

HERCONFERENCE NOTES - W.E. 2025

State Farm Arena | Atlanta GA | July 31-Aug 2, 2025

This collection captures the key moments, scriptures, takeaways, action steps and questions from the 2025 Woman Evolve Conference. Each session is formatted to help you revisit the wisdom, reflect on your own walk, and take action in your daily life.

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Opening Session - Day 1

Speaker: Christine Caine

Message Summary:

In this powerful session, Christine Caine explores the story of Lot's wife as a warning and a call to faith. She reminds us that looking back—whether from fear, comfort, or pride—can keep us spiritually stuck in places God has called us to leave. Through scriptures, practical insights, and prophetic teaching, she challenges us to recognize the danger of calcifying in past moments, and to trust God with what's ahead, even when it's unfamiliar. The Holy Spirit is able to get us 'unstuck' and moving into purpose and promise.

Key Scriptures:

Luke 17:20–37; Genesis 13:13; Ezekiel 16:49 (CSB); Luke 24:21; Zephaniah 2:8 (CSB)

Key Takeaways:

- Lot's wife was nameless because she could represent any of us.
- She looked back and became calcified in a moment meant to be temporary.
- Fear, pride, and misplaced hope can trap us in old seasons.
- Faith is rooted in trust, not understanding.
- Holy Spirit can get us unstuck and moving forward.
- When women get stuck, generations are affected.
- God does not have a dark side—He is faithful and trustworthy.

Free to be Seen - Fireside Chat Day 1

Speaker: Dr. Anita Phillips and Dr. Joy Harden Bradford

Event: Woman Evolve 2025 – State Farm Arena, Atlanta GA

Dates: July 31 – August 2, 2025

Summary of the Message

In this powerful conversation, Dr. Anita Phillips and Dr. Joy Harden Bradford explored the importance of sisterhood, friendship, and emotional healing. They examined how childhood experiences shape the way we form relationships and our attachment styles in friendships. The discussion emphasized communication, grace, and the need to create spaces where women can feel seen and supported. They encouraged attendees to reintroduce themselves in friendships, maintain valuable connections, and build circles that meet diverse needs.

Key Takeaways

- Free yourself to be seen by other women.
- Childhood experiences influence how we build and maintain friendships.
- Identify your friendship attachment style.
- Don't let valuable friendships slip away.
- Communicate boundaries and needs clearly.
- Reintroduce yourself in friendships as you evolve.
- You are not alone—seek and offer support.
- Build a circle that meets different needs.
- Let people show up in the ways they can.
- Change the system, don't just adapt to it.

Financial Freedom Panel – Claim Your Legacy - Day 1

Panel Speakers

- Dr. Valerie Daniels-Carter – Author, Franchise Owner (First Burger King in 1982)
- Nichol Harper – McDonald’s Franchisee (Owns 24 McDonald’s in LA area)

Summary of the Message

This session highlighted the importance of legacy building through entrepreneurship and franchising. The speakers emphasized the power of faith, education, divine direction, and personal values in achieving financial freedom. They encouraged the audience to embrace their God-given lane, avoid compromising integrity, and to keep pushing even after setbacks.

Key Takeaways

- Franchise success requires education, faith, and connections.
- Faith and favor are just as critical as finances.
- You must understand whether you're an entrepreneur or an intrapreneur.
- Don't force yourself into a space where you don't belong.
- God can bless you even through your mistakes.
- Get direction from God and let Him place the right people around you.
- Don't compromise your values to get ahead.
- What God has for you, no one can take from you.
- Keep going—have faith and don't give up.
- Define your purpose, focus, and go at it.

Free to Lean In - Evening Session Day 1

Session: Bible Study Methods

Speaker: Jennifer Lucy Tyler

Summary

Jennifer Lucy Tyler emphasized the importance of a structured approach to studying the Bible, especially through the inductive Bible study method. She highlighted the significance of understanding scripture in its cultural and historical context, avoiding common mistakes like cherry-picking or over-relying on external resources. Through scriptures like Jeremiah 29:11, Philippians 4:13, and Leviticus 11:10, she demonstrated the power of observation, interpretation, and application. The session concluded with a call to study deeply, seek truth through the Holy Spirit, and respond to God's Word not only for ourselves but for those connected to us.

Key Scriptures

- Jeremiah 29:11
- Philippians 4:13
- Leviticus 11:10
- 2 Timothy 3:16

Key Takeaways

- All scripture is inspired by God and is useful for teaching, correction, and righteousness (2 Timothy 3:16).
- Study the Bible in its full cultural and historical context.
- Avoid cherry-picking verses and reading personal ideas into scripture (Isa Jesus).
- Embrace the inductive Bible study method: Observe, Interpret, Apply.
- Always begin Bible study with prayer, repentance, and thanksgiving.
- Misinterpreting scripture can lead to spiritual confusion.
- Use different Bible translations for depth—word-for-word, thought-for-thought, and paraphrases.
- Ask key questions: Who wrote this? Who was it written to? Where does the story take place?
- **Eisegesis** = inserting your thoughts into the text; **Exegesis** = pulling the intended meaning from the text.
- Scripture will never contradict scripture.
- Let God and His Word reveal His character before trying to apply it.
- Slow down and do the work—truth unfolds with patience.
- God's promises require process—He may allow hardship but never abandons us.
- Lean into scripture for yourself and for those connected to you.

Free to Hear (From God) – Day 1

Speaker: Me Ra Koh

Scriptures: Luke 17:11–19

Message Summary

Me Ra Koh used Luke 17:11–19 to encourage listeners to listen and respond to God. She connected simple, intentional listening to supernatural power and healing. She talks about how her and her husband's photography helps to require the brain of their clients. She felt like her brain was broken at one time, but it was a lie from the enemy. Scripture can help us to rewire how we see ourselves spiritually, emotionally and neurologically.

Key Takeaways:

- Simple words carry supernatural power
- Set timer for 4 minutes
- Your greatest anointing is in your deepest pain lives
- God sees you healed
- Replace lies with truth

Free to Walk in Power

Speaker: Dr. Anita Phillips

Date: July 31, 2025

Time: Replaced 'Free to Forgive' Session

Title: Free to Walk in Power

Key Scripture: Luke 10:19

Summary

Dr. Anita Phillips led a powerful session encouraging women to lay down personal strength and rise in the authority of the Holy Spirit. The message highlighted the need to act not out of our own ability but through divine power. She emphasized collective elevation, intercessory prayer, and a spiritual shift that would impact the next generation.

Key Takeaways

- You have power, but it's God's power. Use it for His glory.
- Lay down carnal strengths to walk in spiritual authority.
- Unity is required for kingdom assignments.
- Prayer can shift the atmosphere and prepare the heart.
- Our children are being elevated through our obedience.

Free To Threaten Hell - Evening Session Day 1

Speaker: Pastor Sarah Jakes Roberts

Date: July 31, 2025

Time: Evening Session

Key Scripture: Matthew 15:21-28

Summary of the Message

In this empowering session, Pastor Sarah Jakes Roberts explored what it means to live with divine authority, even when feeling unqualified or under threat. She shared the story of a powerful cub (tiger) in India raised in a sanctuary that believed it was free—until it faced a crocodile and discovered its fight. This metaphor served to challenge women to reconsider their definition of freedom—not as the absence of threats but as the knowledge that they can overcome them. The session focused on spiritual strategy, recognizing unauthorized threats, and walking boldly in God's assignment.

Key Takeaways

- Freedom is not the absence of threats—it's the confidence that you've been equipped to overcome them.
- God has strategically placed power, authority, and strategy inside of you.
- The enemy often offers illusions of success because he feels threatened by your obedience.
- God sees women as a threat, not a problem—our obedience is dangerous to the enemy.
- Unauthorized threats must be dealt with through spiritual strategy, not flesh.
- You don't need to fight every threat—ask God which ones are your training ground.
- Your greatest weapon is obedience—it's costly, but powerful.

Free to Breakthrough – Morning Session Day 2

Speaker: Dr. Nicole Martin

Scriptures: 2 Kings 4:8 (NIV)

Message Summary

Dr. Nicole Martin delivered a powerful and inspiring message encouraging listeners to embrace God's calling and live with bold faith. Using the story of the Shunammite Woman as a reference she urged women to release fear. Through scripture, practical application, and heartfelt stories, women can walk in their God-given authority, and trust that His timing is perfect. "We dare to thank you (God) for the war"

Key Takeaways:

- Step into your God-given authority without fear
- God's timing is always perfect—trust the process
- Release the need for perfection and embrace obedience
- Surround yourself with people who remind you of God's promises
- Faith grows through action, not just intention

Free to Grieve and Believe - Morning Session Day 2

In this deeply moving session, Dr. Anita Phillips explored the intersection of grief and faith, encouraging listeners to give themselves permission to feel their pain while holding on to hope. She reminded the audience that grief is not a lack of faith, but an expression of love for what was lost. Through scripture and personal stories, she highlighted how God meets us in our sorrow and strengthens our belief even in seasons of heartache.

Message Summary

Free to Grieve and Believe

Speaker: Dr. Anita Phillips

Scriptures: Psalm 34:18, John 11:35, 1 Thessalonians 4:13

Key Takeaways:

- Grief is a natural and holy response to loss
- Faith and grief can coexist—feeling pain does not mean losing trust in God
- God is near to the brokenhearted (Psalm 34:18)
- We honor our loved ones and experiences by allowing ourselves to grieve fully
- Belief in God's promises can sustain us through the darkest valleys

Afternoon Session – Day 2 (Vendor Spotlight)

Message Title: Flourish in Faith, Serve with Purpose, Dream the Impossible

Speaker: Monique Rodriguez, Founder of Mielle Organics

Scripture References: Isaiah 54:17, Matthew 6:33, Philippians 4:13

Message Summary

Monique Rodriguez, founder of Mielle Organics, shared her personal journey from the south side of Chicago to building a successful global brand rooted in faith and purpose. She offered practical wisdom for flourishing spiritually and professionally, emphasizing that our platforms are ultimately tools to serve God and bring people into His Kingdom. Her five core tips to flourish and live in freedom:

1. Lean into your faith – Take one small step at a time; each step builds faith for the next.
2. Seek God first – Make decisions from a place of prayer and service, not ego or self-interest.
3. Practice self-care – Caring for yourself enables you to effectively serve others.
4. Dream the impossible – Protect your dreams; don't share them with everyone, especially those who might discourage you.
5. Stand firm against opposition – No weapon formed against you shall prosper; challenges will come, but God is greater.

She closed by reminding the audience: It's never too late to go after your dreams. If God placed a calling in your heart, it will keep tugging at you until you pursue it.

Key Takeaways

- Your platform is a vehicle to serve God's purposes.
- Faith grows as you take action in small steps.
- Protect your dreams from negativity.
- Self-care is essential for Kingdom service.
- God's Word provides the direction and strength to overcome obstacles.

The Evolve Session – Think Bigger Day 2

Moderator: Gigi Dixon (Wells Fargo) interview with Jackie Aina

Scripture References: N/A

Message Summary

In this empowering session, Jackie Aina, founder of [forvr mood](#), shared her entrepreneurial journey and strategies for thinking bigger and moving beyond limitations. Gigi Dixon from Wells Fargo interviewed Jackie, drawing out key principles on financial literacy, self-confidence, and strategic decision-making for long-term success. The conversation encouraged attendees to boldly pursue opportunities, embrace financial education, and invest in marketing and partnerships.

Key Takeaways

- Avoid speaking the language of limitations.
- Show up as your authentic self, even on camera.
- Financial literacy is critical – ask questions and admit when you don't know.
- Ask for the budget so you don't undersell yourself.
- Partnerships and impact are key to growth.
- Set boundaries – you can't say yes all the time.
- Use capital wisely; consider investing in marketing.
- Never be afraid to bet on yourself.
- Think bigger, do more, and manage your resources strategically.

PAJAMA PANEL – Evening Session Day 2

Moderator: Pastor Sarah Jakes Robers

Panelist: Serita Jakes, Bianca Juarez, Koryn Hawthorne, Simone Smith

Message Summary

The Pajama Panel brought together dynamic women leaders for an intimate and transparent conversation about life, faith, relationships, and purpose. In a relaxed and cozy setting, they shared personal stories and wisdom on navigating challenges, staying grounded in God's Word, and embracing both rest and resilience. The discussion highlighted the beauty of vulnerability, the importance of authentic sisterhood, and the power of pursuing God's calling in every season. The most touching session was how Lady Serita Jakes affirmed Pastor Sarah that she and her husband Touré are breaking the generational curses she was unable to break because she was stuck because the women before her were stuck. It was so beautiful to behold.

Key Takeaways:

- Vulnerability builds stronger connections
- Rest is a spiritual discipline, not a luxury
- God uses every season to prepare you for the next
- Surround yourself with women who uplift and challenge you
- Transparency opens the door for healing and encouragement

Free to Release -Evening Session Day 2

Speakers: Bishop Dr. Carolyn Showell

Scripture References: Romans 8:23; Genesis 1:1

Message Summary

In this profound evening session, Bishop Dr. Carolyn Showell delivered a prophetic and deeply insightful message that called attendees to embrace spiritual maturity and readiness for God's next move. She emphasized the importance of discernment, obedience, and walking in divine authority, while remaining sensitive to the times and seasons of God. Through biblical teaching, she encouraged women to step into their assignments fully prepared, aligned with God's timing, and equipped to influence generations. *"Everything God created, He gave a memory including the earth."*

Key Takeaways

- Spiritual readiness is essential for divine assignments.
- Discern the times and seasons of God's movements.
- Obedience positions you for greater authority.
- Preparation precedes promotion.
- Generational impact flows from spiritual alignment.

Worship Session – Day 2

Speakers: T. Renae

Scripture References: Mark 5:28 – 'For she said, If I may touch His clothes, I shall be whole.'

Message Summary

In this intimate worship session, T. Renae led the attendees into a powerful encounter with God, emphasizing the importance of personal connection and faith for healing and wholeness. Drawing from Mark 5:28, she reminded everyone that true transformation begins with a desire to reach out in faith. The session encouraged participants to start a personal journey toward real wholeness in every area of life.

Key Takeaways

- Worship opens the door to personal encounters with God.
- Faith activates healing and transformation.
- Wholeness is a journey that starts with a single step of faith.

Free to Love Relationship Panel – Day 3

Moderators: Kyle & Kobe Campbell

Panelist: George & Mary Searight, Tripp Fontaine, Arian Simone

Message Summary

The 'Free to Love' panel explored the power of love as a spiritual practice, a healing force, and a foundation for community. The panelists discussed how embracing God's love enables women to love themselves, heal from past wounds, and extend grace to others without compromising boundaries. The conversation touched on forgiveness, healthy relationships, and how love drives purpose and service in the Kingdom.

Key Takeaways

- Loving yourself is not selfish; it's preparation to love others well.
- Forgiveness frees you as much as it frees the other person.
- Boundaries protect love from becoming enabling behavior.
- Love is active—it requires intentionality and humility.
- God's love is the model for how we are to love one another.

Closing Session - Day 3

Speaker: Pastor Touré Roberts

Date: August 2, 2025

Summary

Pastor Touré Roberts delivered a powerful message on being activated for what God has placed inside you. He emphasized that each person is carrying something of value that must be unpacked and walked out. Freedom is not the ultimate goal but the position from which we operate in our God-given purpose. He taught that limitations end at the cross, and divine alignment produces prosperity and fruit. True freedom is living from a place of rest, purpose, and identity in Christ.

Key Scriptures

Isaiah 6:1–7; 2 Corinthians 5:21 (NKJV); Psalm 1:1–3; Luke 22:19 (NKJV); Ephesians 5

Key Takeaways

- You came to be activated for what you are carrying—unpack it and walk it out.
- Freedom is a starting place, not the finish line.
- Operate from freedom, not for freedom.
- A free you looks different than a bound you—it's visible in how you live.
- The promise is on the other side of your freedom.
- 99% of bondage exists in the mind.
- You are like broken pottery filled with gold—God uses your flaws for His glory.
- Divine alignment brings automatic prosperity; a healthy tree produces fruit.
- The cross marked the end of all limitations.
- Remember who and whose you are—identity in Christ is key.
- Religion is external; relationship with God transforms from within.

Farewell Address - Day 3

Speaker: Sarah Jakes Roberts

Date: August 2, 2025

Summary

Sarah Jakes Roberts closed the conference with a powerful charge to embrace true freedom — not a self-created version, but the kind rooted in God’s Word and obedience. She reminded attendees that freedom is often understood through the lens of having once been bound, and that we are all called to be “slaves to God” in the best sense — fully surrendered to His will. Her words emphasized rest, divine connection, and allowing God to fight battles on our behalf, encouraging women to leave the conference free, restored, and ready to walk out their assignments. She ended with a mandate to practice REST so that we are able to hear from God.

Scripture References

- Romans 6:16 (NKJV) – Being enslaved by what you obey
- Other implied scriptural principles on rest, freedom, and obedience

Key Takeaways

- True freedom comes with understanding the weight of bondage and choosing to be bound to God’s will.
- Let go of trying to create your own freedom — it’s a gift from God.
- Rest is a spiritual practice that allows God’s Word to multiply in your life.
- Multiplication comes from God, not from striving.
- Stay connected to God, and He will go ahead of you.
- Rest in the Spirit — God will fight your battles.

Affirmation

“I rest in God’s freedom, trusting Him to multiply His Word in my life.”

Thank You for Joining the Waitlist!

Sis, I'm so glad you're here. I hope you're enjoying your Free 2025 Conference Notes — now, before you go, let me introduce myself.

I'm Chondrea Black, the heart and pen behind Her Conference Notes. I know what it's like to be in the room, soaking in every word from powerful women of faith, and still wish you could bottle up that fire for later. That's why I started taking meticulous, structured notes — so we could carry the wisdom home and let it keep speaking long after the conference ends.

I'm also the author of “[God is REAL... You Don't Even Have to Wonder](#)” — my family's story of tragedy to triumph, written to help you deepen your relationship with God and trust His hand in every season. You can learn more about my book (and me!) at:

 Visit corionsmom.com

If you want to keep the encouragement flowing all year long:

 Follow me on Instagram: [@herconferencenotes](https://www.instagram.com/herconferencenotes)

 Have a question or just want to say hi? Email me at chondrea@herconferencenotes.com

You've got the notes — now let's stay connected so we can keep running this race together.

P.S. If you'd like to go even deeper, I've created the [Activation Notes Bundle](#) — a full set of structured notes, including the Q&A with Pastor Sarah, journal prompts with space to write, and a 21-day devotional email series to help you build the habit of freedom and practice rest. It's not just for remembering the conference... it's for walking it out daily. If that's where God is leading you, you can learn more here: [Click to Explore](#)