walking in freedom together!

- Make a list of your fears. (See examples below).
  - *E.g. Being alone.*
- Take some time with Jesus to reflect on the following questions with each fear you listed.  
What are you afraid will happen if your fear is realized?
  - *E.g. I will be alone forever.*
- Is this fear true? Has it happened?
  - *E.g. No, even if I am alone, God is with me.*
- Where are you putting your trust in this area?
  - *E.g. In my relationship.*
- Repent for putting your trust in inferior things and lay down your fears.
  - *E.g. Forgive me God for not trusting that you are always with me.*
- What is God's higher truth over your fear?
  - *E.g. God is always faithful, he will never leave me.*
- Thank God for truth over your fear.
  - *E.g. Thank you God that you are always faithful and that you will never leave me.*





# Crushing Shame

*in Jesus' Name*

## Crushing Shame: A Daily Practice

### 1. Remember: We all make mistakes.

Take some time by yourself to spend with Jesus. Take a few deep breaths. Read Romans 3: 21-26. Remember that we all make mistakes and as we seek to become more like Christ, we choose to throw away the sins that entangle us. But we need to recognize that we have missed the mark and we will miss the mark, but even here, God loves us.

### 2. Reflect: Examine your heart.

Reflect on your life, where you have fallen short and look at how others have sinned against you. We all make mistakes but as followers of Christ, we need to recognize when things have been going astray. Recognize where you may have chosen to align with a lie that entered your heart because of someone else's sins toward you (i.e. I am not worthy, I am unloved, I am forsaken). Choose to acknowledge these things by journaling and writing these things down.

### 3. Run: To the Father.

Now that we can recognize the areas where we have fallen short, choose to run to God. Take a moment to pray and talk to God. Thank Him for who He is, and express your need for him. Run to the only one who can forgive you, save you, and provide you with what you need. If someone has sinned against you, take time to recognize these sins, bring them to God and be honest about how you feel.

### 4. Repent

Repentance is turning from our sin and running in the opposite direction. Repentance is good and heaven rejoices when we do! Why? Because it turns us towards the Father and away from the enemy which is a POWERFUL thing. Take a moment and ask for forgiveness for those areas where you have fallen short. If someone has sinned against you, ask God for the strength to forgive and forgive them for sinning against you. Ask for forgiveness for where you may have chosen to align with a lie that entered your heart because of someone else's sins toward you.





# Crushing Shame

## *in Jesus' Name*

### 5. Receive: The Father's Love

You, as God's daughter, have a deep desire and need to receive God's love. You must choose to embrace it, not run away, but accept this love, and as you do, you will begin to crush the snake of shame in Jesus' name. Take time to read scriptures in the Bible about God's love for you and your identity as His child. Read these truths and remember, this truth applies to you as God's daughter. Receive it. Scriptures: Romans 8:1-4, Romans 10:11, Psalms 34:5. End your time in gratitude, thanking God for who He is and who He says you are as His daughter.

### 6. Repeat

Go to God each day, and remember that you will make mistakes. Talk to God about what's on your heart, what you are struggling with, and where you've fallen short. In the face of your sin, don't forget who can help you. Run to God because He waits for you and longs to talk to you. Write down the things weighing you down, then repent and ask him to forgive you in the areas we talked about above. Tell your Father, and he will listen closely. But then you must trust —and this is important—that His grace meets you each day and receive His forgiveness and truth.

#### *Scripture's To Crush Shame*

"Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. 3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit." *Romans 8:1-4*

"As Scripture says, "Anyone who believes in him will never be put to shame." *Romans 10:11*

"Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces." *Psalms 34:5*





# Crushing Shame

## *in Jesus' Name*

### Recommended Reading

- *Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely* by Lysa TerKeurst
- *Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection* by Edward T. Welch
- *Soul Keeping: Caring for the Most Important Part of You* by John Ortberg
- *The Cost of Control: Why We Crave It, and the Power God Promises* by Sharon Hood Miller
- *The Garden Within: Where the War with Your Emotions Ends and Your Most Powerful Life Begins* by Anita Phillips
- *Untangle Your Emotions: Naming What You Feel and Knowing What to Do About It* by Jennie Allen
- *The Emotional Healthy Woman: Eight Things You Have to Quit to Change Your Life* by Geri Scazzero
- “M Is For Mama” or “Hard Is Not The Same Thing As Bad” by Abbie Halberstadt.
- *Silence and Solitude* by Ruth Haley Barton
- *She is Free* by Andi Andrews
- *Boundaries for Your Soul* by Alison Cook
- *Unashamed* by Christine Caine (Available on Right Now Media Series or Book)





# Crushing Insignificance

## *in Jesus' Name*

This is WHO I AM in Christ! Here are truths from God's Word about who you are!

- I am a holy temple (Ephesians 2:21; 1 Corinthians 6:19).
- I am a dwelling for the Holy Spirit (Ephesians 2:22).
- I share in the promise of Christ Jesus (Ephesians 3:6).
- God's power works through me (Ephesians 3:7).
- I can approach God with freedom and confidence (Ephesians 3:12).
- I know there is a purpose for my sufferings (Ephesians 3:13).
- I can grasp how wide, long, high and deep Christ's love is (Ephesians 3:18).
- I am completed by God (Ephesians 3:19).
- I can bring glory to God (Ephesians 3:21).
- I have been called (Ephesians 4:1; 2 Timothy 1:9).
- I can be humble, gentle, patient and lovingly tolerant of others (Ephesians 4:2).
- I can mature spiritually (Ephesians 4:15).
- I can be certain of God's truths and the lifestyle that He has called me to (Ephesians 4:17).
- I can have a new attitude and a new lifestyle (Ephesians 4:21-32).
- I can be kind and compassionate to others (Ephesians 4:32).
- I can forgive others (Ephesians 4:32).
- I am a light to others and can exhibit goodness, righteousness and truth (Ephesians 5:8-9).
- I can understand what God's will is (Ephesians 5:17).
- I can give thanks for everything (Ephesians 5:20).
- I don't have to always have my own agenda (Ephesians 5:21).
- I can honour God through marriage (Ephesians 5:22-33).
- I can parent my children with composure (Ephesians 6:4).
- I can be strong (Ephesians 6:10).
- I have God's power (Ephesians 6:10).
- I can stand firm in the day of evil (Ephesians 6:13).
- I am dead to sin (Romans 1:12).
- I am not alone (Hebrews 13:5).
- I am growing (Colossians 2:7).
- I am His disciple (John 13:15).
- I am prayed for by Jesus Christ (John 17:20-23).





# Crushing Your Freedom

## *in Jesus' Name*

### **Connect in Community**

Make a habit out of coming to church and connecting in your church community. No matter where you attend, there are groups, classes and ways to continue to be known and grow as a disciple of Christ.

If you don't have a home church or want to get connect more at Lifecentre here are some ways to do so.

- [Lifecentre Orleans](#) meets Sundays at 9:00 am, 10:45 am & 12:30 pm
- [Lifecentre Kanata](#) meets Sundays at 9:00 am, 10:45 am
- [Lifecentre Cornwall](#) meets Sundays at 10:00 am

Visit [lifecentre.org](http://lifecentre.org) for more information and to find other groups and classes to connect to.

### **Daily Bible Reading & Prayer**

You will be amazed at how powerful the daily spiritual disciplines of Bible reading and prayer are in your ongoing personal healing and growth journey with Christ. We often want a quick immediate fix to our struggles but sometimes we just need to remain consistent and let the Lord work slowly in and through our lives.

We invite you to join us in our [church-wide Bible reading plan](#). We are reading in the book of 2 Kings right now, and you can find the full Bible reading plan at [lifecentre.org](http://lifecentre.org) under *Becoming Heartstrong Training Plan*.

### **Becoming Heartstrong**

We believe that there is no problem we face that discipleship cannot solve. As we become more and more like Jesus, things continue to be healed and whole.

Join us *Monday - Thursday* at 6:00 am or 8:00 pm to study the Bible chapter by chapter in community.

Visit [heartstrong.life](http://heartstrong.life) to register for the secure zoom link to join.



# Crushing Your Freedom *in Jesus' Name*

## **Therapy or Counselling**

We believe that sometimes we find ourselves in a place where we need someone to help us sort out what is happening in our inner world. We recommend reaching out to find a counsellor or therapist to help you continue your healing journey. Finding a therapist can be difficult, we recommend you begin with a Google search and include any specialties, price point and location you may be interested in. Do your research and pray about it. Ask God to help you to find a good fit for you. It's ok, if the first one, is not the right one for you.

## **Prayer Ministry/Freedom Ministry**

Sometimes we have issues that require more specific ministry. Each Sunday at Lifecentre you can receive personal prayer from our prayer team about specific issues you want to address in your life.

We believe that a simple process of confession, repentance & breaking the power of the enemy is very effective in dealing with persistent struggles. However, if further ministry is desired please don't hesitate to receive prayer on Sundays or email [freedomministry@lifecentre.org](mailto:freedomministry@lifecentre.org) to find out more.

## **Lifecentre School of the Bible**

If you are interested in going deeper into understanding the Bible, we invite you to register for Lifecentre School of the Bible (LSB). LSB meets weekly both in-person and online to study the Word of God in a classroom setting. New courses on a variety of topics begin every 6 weeks.

Visit [lifecentre.org/bibleschool](http://lifecentre.org/bibleschool) for more information and to register.



# Crushing Insecurity

## *in Jesus' Name*

### 1. Reflect

Psalms 139: 23-24: "Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting."

Ask God if there is anywhere in your heart where you are anxious about who you are. Write these things down.

### 2. Recognize the Truth

Psalms 139: 13-14 "For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Understand the truth about who God says you are, do these thoughts or ideas mentioned before line up with the truth found in scripture? What does God say about who you are? Replace those lies with the truth, you can replace them with the truth found in scripture.

### 3. Repent

Talk to God, he wants you to come to him with everything, including those thoughts. The thoughts that do not align with His truth about who He says you are. God loves you dearly and wants you to walk in the truth of who He created you to be! Repent and ask for forgiveness for those areas where you have believed lies about who you are, and ask the Holy Spirit to help you remember God's truth.

### 4. Close in a prayer of thanksgiving for all that God has done today in your heart.





# Crushing Insecurity

## *in Jesus' Name*

### **What I Say- I'm not good enough**

God gave us power in His name, grace that is always enough, made in His image, and declared very god by God Himself!

### **What God Says:**

God makes us all worthy through His Son, Jesus! None of us are good enough on our own, but through Him, we are made whole!

Romans 8:37 - "No, in all these things we are more than conquerors through him who loved us."

### **What I Say- I'm not smart enough**

We don't have to worry that we won't be smart enough to face what God puts in front of us. Day by day, with every situation we're faced with, God will always be there with us and guide our next step.

### **What God Says:**

God gave us a brain that does so many amazing things for us! We are blessed with minds that can make tough decisions! We are never alone.

James 1:5- "If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."

### **What I Say - I'm not pretty enough**

Whether you feel pretty or not, remember that God created you, knowing how beautiful you would be, and decided that you are a masterpiece! You are literally a work of art from God - He made your body AND mind to be beautiful

### **What God Says:**

He loves every detail of you! He is using YOU to bring out the beauty of this world and His creation. Your looks only prove that God makes beautiful things and people!

Psalm 139:13-14- "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."





# Crushing Insecurity

## *in Jesus' Name*

### **What I Say- I'm not loveable**

You cannot live a day without saying you aren't loved, because GOD loves you! The creator of the universe! God loves us so much that he shows us true love - laying down His life for us His children.

### **What God Says:**

God loves you SO. MUCH! He loved YOU so much that He sent his one and only son to die for you on the cross! All so that we could live in heaven with Him for eternity! Even when we mess up or make a mistake, He still loves us and sees us no differently!

1 John 4:10- "This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins"

### **What I Say- I'm not gifted like they are**

EACH Christ-follower is given gifts directly from God! He is able to use us for the Kingdom of God. If we all had the same gifts, the church wouldn't be as unique as it is! Without all of the gifts among all of the people, we wouldn't be able to accomplish what He has for us and this world! He needs YOU to use your gifts in order to reach people that the other person you want to be can't do as effectively.

### **What God Says:**

He made you perfectly! He knew exactly what He was doing when he decided to put you on this earth at this time.

1 Peter 4:10- "As each has received a gift, use it to serve one another, as good stewards of God's varied grace"

1 Corinthians 12:4-7- "Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good."



THEREFORE IT SAYS,  
“AWAKE, O SLEEPER,  
AND ARISE FROM THE  
DEAD, AND CHRIST  
WILL SHINE ON YOU.”

EPHESIANS 5:14



# Reading List

## Pastoral Staff Picks

- ♡ *Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely*  
by Lysa TerKeurst
- ♡ *Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection*  
by Edward T. Welch
- ♡ *Soul Keeping: Caring for the Most Important Part of You*  
by John Ortberg
- ♡ *The Cost of Control: Why We Crave It, and the Power God Promises*  
by Sharon Hood Miller
- ♡ *The Garden Within: Where the War with Your Emotions Ends and Your Most Powerful Life Begins*  
by Anita Phillips
- ♡ *Untangle Your Emotions: Naming What You Feel and Knowing What to Do About It*  
by Jennie Allen
- ♡ *The Emotional Healthy Woman: Eight Things You Have to Quit to Change Your Life*  
by Geri Scazzero

# Crushing Snakes

## *in Jesus' Name*

It seems very often that the enemy, the filthy snake that he is, is attempting to bring us down with his venomous bites. As I was praying on this, I thought of “crushing snakes” and the visual that came to me was that the anti-venom that is used is made from the venom of the snake itself. Here is some information concerning the production of rattlesnake antivenom taken from an online science magazine.

The production of rattlesnake antivenom is a complex and intricate process that involves multiple stages. It begins with the collection of venom from venomous snakes, typically rattlesnakes. The venom is first fractionated, wherein its components are separated based on their chemical properties. This process allows the isolation of specific toxins responsible for the snakebite’s harmful effects.

After fractionation, the toxic components are injected into animals, commonly horses and sheep, in small and controlled doses. These animals’ immunological systems recognize the foreign substances and start producing antibodies to neutralize them. Over a period of time, the animals are repeatedly exposed to the venom, which results in the production of a large amount of specific antibodies in their blood.

### *The Role of Sheep Blood in Rattlesnake Antivenom*

While horses have historically been the preferred animals for antivenom production, sheep have also been utilized in recent years. The antibodies generated in these animals’ bloodstreams are the essential components of the antidote.

Apparently antivenom was originally created by injecting horses with venom little by little and then extracting the antibodies from the blood. This antivenom had some adverse side effects, so they turned to using sheep. The antibodies produced by the sheep’s blood are much more tolerable to the human body. Did you catch that? These antibodies were extracted from the blood of the lamb. Let’s read Revelation 12:11 “And they have defeated him by the blood of the Lamb and by their testimony. And they did not love their lives so much that they were afraid to die.”

Sometimes the bite of the enemy gets us. The strike reaches our vulnerable parts, and a bit of poison gets into our bodies. We swell up in pain and if the bite is harsh enough, we feel defeated.

God’s word tells us that we have a guaranteed antivenom that destroys the enemy’s poison! It is the powerful, pure blood of the lamb that renders the enemy’s poison powerless. Be sure that the blood of the lamb is flowing through your veins. How do we build up the needed antibodies in our body?

Pray from a position of victory rather than from a position desiring victory. “for he who is in you is greater than he who is in the world” (1 John 4:4). The battle is already won. We must recognize that Jesus is our ultimate champion; meditate and hide His word in our hearts; demolish arguments and every claim that sets itself up against the knowledge of God. And then we take captive every thought to make it obedient to Christ.

#### Resources Used

<https://www.snakesofland.com/is-rattlesnake-antivenom-made-from-sheep-blood/>

Also gleaned from a devotional that I found in this search, by “Words of Encouragement & Words of Wisdom (woe2wow)” entitled, “Blood of the Lamb Revelation 12:11”

THE GOD OF  
PEACE WILL  
SOON CRUSH  
SATAN UNDER  
YOUR FEET. THE  
GRACE OF OUR  
LORD JESUS  
CHRIST BE WITH  
YOU.

ROMANS 16:20

# It Is Time For Freedom

## *in Jesus' Name*

Dear Sister in Christ, Amiga!

Grace and peace to you in the powerful and precious name of Jesus! I am excited that you are reading this letter; for me, it is a piece of my testimony after battles the Lord has won!

As I write to you today, my heart is filled with gratitude for the journey we share as daughters of the Most High. We are not merely called to live but to thrive as warriors and champions for His Kingdom, walking with the One who has never been overcome. The battle is fierce, but our victory is secure in Christ, and in Him, we are more than conquerors.

I begin this letter with a prayer for us both:

Father, I thank You for this moment and this divine connection. I thank You for calling us to be warriors in Your Kingdom, people who stand firm in faith and press forward against impossible odds with the One who has already won every battle. Holy Spirit, You are welcome here. Breathe Your life into our hearts, removing every trace of fear and filling us with joy and excitement for who You are and who You will be in every circumstance. May we grow in wisdom, revelation, and boldness as we align our lives with Your truth. In Jesus' name, Amen.

When we face battles, whether internal or external, it's vital to remember that there are two kingdoms in constant opposition—the Kingdom of Light and the Kingdom of Darkness. We serve the God of Heaven, who reigns supreme over all, and through Him, we can overcome any challenge.

One truth that has profoundly shaped my perspective is that worship is a weapon of spiritual warfare. In 2 Chronicles 20:21-22, we see the Israelites worshipping before battle, and as they sang praises to God, He set ambushes against their enemies. This example is such a powerful reminder of how worship confuses and defeats the forces of darkness.

This truth has been deeply personal for me. There was a season in my life when I faced a significant battle. Leaning into worship during that time—allowing my heart to rest in surrender and adoration—was transformative. The posture of worship, combined with standing firm in that scripture, became a source of strength and breakthrough. It reminded me that the battle is the Lord's, and in worship, I was declaring His victory over every obstacle.

Every battle we encounter involves two steps: the fight to get free and the fight to stay free. Many have experienced freedom only to lose it, but our calling is to abide in the freedom Christ provides. This is possible when we not only know Jesus as Savior but embrace Him as Lord in every area of our lives. Salvation is the beginning, but His Lordship is what equips us to walk in His power and authority, reflecting His majesty in every situation.

Victory is not something we strive for; it is a gift given by God. "Thanks be to God, who always leads us in triumph in Christ" (2 Corinthians 2:14). Before we look at any problem, enemy, or challenge, we must first fix our eyes on Jesus. He is our source of wisdom, righteousness, and strength. When we stand in His peace, the enemy is disarmed. When we rejoice in His goodness, the darkness flees.

There is a joy and strength in simply resting in the Lord, knowing He has already overcome the world. He invites us to stand in His victory, to let His peace and joy reign in our hearts, and to trust in His faithfulness. The joy of the Lord is our strength, and His peace surpasses all understanding, even in the midst of the fiercest storms.

Sister, we are called to be astonished by who Jesus is. His majesty, sovereignty, and unchanging love should ignite a fire within us that transforms not only our lives but the lives of those around us. Wherever we go, we carry His presence, His light, and His authority.

Let us walk boldly in this truth, knowing that there is territory with your name on it—a place God has called you to influence and transform for His glory. Whether it's your home, your workplace, your community, or beyond, He has equipped you to stand firm, take ground, and kindle the fire of His love wherever you go.

May you always be captivated by the majesty of Jesus, our Jehovah-Nissi and walk in the assurance that He is with you, leading you in triumph every step of the way. Together, let us rejoice in His faithfulness, press into His presence, and live as unashamed overcomers in Him.

With love and in the mighty name of Jesus.

# No Weapon Shall Prosper

No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. Isaiah 54:17

# Put On God's Armor

## *in Jesus' Name*

Dear Sister in Christ:

It is my pleasure to write to you on the occasion of Heart Conference 2025.

I would like to remind you that you are a child of the most high God who loves you and wants to hear from you.

If you are going through a challenging situation, pray. If you are blessed abundantly, pray and give thanks.

*Ephesians 6:14-19* says,

"Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

If you find it difficult to pray, I have some prayer points for you:

1. Begin with praise for who God is in your life.
2. Ask for guidance to hear God's voice.
3. Reflect on any frustration and confusion.
4. Repentance: Take a moment to examine your heart.
5. If any of your life feels like a 'curse' or burden, consider praying for Jesus to release and redeem you from it and give thanks for the freedom He brings.
6. Conclude with trusting in who God is.

In closing, may God bless you and keep you, dear sister.

The Lord bless you and keep you.

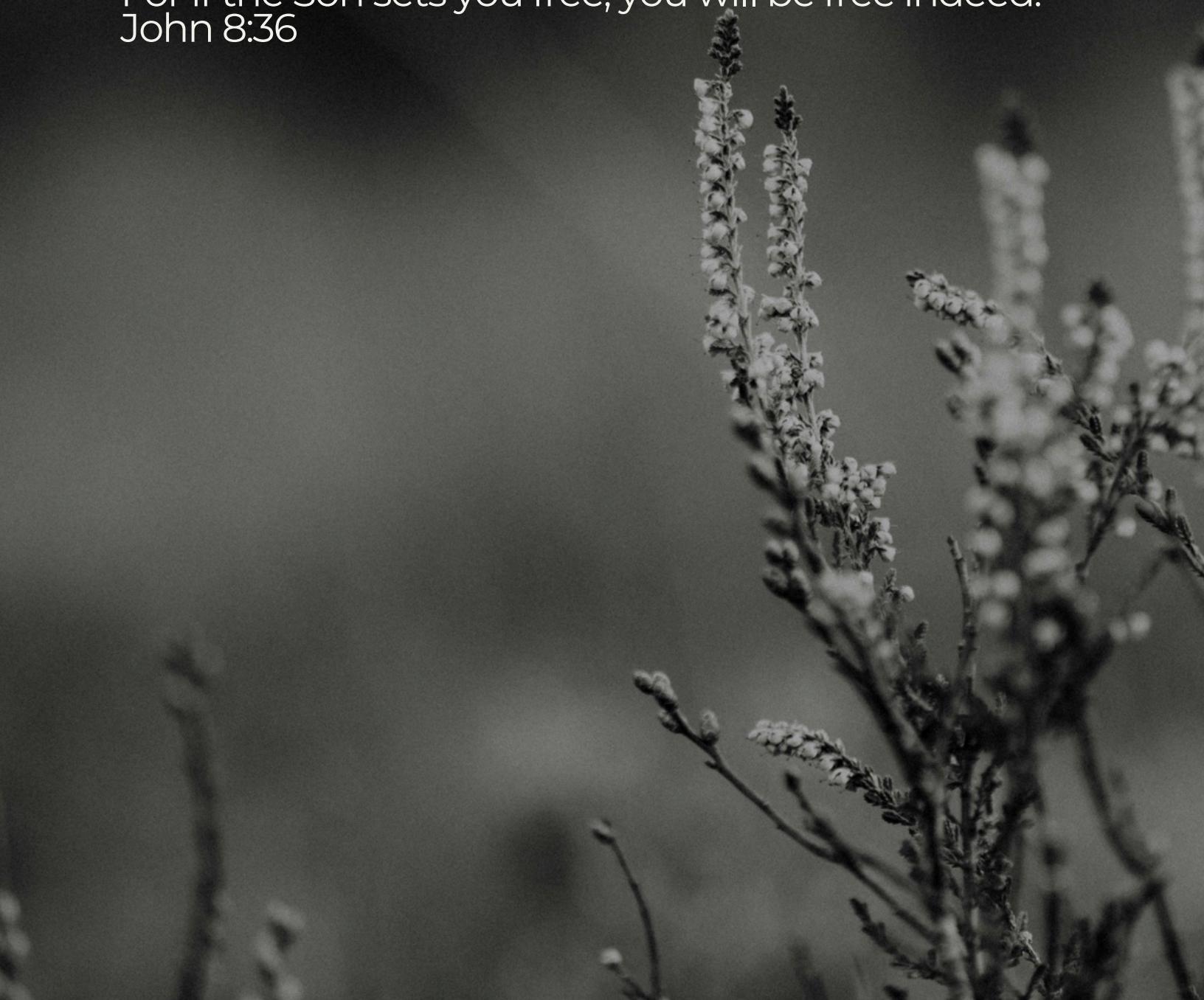
Make His face shine upon you and be gracious to you .

The Lord turn His face toward you and give you peace.

Love,  
Your Sister In Christ

# Free Indeed

For if the Son sets you free, you will be free indeed.  
John 8:36



# A Mentoring Moment

## *in Jesus' Name*

Dear Sister in Christ:

I wish to share with you my experience dealing with the enemy and how I manage it. I should reveal to you that I am 77 years old and my battle began when I was very young and unaware of his power and presence in my life. I remember growing up and thinking that every wrong thing was a huge sin and that God did not love me because of it. As a result, I felt guilty and sinful a lot of the time. Needless to say, I was a very unhappy child! Today, of course, I know that I am a child of God, very much loved, forgiven and saved by the blood of Jesus Christ. Hallelujah!

My wish for you is that you know how to protect yourself from attacks of the enemy and suggest the following which work for me.

1. Be aware of the voice which tells you that you are not good enough, not good looking enough, not smart enough – you know what I mean.
2. Choose your friends carefully and wisely. If they are not for you, God will sometimes prune them out of your life. He has done this for me.
3. Avoid bad habits, addictions, what you see on television, social media, etc.
4. Play worship music in your car and at home
5. Call out Jesus' name when attacked – the enemy has to flee.
6. Join a LifeGroup at church. There are so many and I am sure you will find one that suits you and you may make some new friends as well.

The following are some scriptures to use when rebuking the enemy:

*James 4:7*

“Therefore submit to God. Resist the devil and he will flee.”

*Luke 10:19*

“Behold I give you the authority to trample on serpents and scorpions and over all the power of the enemy and nothing shall by any means hurt you.”

*1 John 4:4*

“You are of God, little children and have overcome them because He who is in you is greater than he who is in the world.”

It is my hope and prayer that the above is useful to you at this time.

Blessings,  
Your Sister in Christ.

# GET CONNECTED



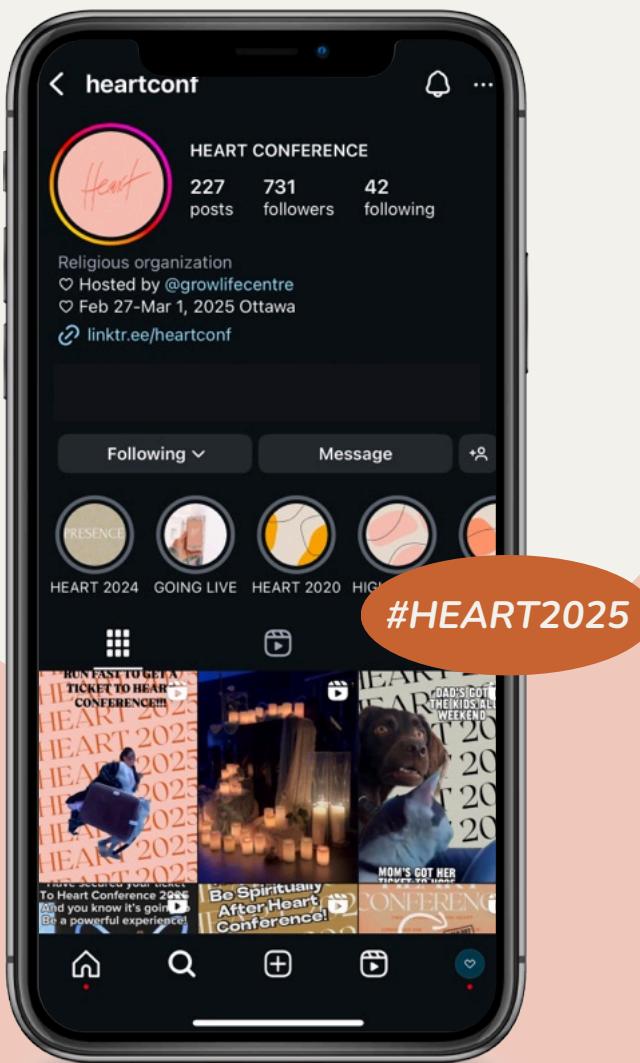
If God has begun a good thing this weekend & you are looking for a community to be part of here are some ways to  
**GET CONNECTED!**

We don't want you doing your faith alone.



@HEARTCONF

# SHARE YOUR TESTIMONY WITH US ON INSTAGRAM



TAG @HEARTCONF AND USE #CRUSHINGSNAKES

# AWAKENING MOMENTS



## PODCAST

*with Lori Boucher & Rhonda Courteau*

All Heart Conference's main sessions and workshops  
are available on the podcast!

Listen and follow on Spotify, iTunes or Google.

# HEART

HEARD A SONG YOU LIKED  
AT HEART CONFERENCE?

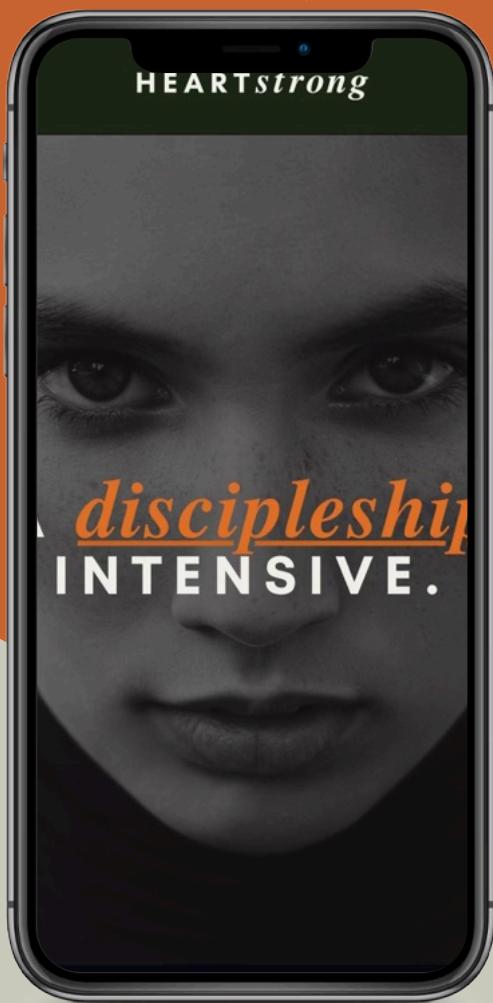


FOLLOW THE HEART CONFERENCE PLAYLIST ON SPOTIFY



HEARTSTRONG.LIFE

DO YOU WANT TO  
BECOME A  
HEARTSTRONG DISCIPLE?



Heartstrong is a discipleship group that meets on Zoom at 6:00 am and 8:30 pm every Monday through Thursday.

Visit [HEARTSTRONG.LIFE](https://HEARTSTRONG.LIFE) to register  
for one of these groups.

Let's become Heartstrong disciples of Jesus together!

# HEART FOR THE WORLD



We believe that God has created women with special gifts to care for the world. We do this in small and large ways and together, a group like us can make a difference. At Heart Conference, we want to support women who are doing extraordinary things both locally and internationally.





# MAMA IMARA

**ma•ma /'mämə/**

**n. one's mother**

**i•ma•ra /'EE-mah-rah/**

**adj. Swahili word meaning strong, perseverant, unshakable**

Mama Imara is a non-profit organization that aids in providing financial support and leadership to midwifery-led clinics in rural and low-resourced communities.

Mama Imara partners with local clinics, such as the Amani Family Centre, working in the Kanyogoga community to support their work in maternal health and family support.

They believe in dignified and compassionate care for all mothers, children, and families.

VISIT [WWW.MAMAIMARA.ORG](http://WWW.MAMAIMARA.ORG) FOR MORE DETAILS

TO GIVE VISIT [WWW.LIFECENTRE.ORG/HEARTMISSION](http://WWW.LIFECENTRE.ORG/HEARTMISSION)



# SAFE FAMILIES OTTAWA

Safe Families hosts vulnerable children and creates extended family-like support for desperate families through a community of devoted volunteers who are motivated by compassionate faith to keep children safe and families intact.

## **Safe Families Canada Strives to Meet Four Objectives:**

### **1. Family Support and Stabilization:**

Many parents struggle because of limited informal social support and unavailable extended family. Host families and local churches become the extended family that a parent never had.

### **2. Child Welfare Deflection:**

Safe Families is a preventative measure, thus reducing the number of children entering the child welfare system.

### **3. Child Abuse Prevention:**

Providing an overwhelmed and resource-limited parent with a safe, temporary place for their child without the threat of losing custody can avert potential abuse/neglect episodes.

### **4. Strengthening Compassion Ministries of the Church:**

Some call it a movement of compassion while others respond to the idea of returning to Biblical hospitality. Both concepts are embodied in the acts of loving a child, mentoring a parent, or supporting the movement with goods and services.

VISIT [SAFEFAMILIESCANADA.COM](http://SAFEFAMILIESCANADA.COM) FOR MORE DETAILS

TO GIVE VISIT [WWW.LIFECENTRE.ORG/HEARTMISSION](http://WWW.LIFECENTRE.ORG/HEARTMISSION)

# THANK YOU!

- Rhonda Courteau & Kayla Mendoza for carrying and birthing this conference alongside me, what a joy that we get to build this together.
- Pastors Ingrid Heeg, Sara Wall, Angela Johnson, Shirley Zappia, Joyce Boucher & Rhonda Courteau for bringing such powerful words.
- Thank you to Workshops Speakers, Pastors Karen, Cassie, Skylar, Angela, Emma, Elizabeth and Ingrid and to the hosts & workshop coordinator, Colleen, for ministering to us so deeply!
- Pastor Kayla Mendoza for all the communications, social media, slides, design and your beautiful HEART!
- Line Lanthier for overseeing all the volunteer teams and the overall running of Heart Conference! There is no one like you!
- All the volunteers who made this conference run, you are an army and we need each of you! You are truly amazing!
- Deborah Cassan & the hospitality team for feeding us so well and making everything over the top!
- Pastor Rhonda Courteau, Kerri, Famke, Rachel, Angie & Ruth and all the worship leaders, singers, band members and everyone involved with the worship and production! You are literally THE BEST of the BEST!
- Michael Sullivan & Gabe Gratton & Alex Steingardt for all the tech and hours of prep work and such excellence. You are a dream team and I am in awe of what you do!
- Toju Ogunremi, Lindsay Bechamp, Ingrid Heeg and all the prayer ministry teams, thank you for profoundly ministering to us all weekend long.
- All our service hosts, overseers, testimonies and everyone involved in the services, you were each so special!
- Angela Johnson & Skylar Smitt & Emma Bidgood Nyathi & Amanda Mahalik all the youth leaders and the entire student team for going over and above with our students! We love our students!
- All the volunteers that came for hours to help do all the prep work before conference, we couldn't have done it without you!
- To all the set up teams, swag prep teams, video making, decor & planning teams.
- Our entire staff team for carrying the weight of executing this conference with me including Kristin, Nenman, Luc, Jason, Mitch, Geoff, Sam, Steph, Nathan we couldn't have done it without each one of you!
- To Lifecentre Care for all the fun giveaways!
- To every other person who in small and very big ways you made Heart Conference 2025 a reality! You know who you are and I thank you more than words can say!
- Thank you to my husband Jason for always believing in me.
- To my daughters and sons for always inspiring me to walk in the fullness of God's purposes.
- To every student in the room who is ushering in revival with your passion for Jesus!
- To everyone who came to Heart Conference. Thank you for bringing your heart and making this the best weekend ever we hope you join us again next year for Heart Conference 2026!

I love you all, with all my HEART! Let's keep #crushingsnakes in Jesus' mighty name!

Pastor Lori Boucher

The  
Light has  
Come



# HEART CONFERENCE 2026

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SAVE THE DATE  
March 6-7, 2026

[HEARTCONFERENCE.CA](http://HEARTCONFERENCE.CA)

