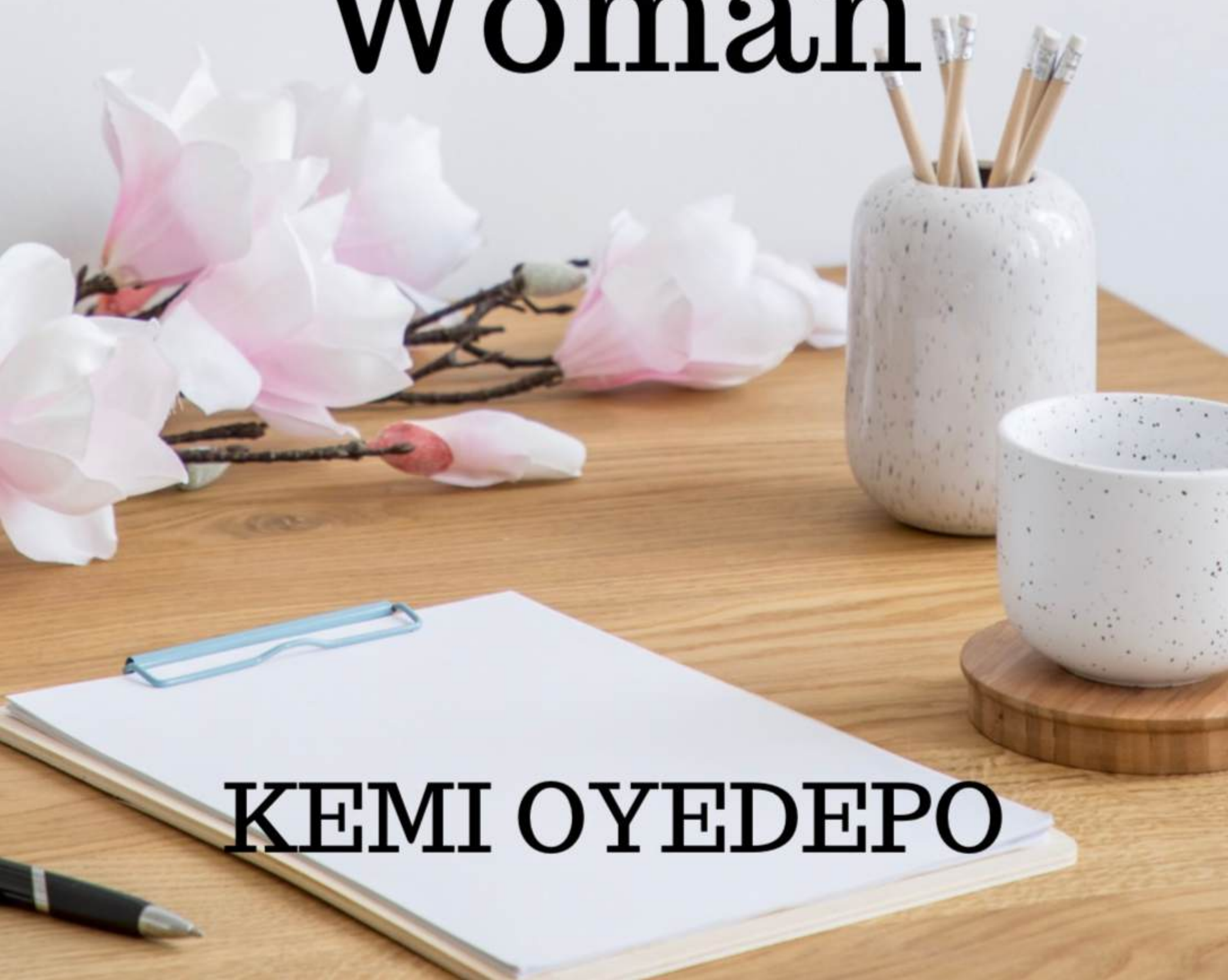


*Scriptural  
Meditations*  
For  
The Value Adding  
Woman

A wooden desk with a notebook, a pen, a pencil holder, and a cup. The notebook is open and has a blue clip on the top left. A black pen is on the left side. A white ceramic pencil holder with a speckled pattern is on the right, containing several pencils. A white ceramic cup with a speckled pattern is on a wooden coaster to the right of the pencil holder. In the background, there are pink and white flowers on a wooden branch.

**KEMI OYEDEPO**

*Scriptural  
Meditations*

**for**

The Value Adding

**Woman**

**KEMI OYEDEPO**

Scriptural Meditations for The Value Adding Woman  
© 2019 by Kemi Oyedepo

All rights reserved under International Copyright Law.

NOT FOR SALE.

Contents and/covers may be reproduced, copied, and distributed for noncommercial purposes, provided it remains in its complete and original form.

Unless otherwise noted, Scripture quotations are taken from the following versions of the Holy Bible: King James Version (KJV), New Living Translation (NLT), New International Version (NIV), and The English Standard Version (ESV).

This remains the copyrighted property of the author.





EQUIPPING YOU. EDUCATING YOU. ENRICHING YOUR FAMILY LIFE.

Dear VAW,

My husband calls meditation spiritual digestion. It is not just reading God's word but thinking deeply on the word until it finds expression in every area of life. The scriptures admonish us to let the word of God dwell richly in us in all wisdom (Colossians 3:16). The only way this can happen is if we are deliberate about studying the word. Proverbs 4:22 also calls it life to those who find it and health to all their flesh. This means the word has the ability to rejuvenate our entire being.

As women who have many responsibilities, we are often weighed down with ensuring we live up to the many expectations placed on us, and most of us strive to be outstanding in all areas, even to our detriment.

That is exactly why we need the word!

To help us remain fervent in spirit (Romans 12:11).

To help us remain strong in the Lord and in the power of His might (Ephesians 6:10).

To keep us at peace (Isaiah 26:3).

To make us victorious (2 Corinthians 2:14).

The following scriptures are compiled to add value to us in seven categories that affect every woman's life, as we strive to live up to being assets wherever we are found. All of these scriptures have helped me at one point or another in my life and I am confident the same would be true for you. Meditating on scriptures has helped me judge myself in speech and in actions, against God's word and adjust myself when I need to.

Some scriptures would be a reminder to you, while others may be brand new. Whatever the case, please know this is a personal journey so take your time through this process. What is most important is that your eyes are opened to the deep things in God's word, as light from heaven comes your way.

My prayer is that as you invest your time into absorbing these scriptures, it will show in your output. May your spirit, soul, and body be transformed, refreshed, and renewed in strength to become and remain a Value Adding Woman in the name of Jesus Christ. Amen!

Blessings,

*Kemi Oyedepo*







# Value Adding Woman

## AFFIRMATION

SHE IS BOLD, SHE IS MEEK  
FULL OF GOOD FRUITS  
AND THE RIGHT WORDS TO SPEAK

SHE IS FAITHFUL, SHE IS HUMBLE  
SHE COMES IN PEACE  
NEVER BRINGING ANY TROUBLE

SHE IS WISE, SHE IS CALM  
HER PRESENCE SOOTHES OTHERS  
LIKE A HEALING BALM

SHE IS QUIET BUT CONFIDENT  
FULL OF STRENGTH YET GENTLE  
SHE GUARDS HER ROLE  
KNOWING SHE IS INFLUENTIAL

SHE HANDLES HER BUSINESS  
WITH EXCELLENCE AND INTEGRITY  
NEVER ONE TO ASSOCIATE WITH  
OTHERS CARELESSLY

SHE IS A WORK IN PROGRESS  
BUT ACKNOWLEDGES HER GROWTH  
SHE WALKS IN THE SPIRIT  
KNOWING GRUDGES HAVE NO WORTH

SHE IS INNOVATIVE, AND CREATIVE  
AN ASSET, AND A GIFT  
SHE NEVER STOPS DREAMING  
OF WHAT NEXT TO BRING FORTH

SHE UPLIFTS AND INSPIRES  
SEES THE GOOD IN OTHERS  
SHE GIVES HER BEST  
IN ALL HER ENDEAVOURS

SHE IS DISTINCTIVE AND DIFFERENT  
UNUSUAL. UNIQUE. RARE.  
JUST LIKE GOLD DUST  
THAT IS DIFFICULT TO FIND

SHE IS THE VALUE ADDING WOMAN

*She is... Me!*

written by:  
*Kemi Oyedepo*

*She is... You!*



*The Value*

*Adding*

*Crisis-Proof Your Family*

*Woman and  
her Identity!*



Do you know who you are? Many of us don't. This is a question we must answer at some point in our lives with confidence. Too many women base their identities on marital status, possessions, parental status, societal status, etc. When we do this, it means we see our worth through those things. While they are good, they are actually not where our identity is found.

### Crisis-Proof Your Family

Our identity is found in God and His word and until we align ourselves with what He says about us, we would never know our true worth. Don't get carried away by what society, culture and everything in between says a woman should or shouldn't be. Instead, use the following scriptures to renew your mind about your identity in Christ. Then, begin to walk in that reality.



**"You can only be the best version of yourself when your self esteem and confidence are drawn from God's word"**

*~Kemi Oyedepo~*

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

-Ephesians 2:10-

Those who look to him are radiant, and their faces shall never be ashamed

-Psalm 34:5-

“...in all these things we are more than conquerors through him who loved us.”

-Romans 8:37-

“So God created mankind in his own image, in the image of God he created them; male and female he created them.”

-Genesis 1:27-

*Crisis Proof Your Family*

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

-1 Peter 2:9-

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

-Psalm 139:14-

"For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

-Romans 8:15-

"...for we have the mind of Christ."

-1 Corinthians 2:16

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."

-1 Corinthians 6:19-20-

"You are the light of the world. A city set on a hill cannot be hidden."

-Matthew 5:14-

"But to all who believed him and accepted him, he gave the right to become children of God."

-John 1:12-

"See how very much our Father loves us, for he calls us his children, and that is what we are!"

-1 John 3:1-

"For we are a fragrance of Christ to God among those who are being saved and among those who are perishing."

-2 Corinthians 2:15-

*Crisis Proof Your Family*

"For in him we live, and move, and have our being..."

-Acts 17:28-

"...throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes."

-Ephesians 4:22-23-

"For you have died and your life is hidden with Christ in God."

-Colossians 3:3-

"See, I have inscribed you on the palms of My hands..."

-Isaiah 49:16-

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."

-Galatians 2:20-



“You yourselves like living stones are being built up as a spiritual house,  
to be a holy priesthood...”

–1 Peter 2:5–

“..daughters of kings are among your ladies of honor”

–Psalm 45:9–

“Charm is deceitful, and beauty is vain, but a woman who fears the Lord  
is to be praised”

–Proverbs 31:30–

“You shall be a crown of beauty in the hand of the LORD, and a royal  
diadem in the hand of your God”

–Isaiah 62:3–Family

“Therefore, if anyone is in Christ, he is a new creation; old things have  
passed away; behold, all things have become new.”

–2 Corinthians 5:17–

“The king's daughter is all glorious within: her clothing is of wrought  
gold”

–Psalm 45:13–

“Thou shalt arise, and have mercy upon Zion: for the time to favour her,  
yea, the set time, is come”

–Psalm 102:13–

"And we all, with unveiled face, beholding the glory of the Lord, are  
being transformed into the same image from one degree of glory to  
another. For this comes from the Lord who is the Spirit."

–2 Corinthians 3:18–

*The Value*

*Adding*

*Crisis Proof Your Family*

*Woman and*

*her Faith!*





Faith is not optional in the life of a believer. It is a **MUST** in order to experience the fullness of God's blessings and overcome any challenges we face. One of the declarations I taught my children to recite everyday is "in the kingdom of God, everything rises and falls on my faith.." We cannot separate ourselves from our faith.

### Crisis Proof Your Family

We must strive to be women of strong faith. That means we must guard ourselves so our faith is strong enough to produce the results we desire. The following scriptures will help us boost our faith and remain constant in season and out of season.



**“We have enough women of fame and fortune; we need  
more women of faith”  
-Margaret D Nadauld-**

“Now faith is the substance of things hoped for, the evidence of things not  
seen.”

-Hebrews 11:1-

“And it is impossible to please God without faith. Anyone who wants to  
come to him must believe that God exists and that he rewards those who  
sincerely seek him.”

-Hebrews 11:6-

“So then faith cometh by hearing, and hearing by the word of God.”

-Romans 10:17-

“Then Jesus declared, ‘I am the bread of life. Whoever comes to me will  
never go hungry, and whoever believes in me will never be thirsty.’

-John 6:35-

*Crisis Proof Your Family*

“Trust in the LORD with all your heart and lean not on your own  
understanding; in all your ways submit to him, and he will make your  
paths straight.”

-Proverbs 3:5-6-

“For by grace are ye saved through faith; and that not of yourselves: it  
is the gift of God...”

-Ephesians 2:8-

“...the just shall live by his faith.”

-Habakuk 2:4-

"For whatsoever is born of God overcometh the world: and this is the  
victory that overcometh the world, even our faith."

-1 John 5:4-

"And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible."

-Mark 10:27-

"God is our refuge and strength, an ever-present help in trouble."

-Psalm 46:1-

"...Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

-Matthew 17:20-

"Blessed is she who has believed that the Lord would fulfil his promises to her."

-Luke 1:45-

"And whatever you ask in prayer, you will receive, if you have faith."

-Matthew 21:22-

*Crisis Proof Your Family*

"He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water."

-John 7:38-

"for we walk by faith, not by sight."

-2 Corinthians 5:7-

"And Jesus answered them, 'Have faith in God.'

-Mark 11:22-

"...that your faith might not rest in the wisdom of men but in the power of God."

-1 Corinthians 2:5-

"Be still, and know that I am God!"

-Psalm 46:10-



"And my God will supply every need of yours according to his riches in glory  
in Christ Jesus."

-Philippians 4:19-

"And he spake a parable unto them to this end, that men ought always to  
pray, and not to faint"

-Luke 18:1-

"Be strong and courageous. Do not be afraid or terrified because of them,  
for the Lord your God goes with you; he will never leave you nor forsake  
you."

-Deuteronomy 31:6-

"He staggered not at the promise of God through unbelief; but was strong in  
faith, giving glory to God."

-Romans 4:20-

"So the woman went her way, and did eat, and her countenance was no  
more sad."

-1 Samuel 1:18-

"It was by faith that even Sarah was able to have a child, though she was  
barren and was too old. She believed that God would keep his promise."

-Hebrews 11:11-

"Above all, taking the shield of faith, wherewith ye shall be able to quench all  
the fiery darts of the wicked."

-Ephesians 6:16-

"For you know that when your faith is tested, your endurance has a chance  
to grow."

-James 1:3-

"And this is the confidence that we have in him, that, if we ask any thing  
according to his will, he heareth us: And if we know that he hear us,  
whatsoever we ask, we know that we have the petitions that we desired of  
him."

-1 John 5:14-15-

*The Value*

*Adding*

*Crisis Proof Your Family*

*Woman and*

*her Health!*





Your health is of top priority to God. If your health is negatively affected, He cannot use you to His glory; that is why we must of necessity, take care of every part of our being well. We are often weighed down with so many cares of this life, which tends to affect us spirit, soul and body, causing a breakdown in our health. You must have heard that your health is your wealth. Without being in top shape, it is impossible to give your best to your world.

Meditating on the following scriptures will boost every aspect of your health (spirit, mental, emotional, physical) and cause you to be efficient in all your endeavours.



**"Looking after my health today, gives me a better hope for tomorrow"**

***-Anne Wilson Schaef-***

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

-3 John 1:2-

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own..."

-1 Corinthians 6:19-

"So whether you eat or drink or whatever you do, do it all for the glory of God."

-1 Corinthians 10:31-

"She sets about her work vigorously; her arms are strong for her tasks."

-Proverbs 31:17-

*Crisis Proof Your Family*

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

-1 Timothy 4:8-

"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security."

-Jeremiah 33:6-

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you Do not let your heart be troubled, nor let it be fearful."

-John 14:27-

"For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires."

-Hebrews 4:12-

"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

-Matthew 6:34-

"A cheerful heart is good medicine, but a crushed spirit dries up the bones."

-Proverbs 17:22-

"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship."

-Romans 12:1-

'Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.'

-Isaiah 41:10-

### Crisis Proof Your Family

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

-Matthew 11:28-30-

"For God has not given us a spirit of fear, but of power and love and of a sound mind."

-2 Timothy 1:7-

"...and that you be renewed in the spirit of your mind"

-Ephesians 4:23-

"...casting all your anxiety on Him, because He cares for you."

-1 Peter 5:7-

"He heals the brokenhearted and binds up their wounds."

-Psalm 147:3-

“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

-2 Corinthians 12:9-

“You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness.”

-Psalm 30:11-

“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.”

-Philippians 4:8-

“Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.”

-Proverbs 3:7-8-

Crisis Proof Your Family

“A tranquil heart gives life to the flesh, but envy makes the bones rot.”

-Proverbs 14:30-

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

-Philippians 4:6-7-

"Gracious words are a honeycomb, sweet to the soul and healing to the bones."

-Proverbs 16:24-

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

-Proverbs 13:12-

"Don't be dejected and sad, for the joy of the LORD is your strength!"

-Nehemiah 8:10-



“He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

-Isaiah 40:29-31-

“He sent his word, and healed them, and delivered them from their destructions.”

-Psalm 107:20-

“The LORD make His face shine on you, And be gracious to you”

-Numbers 6:25-

"Now may the Lord of peace himself give you his peace at all times and in every situation."

-2 Thessalonians 3:16-

"But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed."

-Isaiah 53:5-

“Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart....”

-Jeremiah 15:16-

"For I can do everything through Christ, who gives me strength."

-Philippians 4:13-

"But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world."

-1 Timothy 6:6-7-

"That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man"

-Ephesians 3:16-

"Finally, my brethren, be strong in the Lord, and in the power of his  
might."

-Ephesians 6:10-

*Crisis Proof Your Family*

*The Value*

*Adding*

*Crisis-Proof Your Family*

*Woman and*

*her*

*Community!*





Your community are the people in your circle. They are people you interact with often outside of your home. They could be your friends, in-laws, colleagues at work, acquaintances, neighbours, church family, strangers, those in need, etc. Whatever category they fall under, God expects us to add value to their lives by strengthening, praying, encouraging and supporting those who need it, as much as we can. We may need to give them financial, moral, emotional or spiritual support, and we must do so cheerfully. This also creates an avenue to form solid friendships and relationships with others.

### Crisis-Proof Your Family

The following scriptures buttress this vital assignment of ours as value adding women. Take the time to meditate deeply on them; use them as a guide to help you become and remain a blessing to your community.



**"What you do makes a difference, and you have to decide what kind of difference you want to make"**

***-Jane Goodall-***

"As each has received a gift, use it to serve one another, as good stewards of God's varied grace."

**-1 Peter 4:10-**

"Carry each other's burdens, and in this way you will fulfil the law of Christ."

**-Galatians 6:2-**

"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them."

**-Hebrews 6:10-**

"My command is this: Love each other as I have loved you."

**- John 15:12-**

*Crisis-Proof Your Family*

"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

**-Colossians 4:6-**

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

**-Luke 6:38-**

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

**-Matthew 5:16-**

"Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give."

**-Matthew 10:8-**

"Do not withhold good from those to whom it is due, when it is in your power to act."

-Proverbs 3:27-

"And do not forget to do good and to share with others, for with such sacrifices God is pleased."

-Hebrews 13:16-

"Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done."

-Proverbs 19:17-

"Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others."

-Philippians 2:3-4-

*Crisis Proof Your Family*

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

-Colossians 3:13-

"Do not be deceived: "Bad company ruins good morals."

-1 Corinthians 15:33-

"...the sweetness of a friend comes from his earnest counsel."

-Proverbs 27:9-

"Walk with the wise and become wise, for a companion of fools suffers harm."

-Proverbs 13:20-

"Iron sharpens iron, and one man sharpens another."

-Proverbs 27:17-

"Share with the Lord's people who are in need. Practice hospitality."

-Romans 13:13-



"Instead, be kind to each other, tenderhearted, forgiving one another,  
just as God through Christ has forgiven you."

-Ephesians 4:32-

"Again I say unto you, That if two of you shall agree on earth as touching  
any thing that they shall ask, it shall be done for them of my Father  
which is in heaven."

-Matthew 18:19-

"Give freely and become more wealthy; be stingy and lose everything."

-Proverbs 11:24

"You must each decide in your heart how much to give. And don't give  
reluctantly or in response to pressure. "For God loves a person who  
gives cheerfully."

-2 Corinthians 9:7-

*Crisis Proof Your Family*

"Do to others as you would like them to do to you."

-Luke 6:31-

"If it is possible, as far as it depends on you, live at peace with everyone."

-Romans 12:18-

"So let's not get tired of doing what is good. At just the right time we will  
reap a harvest of blessing if we don't give up."

-Galatians 6:9-

"Do everything in love."

-1 Corinthians 16:14-

*The Value*

*Adding*

*Crisis Proof Your Family*

*Woman and*

*her*

*Character!*



Your character is the real you! It cannot be hidden. Your integrity, diligence, self-control, loyalty, even-temper, etc are among some character traits. No matter how much we pretend or how much makeup we put on, these traits cannot be covered. At some point, the real you, the real me, must find expression. When we are tested, tempted or under pressure, it is our character that reveals who we are.

### Crisis Proof Your Family

What has been said about you? Is your presence soothing like a healing balm or are you toxic like a harmful substance? Your character will either draw people to you or make you a repellent. It is what determines your real beauty.

Absorb the following scriptures and align yourself accordingly. Never forget that in order to add positive value, our characters must be worthy of the gospel of Christ.



**"The final forming of a person's character lies in their own hands"**

**-Anne Frank-**

"But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like."

**-James 1:22-**

"...all the people of my town know that you [Ruth] are a woman of noble character."

**-Ruth 3:11-**

"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

**-Colossians 3:12-13-**

### *Crisis Proof Your Family*

Then he said, "Beware! Guard against every kind of greed. Life is not measured by how much you own."

**-Luke 12:15-**

"Create in me a clean heart, O God, and renew a right spirit within me."

**-Psalm 51:10-**

"The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil."

**-Matthew 12:35-**

"So then we pursue the things which make for peace and the building up of one another."

**-Romans 14:19-**

"She pleased him and won his favor..." –

**-Esther 2:9-**

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

-Galatians 5:22-23-

“Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.”

-James 1:12-

“Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”

-Proverbs 10:9-

"A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel."

-Proverbs 15:18-

"The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity."

-Proverbs 11:3-

*Crisis-Proof Your Family*

"Whatever you do, work heartily, as for the Lord and not for men"

-Colossians 3:23-

"The lazy person craves, yet receives nothing, but the desires of the diligent are satisfied."

-Proverbs 13:4-

“In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.”

-Titus 2:7-8-

"It is to one's honor to avoid strife, but every fool is quick to quarrel."

-Proverbs 20:3-

“In the same way, the women are to be worthy of respect, not malicious talkers but temperate and trustworthy in everything.”

-1 Timothy 3:11-

"A perverse person stirs up conflict, and a gossip separates close friends."

-Proverbs 16:28-

"The LORD is more pleased when we do what is right and just than when we offer him sacrifices."

-Proverbs 21:3-

"The one who diligently seeks good seeks favor, but the one who searches for evil—it will come to him."

-Proverbs 11:27-

"keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander."

-1 Peter 3:16-

Crisis Proof Your Family

“A gracious woman gets respect...”

-Proverbs 11:16-

"For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him."

-2 Chronicles 16:9-

“She speaks with wisdom, and faithful instruction is on her tongue.”

-Proverbs 31:26-

“As in water face reflects face, So the heart of man reflects man.”

-Proverbs 27:19-

"She considers a field and buys it; with the fruit of her hands she plants a vineyard."

-Proverbs 31:16-



"...cleanse first that which is within.....that the outside of them may be clean also. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which outwardly appear beautiful, but within are full of dead people's bones and all uncleanness."

-Matthew 23:26-27-

"May integrity and uprightness protect me, because my hope, Lord, is in you."

-Psalm 25:21-

"But I, the LORD, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve."

-Jeremiah 17:10-

"Your adornment must not be merely external-- braiding the hair, and wearing gold jewellery, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God."

-1 Peter 3:3-4-

"Blessed are the pure in heart, for they shall see God."

-Matthew 5:8-

"...humility comes before honor."

-Proverbs 15:33-

"...be quick to listen, slow to speak, and slow to get angry."

-James 1:19-

"Now the king was attracted to Esther more than to any of the other women... she won his favor and approval..... So he set a royal crown on her head and made her queen instead of Vashti."

-Esther 2:17-

"Control your temper, for anger labels you a fool."

-Ecclesiastes 7:9-

*The Value*

*Adding*

*Crisis Proof Your Family*

*Woman and*

*her Home!*





Your home is exactly what you make it to be!

Your home should indeed be a haven of rest; a place where the Holy Spirit can dwell with ease. Your husband and children should only think good thoughts when they think of home because of your presence. Husbands have their role to play but remember to focus more on what God expects you to do. All He needs is one person doing the right thing; and when you do, He will step in and honor you.

### Crisis Proof Your Family

How have you managed the affairs in your home?  
Use the following scriptures to help you become and remain the excellent wife you are destined to be. When meditated upon, may The Holy Spirit help your understanding.

It is important to seek godly counsel concerning your home if you need it.



**“I believe that a godly home is a foretaste of heaven. Our homes, imperfect as they are, must be a haven from the chaos outside. They should be a reflection of our eternal home, where troubled souls find peace, weary hearts find rest, hungry bodies find refreshment, lonely pilgrims find communion, and wounded spirits find compassion.”**

***-Jani Ortlund-***

"Houses and wealth are inherited from parents, but a prudent wife is from the LORD."

**-Proverbs 19:14-**

"She watches over the affairs of her household and does not eat the bread of idleness."

**-Proverbs 31:27-**

“Wives, submit yourselves unto your own husbands, as it is fit in the Lord.”

**-Colossians 3:18-**

"She rises while it is yet night and provides food for her household and portions for her maidens."

**-Proverbs 31:15-**

***Crisis-Proof Your Family***

"Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives."

**-1 Peter 3:1-**

"Who can find a virtuous and capable wife?

She is more precious than rubies. Her husband can trust her, and she will greatly enrich his life. She brings him good, not harm, all the days of her life."

**-Proverbs 31:10-12-**

“Be completely humble and gentle; be patient, bearing with one another in love.”

**-Ephesians 4:2-**

"He who finds a wife, finds a good thing and obtains favor from the Lord."

-Proverbs 18:22-

"Better to live in a desert than with a quarrelsome and nagging wife."

-Proverbs 21:19-

"A wife of noble character is her husband's crown, but a disgraceful wife is like decay in his bones."

-Proverbs 12:4-

"...a quarrelsome wife is like the constant dripping of a leaky roof."

-Proverbs 19:13-

"If a house is divided against itself, that house will not be able to stand."

-Mark 3:25-

"Above all things, have unfailing love for one another, because love covers a multitude of sins."

Crisp Family

-1 Peter 4:8-

"A wise woman builds her home, but a foolish woman tears it down with her own hands."

-Proverbs 14:1-

"With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

-Ephesians 4:2-3-

"It's better to live alone in the corner of an attic than with a quarrelsome wife in a lovely home."

-Proverbs 21:9-

"And over all these virtues put on love, which binds them all together in perfect unity."

-Colossians 3:14-

"Patience can persuade a prince, and soft speech can break bones"

-Proverbs 25:15-

"Those who bring trouble on their families inherit the wind..."

-Proverbs 11:29-

"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man."

-Proverbs 3:3-4-

"Be devoted to one another in love. Honor one another above yourselves."

-Romans 12:10-

"...as for me and my house, we will serve the LORD."

-Joshua 24:15-

*Crisis Proof Your Family*



# SCRIPTURES FOR MOTHERHOOD

"Behold, children are a heritage from the Lord, the fruit of the womb a reward."

-Psalm 127:3-

"Train up a child in the way he should go; even when he is old he will not depart from it."

-Proverbs 22:6-

"Discipline your children, and they will give you peace of mind and will make your heart glad."

-Proverbs 29:17-

"A person without self-control is like a city with broken-down walls."

-Proverbs 25:28-

## Crisis Proof Your Family

"And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

-Deuteronomy 6:6-7-

"...do not aggravate your children, or they will become discouraged."

-Colossians 3:21-

"The words of the reckless pierce like swords, but the tongue of the wise brings healing."

-Proverbs 12:18-

"I have no greater joy than to hear that my children are walking in the truth."

-3 John 1:4-

"Discipline your children while there is hope. Otherwise you will ruin their lives."

-Proverbs 19:18-

"...do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord."

-Ephesians 6:4-

"Her children arise and call her blessed; her husband also, and he praises her"

-Proverbs 31:28-

"You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus."

-2 Timothy 3:15-

*Crisis Proof Your Family*

"Those who spare the rod of discipline hate their children. Those who love their children care enough to discipline them."

-Proverbs 13:24-

"To discipline a child produces wisdom, but a mother is disgraced by an undisciplined child."

-Proverbs 29:15-

"And all thy children shall be taught of the LORD; and great shall be the peace of thy children."

-Isaiah 54:13-

*The Value*

*Adding*

*Crisis Proof Your Family*

*Woman and  
her Purpose!*





Purpose means the reason for which something is done or created, or for which something exists. One of the most asked questions on earth is, "why am I here?" Most women ask this question often, particularly because of the societal/cultural expectations placed on us. Do you know why you exist? Are you walking in that reality? Whatever you believe it to be, it must ultimately be about God, not you. He uses you as His instrument but in the end, His goal is that it must add value (spirit, soul, or body) to others, causing them to turn to Him. And He must get the glory for it!

### *Crisis Proof Your Family*

If you are yet to locate your purpose, ensure you are not idle. Find something productive to do and remain diligent where you are, as you seek God for clarity. May the following scriptures grant you insight to God's purpose for creating you. Meditate deeply on them and expect God to speak directly to you via His Word.

**"Often the very things that you think have disqualified you are the ones that qualify you to do what God has called you to do"**

***-Christine Caine-***

"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."

**-Jeremiah 1:5-**

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

**-Jeremiah 29:11-**

"For the vision is yet for the appointed time; It hastens toward the goal and it will not fail Though it tarries, wait for it; For it will certainly come, it will not delay."

**-Habakkuk 2:3-**

"The purposes of a person's heart are deep waters, but one who has insight draws them out."

**-Proverbs 20:5-**

*Crisis Proof Your Family*

"So will My word be which goes forth from My mouth; It will not return to Me empty, Without accomplishing what I desire, And without succeeding in the matter for which I sent it."

**-Isaiah 55:11-**

"Declaring the end from the beginning, And from ancient times things which have not been done, Saying, 'My purpose will be established, And I will accomplish all My good pleasure.'"

**-Isaiah 46:10-**

"Arise, shine, for your light has come, and the glory of the LORD has risen upon you. For behold, darkness shall cover the earth, and thick darkness the peoples; but the LORD will arise upon you, and his glory will be seen upon you. And nations shall come to your light, and kings to the brightness of your rising."

**-Isaiah 60:1-3-**



"But get up and stand on your feet; for this purpose I have appeared to you, to appoint you a minister and a witness not only to the things which you have seen, but also to the things in which I will appear to you."

-Acts 26:16-

"...for it is God who is at work in you, both to will and to work for His good pleasure."

-Philippians 2:13-

"...who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity."

-2 Timothy 1:9-

"You can make many plans, but the LORD's purpose will prevail."

-Proverbs 19:21-

"You will conceive and give birth to a son, and you will name him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David."

-Luke 6:31-32-

Crisis Proof Your Family

"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us..."

-Ephesians 3:20-

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

-Romans 8:28-

"The plans of hard-working people earn a profit, but those who act too quickly become poor."

-Proverbs 21:5-

"God is within her, she will not fall;  
God will help her at break of day."

-Psalm 46:5-



"Commit to the LORD whatever you do, and he will establish your plans."  
-Proverbs 16:3-

"Who knows if perhaps you were made queen for just such a time as this?"  
-Esther 4:14-

"May the favor of the Lord our God rest on us; establish the work of our hands for us-- yes, establish the work of our hands."  
-Psalm 90:17-

"But for this purpose I have raised you up, to show you my power, so that my name may be proclaimed in all the earth."  
-Exodus 9:16-

"The LORD directs our steps, so why try to understand everything along the way?"  
-Proverbs 20:24-

"Tell the righteous that it will go well for them, for they will eat the fruit of their labor."  
-Isaiah 3:10-

"Whatever your hand finds to do, do it with all your might..."  
-Ecclesiastes 9:10-

"Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture."  
-Psalm 100:3-

"Thus says the LORD, your Redeemer, the Holy One of Israel: "I am the LORD your God, who teaches you to profit, who leads you in the way you should go."  
-Isaiah 48:17-

"For David, after he had served the purpose of God in his own generation, fell asleep, and was laid among his fathers and underwent decay."  
-Acts 13:36-

Thank you for downloading this free resource.

For more family enriching resources find us & follow us.

Website: [www.crisisproofyourfamily.com](http://www.crisisproofyourfamily.com)

Facebook: Crisis-Proof Your Family  
Value Adding Woman

Instagram: @cpyfamily; @valueaddingwoman

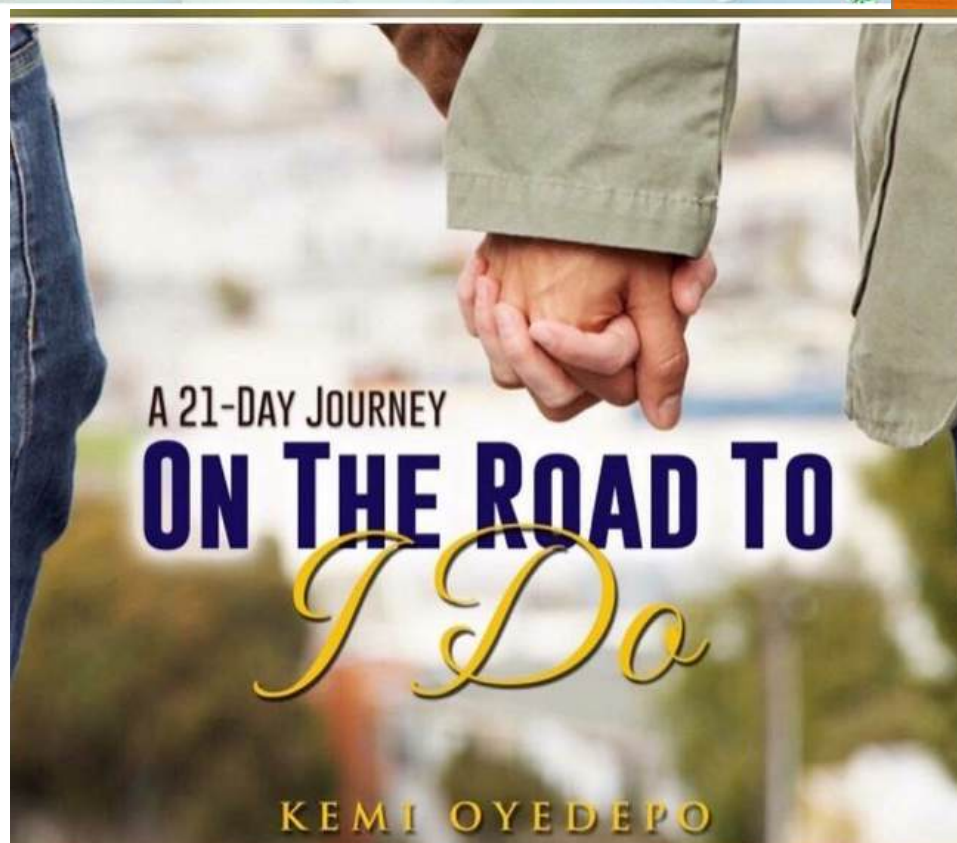
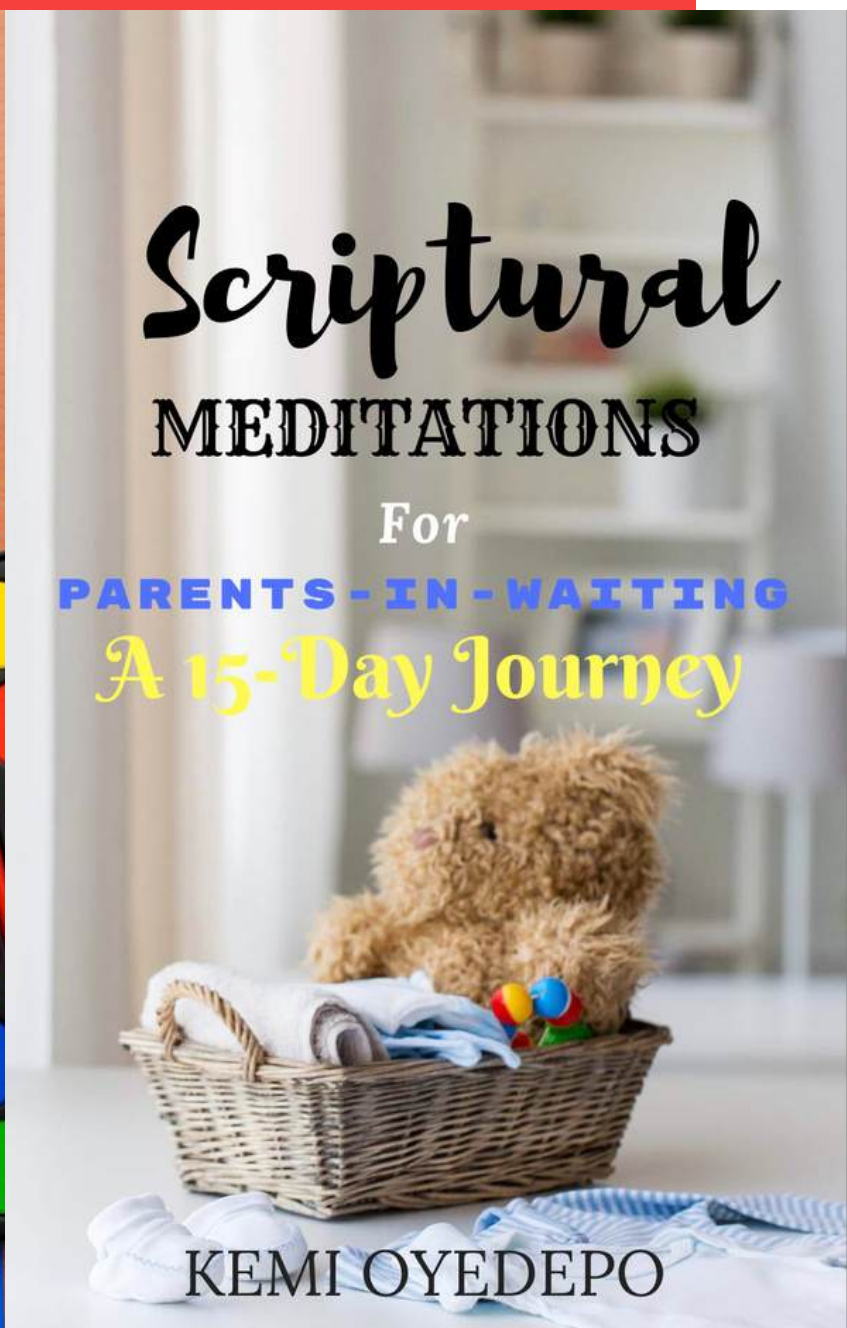
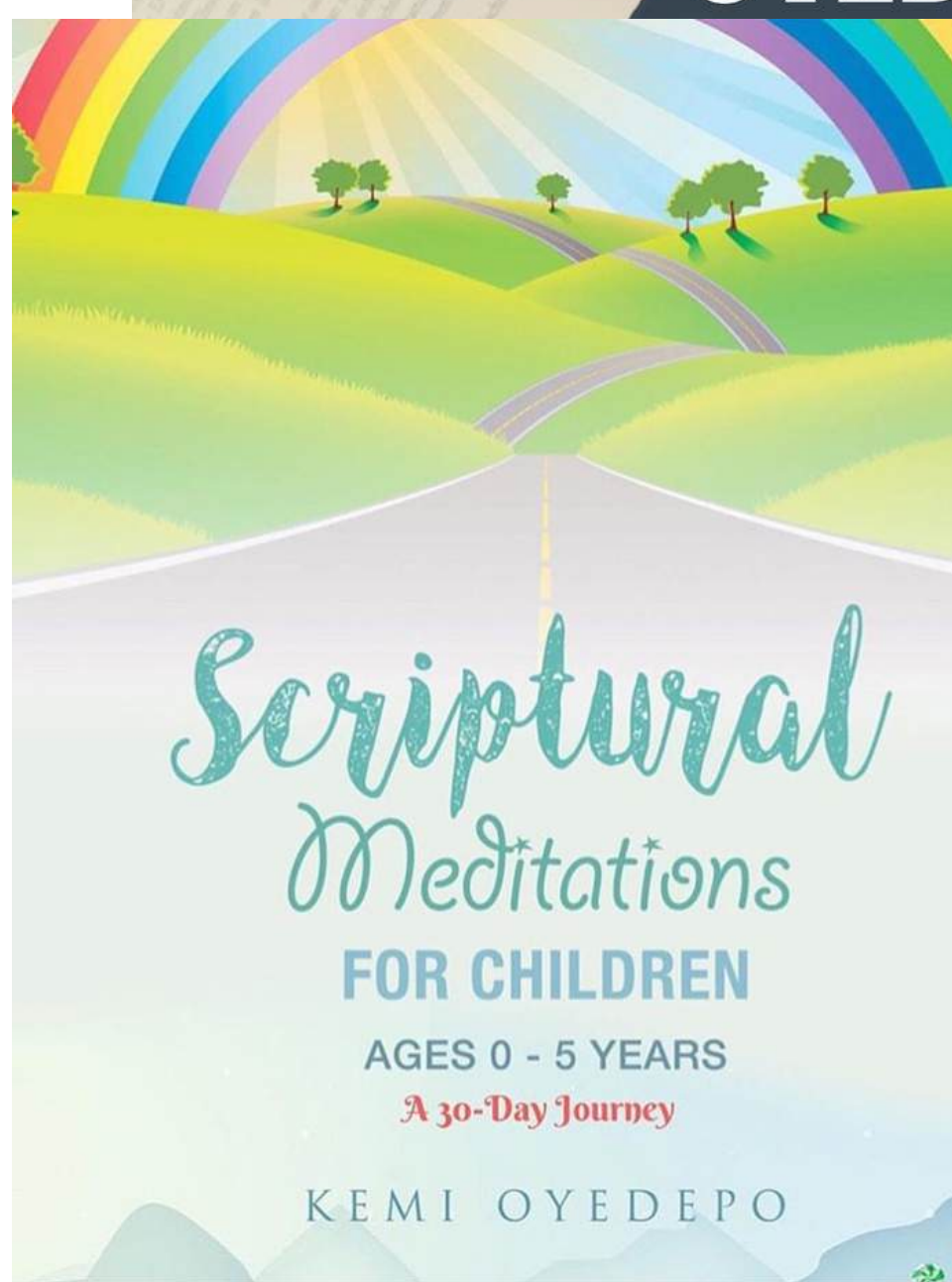
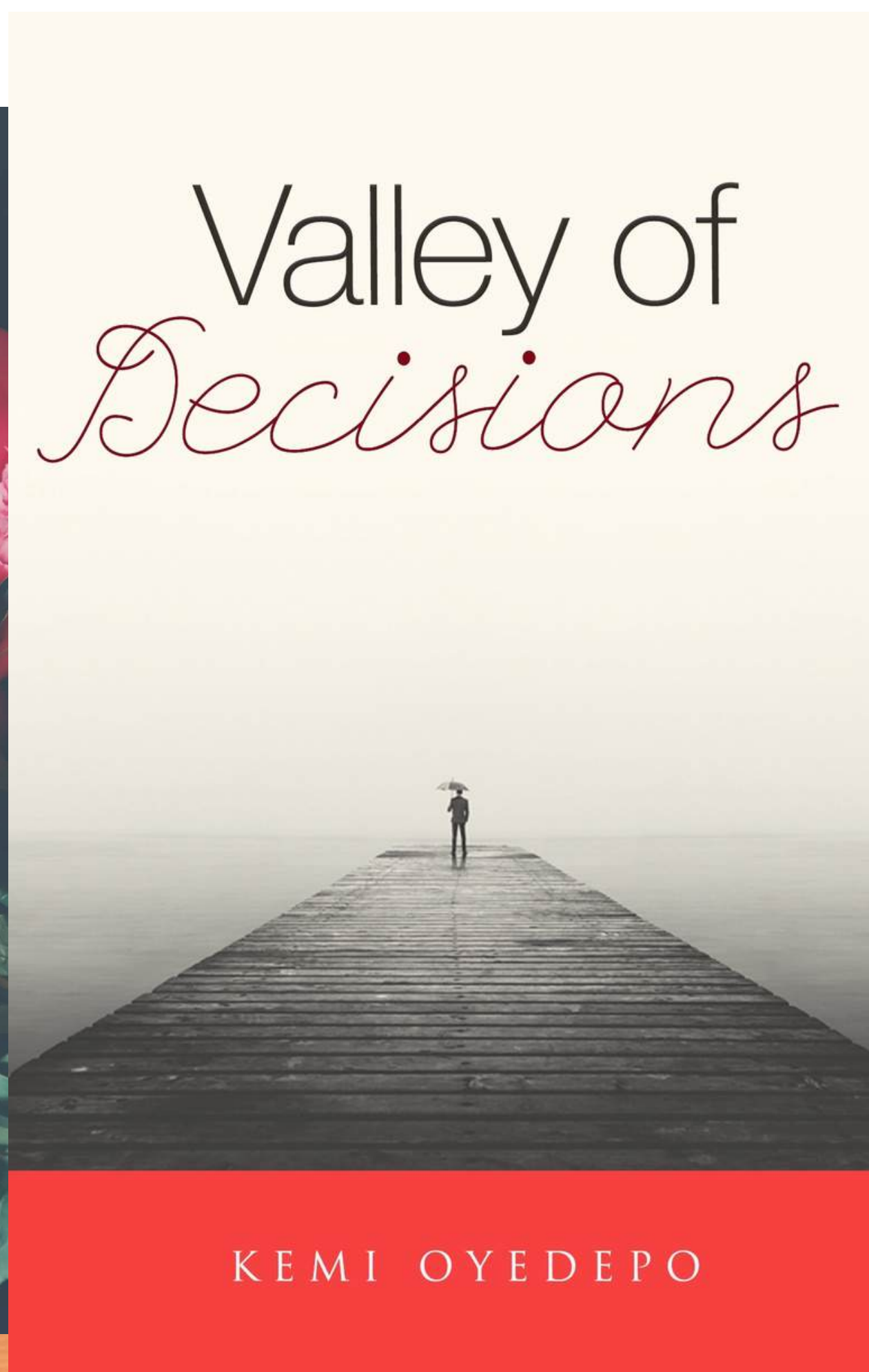
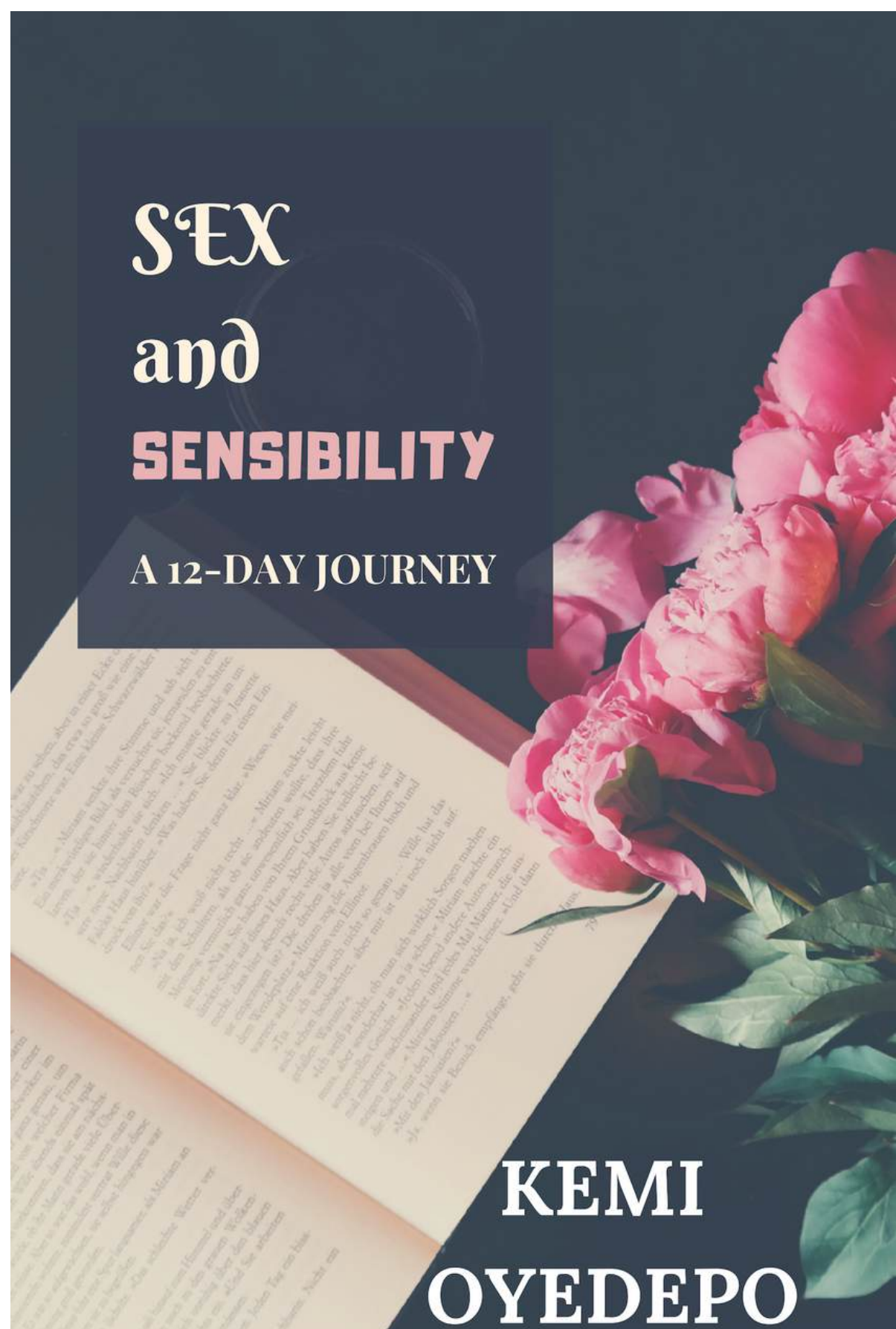
Email: [Info@crisisproofyourfamily.com](mailto:Info@crisisproofyourfamily.com)  
[Valueaddingwoman@gmail.com](mailto:Valueaddingwoman@gmail.com)

***Design: Kemi Oyedepo, for Crisis-Proof Your Family***



The following free resources are available on the website for download.

Visit [www.crisisproofyourfamily.com/resources](http://www.crisisproofyourfamily.com/resources) or simply click on each image below:





Searching for an easier way to teach your children memory verses?

Look no further!

# bible match

SCRIPTURAL MEDITATIONS

flash CARDS

The Bible Match memory verse flash cards are designed to help with teaching children memory verses while they have fun!

These colorful cards will get your children excited about learning God's Word as they grow spiritually!

memory verses have never been this much fun!

Contact us to order yours today!

✉ [hello@biblematchmedia.com](mailto:hello@biblematchmedia.com)

🌐 [www.biblematchmedia.com](http://www.biblematchmedia.com)

☎ +234 818 083 8241

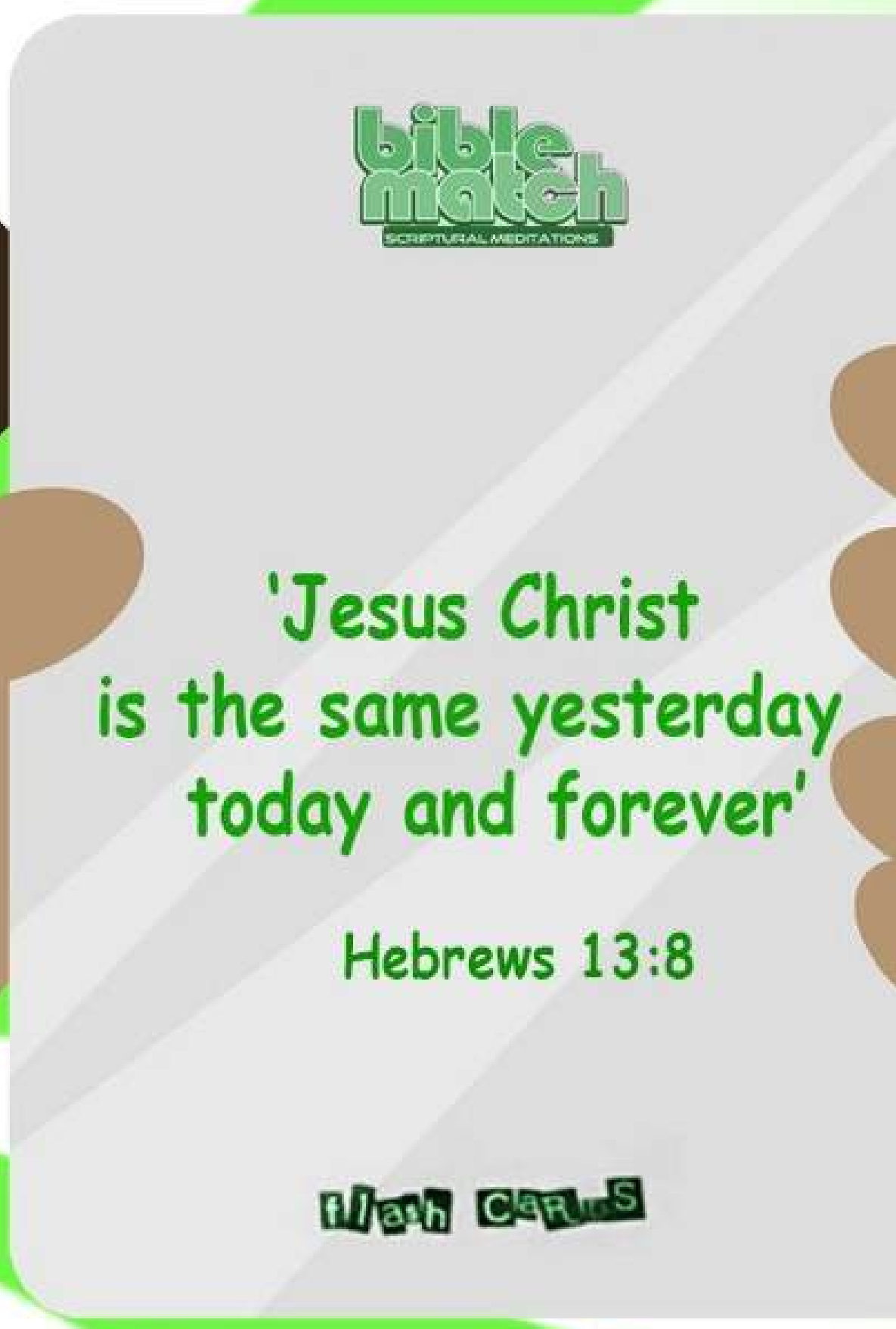
📷 @biblematch

Find us on [Amazon.com](https://www.amazon.com) & [Amazon.ca](https://www.amazon.ca)





**Nehemiah  
8:10**



**'Jesus Christ  
is the same yesterday  
today and forever'**  
**Hebrews 13:8**

**Flash Cards**



**Kemi Oyedepo is a writer and teacher with a mission to help families stand. She uses her ministry - Crisis Proof Your Family to pass on her message in a unique and practical style drawn from the Scriptures. Her goal is to help individuals build and maintain an enviable family life that glorifies God and draws multitudes to Jesus Christ.**

**She is the creator of BibleMath Media Ltd, with the vision to provide creative resources for the learning, entertainment and spiritual growth of children and youth. She is also the team lead of Value Adding Woman, an extension of Crisis Proof Your Family and a community with the mission to help women become and remain assets wherever they are found (from the home to the marketplace).**

**She is married to Pastor David Oyedepo Jnr and they are blessed with children.**