

The HEART of Everything
Hope Community Church Mini Conference – November 22, 2025
Glen Elliott – glen@gewired.com

Key Points and Scriptures

- Is there a gap between who you wish you were and who you are?
- Romans 7:15
- What's seen won't change until what's unseen does.
- Proverbs: 4:23
- Mark 2:8-12
- Mark 3:5-6.
- Mark 7:1-23
- All behavior is motivated.
- To understand the seen, we have to look at the unseen.
- Proverbs 27:19
- We have to look at our stories. Our hearts are shaped by our stories. The past lives in the present.
- Pain ⇒ Learned strategies to minimize pain ⇒ Reaction to painful situations.
- Wounds keep wounding.
- We have to understand the WHY (the heart) in order to change the WHAT (our words and actions).

Tools and Resources to Help You Do Heart Story Work

Core Books:

- *Make Sense of Your Story - Why Engaging Your Past with Kindness Changes Everything* by Adam Young
- *The Deep-Rooted Marriage - Cultivating Intimacy, Healing and Delight* by Dan Allender and Steve Call
- *Unhindered: Aligning the Story of Your Heart* by Charity Byers and John Walker
(There is also a 30-Day guide to help you do this story work)

Additional books by Dan Allender:

- *To Be Told - God Invites You to Co-author Your Future*: Explores the power of understanding one's story to shape one's future.
- *The Healing Path*: Focuses on healing from past wounds and trauma through the lens of story.
- *The Wounded Heart*: Explores the impact of past trauma and the path to healing.

Organizations and Tools:

- **The Allender Center** - <https://theallendercenter.org/>
- **Potter's Wheel** - Pastor David Gainey (Oasis Church Vail, Tucson, AZ)
General information (content, cost, dates):
<https://www.oasisaz.com/potter-s-wheel>
Sign up: [oasisaz.com/register](https://www.oasisaz.com/register)
- **Blessing Ranch** -
Unhindered Clinical Instrument (UCI) -
<https://blessingranch.org/unhindered-clinical-instrument/>
The UCI is a fee-based assessment tool designed to help you uncover your emotional and spiritual health, providing key insights into how you show up in life and leadership. With the UCI, you'll gain a deeper understanding of your inner story and receive actionable steps to embark on a transformative journey.
Three options for the UCI:
 - Individual UCI (includes access to the UCI, comprehensive 90-minute debrief, & customized growth plan - \$249)
 - Couples UCI (includes access to the UCI for you and your spouse, 3-hour joint debrief, & customized growth plan - \$549)
 - Deep Dive UCI (includes access to the UCI, 6-hour deep dive debrief, & intensive growth plan - \$1,049)
- **Adam Young Counseling** - <https://adamyoungcounseling.com/>
He has a podcast (*The Place We Find Ourselves*), conferences and other resources in addition to his book above.
- **Primal Questions** - <https://www.primalquestion.com/>
Stop fixing surface problems. Your Primal Question goes straight to the root of what's been running your life without your permission. Find it, and everything changes—how you lead, love, and show up in the world. Explore the Primal Question deeper in the context of knowing your story. Each of us has a dominant question that developed early in life. Take the assessment, read the book - *Seven Primal Questions*, and explore what's below the surface in both you and your spouse. This is an inexpensive way to address the story of our heart and the survival strategies (scrambles) we use.

The Seven Primal Questions are:

1. Am I safe? (physical and emotional safety and security void of risk)
2. Am I secure? (stability, support, taken care of)
3. Am I loved? (connection, affection, seen, heard, known)
4. Am I wanted? (connected, belonging, embraced, pursued)
5. Am I good enough? (self-worth and value)
6. Am I successful? (achievement, accomplishment without failure)
7. Do I have purpose? (meaning and significance)

- **Reconnect Institute** - <https://www.thereconnectinstitute.com/>

Counselors Who Embrace the Heart-Story Perspective:

- Pastor David Gainey - Oasis Church
520-207-6635
office@oasisaz.com
- Angel Beeson M.A
Whole Hope Christian Counseling
520-369-9048- online appointments available
info@wholehopecounseling.com
- Gary Smith
5210 E Pima St #200, Tucson, AZ 85712
(520) 488-1556
garysmithpbg@yahoo.com
- Gabe Lobato
Present Hope Therapy
6700 N Oracle Rd Suite 412, Tucson, AZ 85704
520-848-6404
gabe@presenthopetherapy.com