



**New Year-New Heart 2024 Prayer Conference**  
**9:00 AM – 4:00 PM**

*Keep your heart with all vigilance, for from it flow the springs of life. (Proverbs 4:23)*



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## About the Presenters



**Dr. Marcia Wilbur** is a lifelong educator, holding a Ph.D. in education from the University of Georgia. God called her to lead the founding of the College of Athens where she has served as its President for the past 12 years. Her passion is for all believers to walk humbly in the fullness of their identity in Christ so that the world may know the great goodness of God. Her recent book, *“The Power & The Purpose”* was released in early 2022.



**Dee Pesaresi** teaches Elijah House and Effective Prayer Ministry Tools courses at CoA. She has also written and taught a number of curricula such as Healing Shame and Walking in Sonship. Dee is responsible for directing the CoA team of Prayer Ministers, leads many Prayer Ministry sessions, and has been a key leader in the inception of CoA’s Wholeness Care Project. She and her husband, Victor, reside in Bogart. They have 3 sons and 3 grandchildren.



**Tina Hester** is the author of *Healed by Love: A Journey into Freedom from the Past*. She is the Pastor of Flaming Heart Ministries and Freedom Coach with On Point Life Coaching. Her heart is to help individuals walk in greater levels of freedom in every aspect of their life.



**Dave Farkas** is a Business & Ministry Coach who helps Christians fulfill their Kingdom purpose and lead with greater clarity, confidence, and Kingdom impact. He also leads Kingdom Mastermind groups for Christian leaders so they can tackle the biggest issues they face in life and business together.



**Rev. Nick Honerkamp** served as a pastor for 23 years and spent two decades in the Christian nonprofit world. Nick now works as a Church Development Director. His job demands that he visit a new church each week. Over the past two years, he has visited over one hundred churches representing 20 different denominations. This view of the church, plus his extensive experience, has inspired Nick to embrace being a Church & Christian nonprofit consultant.

### Additional Thanks!

**Worship Team: Gina Hernandez, Jay Hernandez, Lisa Hernandez, and Regina Hernandez**

**Prophetic Artists: Laurel Genteman and Nanette Heckler**



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# Conference Schedule

8:30 – 9:00	Registration & Coffee	
9:00 – 9:15	Welcome, Announcements, & Worship	Worship Team
9:15 – 10:00	“God’s Electrocardiogram”	Dr. Marcia Wilbur
10:00 – 10:15	Break	
10:15 – 11:15	“A Divided Heart”	Mrs. Dee Pesaresi
11:15-12:15	“A Lifestyle of Forgiveness”	Mrs. Tina Hester
12:15 – 12:45	Lunch	
12:45 – 1:15	Announcements & Worship	Mr. Alex Fields/Worship Team
1:15 – 2:15	“How to Heal a Divided Heart”	Mr. Dave Farkas
2:15 – 2:30	Break	
2:30 – 3:30	“Living from Your Whole Heart”	Mr. Nick Honerkamp
4:15 – 4:30	Prayer & Closing Worship	Worship Team

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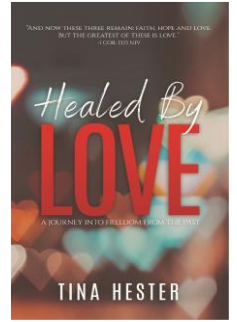
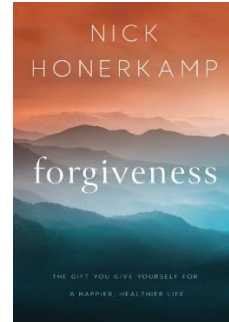


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Module 3: Freedom Fighters

Module 4: Kingdom Leaders

Module 5: Truth Talkers



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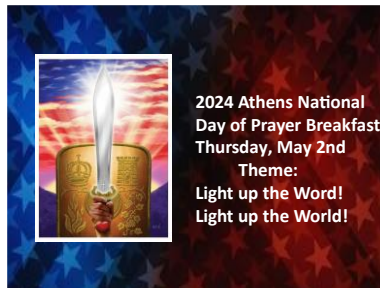
**Program Dates:** January 2024–June 2025

**\*Cost:** \$900 (payment plans and ministry partner discounts available)

**In-person class dates:**  
1/27/24, 5/18/24, 10/5/24, 2/1/25, & 3/29/25

Virtual courses meet two Thursdays per month.

**\*Today only—Register to win one of two \$450 Scholarships @ 2:15 PM. See Registration Desk.**



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## Activations – Taking Stock

### Broken Heart

Write down your deepest wound. What is your first thought about it today?



**God's Promise:** *In this world you will have trouble. But take heart! I have overcome the world.* (John 16:33)

**God's restoration:**

### Judgmental Heart

What negative thoughts do you have about yourself? About someone else? About God? Can you identify any negative expectations? On what grounds do you justify those thoughts?

**God's Promise:** *For if you forgive other people when they sin against you, your heavenly Father will also forgive you.* (Matthew 6:14)

**God's verdict:**

### Divided Heart

What regular activity occupies the majority of your time? What matter occupies more of your thought space and time than any other?

**God's Promise:** *For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* (Hebrews 4:15-16)

**The Great Exchange-Your Upgraded Desire:**

### Fearful Heart

What is your greatest fear? What's the worst that could possibly happen?

**God's Promise:** *For nothing in the universe has the power to diminish his love toward us!* (Romans 8:35 TPT)

**God's love:**



**Deepest Secrets**—Connect with the Lord in the recesses of your heart.

1 Samuel 16:7 says, “*The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.*”

Romans 2:16 says, “*God judges the secret places in people’s hearts.*”

1. List the deepest places of your heart that no one knows about. (You will NOT have to share these!)
2. Consider your feelings about the secrets and how you feel knowing that God knows and sees.
3. Ask God if there is anything He wants you to know about any one or all of the hidden secrets?

I will [not merely walk but] run the way of your commandments, when you give me a heart that is willing. (Psalm 119:32 AMPC)



## Our Prayer

Lord Jesus,

Forgive me for allowing fear, pain, sin and unforgiveness to contradict the Father’s will for my life. Forgive me for allowing worse case scenarios play out in my heart and giving those more authority in my heart and mind than You. I am willing to break these ungodly ways of believing and align my heart and mind with your truth. Come and occupy the throne of my heart, I pray! I am no longer willing to allow these things to keep me from living from a heart that is not whole. I choose to unite all that I am with all that you are, trusting in your grace, mercy, peace and love because you are good! Amen-- (Prayer adapted from *The Encounter* by Gretchen Rodriguez, pp. 86-87)



**Activation:**

**Quiet your heart and mind.** Ask Jesus to show you areas in your heart where you may have believed lies or made inner vows. We are going to walk through dismantling these lies and inner vows that we have believed and the ways that we have hardened our heart with inner vows.

**Examples of lies you may have believed:**

- About self: "I am not enough"; "I don't belong."
- About others: "Nobody cares"; "People can't be trusted."
- About life: "Life is unfair"; "Life is meaningless."
- About God: "God is distant"; "God is punishing."

**Renounce the lie/lies:** "Lord, I repent for believing the lie \_\_\_\_\_. I chose to come out of agreement with it and ask you to break its power over me."

**Release forgiveness:** "I choose to forgive \_\_\_\_\_, and to release my "right" to hold this offense against him/her/them."

**Surrender:** The ways God has shown you today that you have hardened your heart and made inner vows. Remember that an inner vow is a determination that you make to yourself to keep from ever being hurt like that again. "Lord, I have built a hiding place to protect myself from hurt. This self-protection blocks out the love, warmth, and nurture that I need. I come to you now because I am helpless to make this change myself. Lord, break my inner vow that \_\_\_\_\_. I also surrender my structure of defense, (for example: isolation, independence, control, pride, criticism of others.) \_\_\_\_\_ that has held this vow in place.

**Bless:** those who did not love and nurture your heart.

Lord, I bless \_\_\_\_\_.

Allow yourself to be still to give the Lord a chance to replace the lie/lies that you have believed with His truth. You may hear scripture verses, words to a song, see a picture, see a vision. Allow the Lord to show you exactly what you need to see to enable you to walk in His truth. Write what He showed you here.

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**Closing Prayer:**

Jesus, I surrender all the wounded hardened places within my heart that I have not allowed your living water to consume. Please forgive me that I have, independently from you, believed lies and protected my heart. Because of self-protection, areas of woundedness, self-condemnation, and lies, I have not allowed your living water to bring healing to my heart. My desire is to bring my weaknesses to you so that you can show me your truth. Help my heart to see myself from the way that you see me. Help my mind to take the lie ridden thoughts captive and to meditate on your truth. Heal the brokenness of my heart and wash over me with your unconditional love and abounding grace. Lord, give me an undivided heart. Let my heart, mind, and spirit work in perfect harmony. Enable my heart to hear Your voice and obey in love, so that it becomes what You created it to be. In Jesus name, Amen.





**Activation**

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:32)*

**A Few Common Misconceptions of Forgiveness**

- “If I forgive, I’m letting them off the hook.”
- Forgiveness means excusing their behavior.
- “I cannot forgive until I feel like forgiving.”
- “If hurt occurs again concerning this person, I must have not forgiven.”
- Forgiveness must be asked for for it to be offered.
- “I forgive, but I don’t forget.”

*But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, (Matthew 5:44)*

**Sample Prayers**

“Jesus, is there anyone I need to forgive?” (Listen for who the Lord will show you.)

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“Jesus, what do I need to forgive this person for?” (List everything that the Lord shows you.)

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“I choose to forgive (person’s name) for \_\_\_\_\_. I release (person’s name), I release all hurt and judgments I made about them; I cancel their debt. They owe me nothing. I bless (person’s name) with \_\_\_\_\_, in Jesus’s Name.”

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*BONUS Process:*

“Jesus, is there a lie I began to believe because of \_\_\_\_\_? (List any lies that you heard.)

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Let’s break agreement with these lies, which means to come out of agreement with the lie and ask God for the truth. A sample prayer has been listed below to assist you through this process.

“I renounce the lie that *I cannot trust people because people aren’t safe.* Jesus, what’s the truth?”

Write your truths below.

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(Keep working through this the rest of the day.)

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## Activation

### Psalm 37:4

Delight yourself in the Lord, and he will give you the **desires** of your heart.

Said another way....

Take delight in Father's love for you, and he will fulfill the **desires** of your heart.



### What Are The Desires of My Heart?

Step 1: Score each desire. Which deep desire truly motivates me?

1 = Does not motivate me. 10 = Really motivates me.

- \_\_\_\_\_ **Worth.** I desire to be valuable. To have something to give others.
- \_\_\_\_\_ **Be Known.** I desire to be fully known and loved just as I am. Understood.
- \_\_\_\_\_ **Joy.** I desire to be content regardless of circumstances.
- \_\_\_\_\_ **Love.** I desire to be loved, wanted, pursued. I love beauty in all its forms.
- \_\_\_\_\_ **Belonging.** Belonging. I desire to be accepted, belong, and be part of a family or tribe.
- \_\_\_\_\_ **Comfort.** I desire pleasure, rest, and ease. To have what I need & not strive.
- \_\_\_\_\_ **Security.** I desire to be secure, protected, fought for, provided for.
- \_\_\_\_\_ **Peace.** I desire rest, completeness, order, and feel I am "home."
- \_\_\_\_\_ **Come Through.** I desire to deliver, concur, protect, and finish well.
- \_\_\_\_\_ **Goodness.** I desire to do what's right and choose what's best.
- \_\_\_\_\_ **Recognition.** I desire to be seen, honored, chosen, picked, & be unique.
- \_\_\_\_\_ **Approval.** I desire to be accepted and hear "well done."
- \_\_\_\_\_ **Justice.** I desire what's right and just in every situation.
- \_\_\_\_\_ **Challenge.** I desire to be an overcomer, take risks, & push myself harder.
- \_\_\_\_\_ **Significance.** I desire to have purpose, meaning, and direction for my life.
- \_\_\_\_\_ **Freedom.** I desire to be creative, real, vulnerable, honest, & authentic.

Step 2: Pick your top 3 deep desires based on the highest score. List them here:

- I deeply desire: \_\_\_\_\_
- I deeply desire: \_\_\_\_\_
- I deeply desire: \_\_\_\_\_





## Activations—Leading from Your Whole Heart

1. Consider one example or situation where you led (made a decision) with your head and did not include your heart?
2. What was the result of that experience?
3. How could you have added your heart's point of view and changed the situation?
4. Is there a situation you are dealing with NOW that your heart is not engaged?

### A. Dealing with hurts and wounds

- What is the earliest hurt your heart remembers feeling?
- What is the greatest hurt your heart has experienced?
- Are there any patterns of hurt that keep reoccurring?

### B. Unpack Irritants

- Take a moment and break agreement with anything negative that has been spoken over you.
- Ask God to turn up His conviction in your life so that you can:
  1. See and embrace the things He is extending grace to change
  2. Separate areas that He is not dealing with and be kind to yourself until He does

### C. Practice Purity

- Philippians 4: 7-8 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ESV
- What thoughts come to your mind when you meditate on this scripture?
- Repent of any thoughts that are not godly

### D. Develop Your Desires

- Delight yourself in the Lord and He will give you His desires...
- God, what are three ways I can practice delight in you? This is not a “religious check list”, they are things that you truly enjoy.

### E. Eliminate Fear

- What fears are holding you back from God's best plan?
- What do your fears reveal about your relationship with God?



# NEW YEAR NEW HEART

## 2024 Conference Feedback Form

Your feedback helps us understand how to serve you better. Thank you for your time to provide your responses to the questions below.

Please rate the impact of the various conference segments on your personal spiritual growth:

Sessions	Not at all Impactful	Somewhat Impactful	Very Impactful	Extremely Impactful
"God's Electrocardiogram" (Marcia Wilbur)				
"A Broken Heart" (Dee Pesaresi)				
"The Power of Forgiveness" (Tina Hester)				
"How to Heal a Divided Heart" (Dave Farkas)				
"Living from Your Whole Heart" (Nick Honerkamp)				
Worship Times				
Times of Prayer & Application				

Please provide any comments to help us better understand the ratings you have assigned above:

As a result of this conference, how much better prepared are you to live from a place of extraordinary faith and hope in God?

X \_\_\_\_\_ X \_\_\_\_\_ X  
 Not at all                                      Somewhat better prepared                                      Much better prepared

Did this conference meet your expectations?

X \_\_\_\_\_ X \_\_\_\_\_ X  
 Not at all                                      Somewhat                                      Extremely well

OVER



*What were the 2-3 main takeaways from New Year-New Heart for you, personally?*

*What was the most impactful thing that the Lord did in you today?*

*How will you apply what you learned today to your life IN CHRIST?*

*Tell us what you liked best about the conference:*

*What can we do better to make your experience more impactful, comfortable, etc.?*

*Are there other specific topics or courses that CoA should offer?*

*Your Name (optional):* \_\_\_\_\_

