

Weekly Newsletter

VAW

value adding woman

VALUE
ADDING
WOMAN

10/03/2025

Introduction

Hello, Dear Value Adding Woman

Welcome to this week's edition of the VAW Newsletter!

We hope you were blessed by our last edition and found the challenges and tips helpful in your daily life. Did you take on the challenge? Were you able to apply the faith and wellness tips we shared? We'd love to hear how they impacted you!

In this edition, we have even more inspiration, practical insights, and encouragement to help you grow in faith, wellness, and purpose. Let's dive in!

Dr. Kemi Oyedepo

Team Lead
Value Adding Woman

Inspirational message

Imagine buying a new car and bringing it home with so much joy. While you are happy about this accomplishment, the next time you want to go out, you decide to walk instead. In fact, you walk for miles and get exhausted, then begin to blame God for how tough your life is. Does that make sense?

Do you know this is similar to what happens to many believers in their christian journey? God, in His mercies has provided us with diverse blessings, gifts, benefits, etc but many of us have failed to use them.

We have His Word, which is the sword of the spirit that is sharper than any two edged sword (Hebrews 4:12), the name of Jesus which is a strong tower for the righteous to run into for safety (Proverbs 18:10), the blood of Jesus which speaks better things than the blood of Abel (Hebrews 12:24), and so on.

God will not come down from heaven to use these tools; they are all at our disposal. The devil knows this and tries to hide many individuals in ignorance but the Bible says "and ye shall know the truth and the truth will set you free" (John 8:32). Therefore, do not be ignorant.

With the help of the Holy Spirit, search the scriptures for all God has released to you as a believer. Please know that the same applies to the gifts/talents He has give to you. Don't let them waste! Don't walk under the scorching sun when you have a car.

Dr. Emmanuela Mike-Bamiloye
@ellaebv

**In this newsletter,
you will find :**

**Woman of the
Week/ Spotlight
Story**

Weekly Affirmations

**Prayer Request
Information**

**A Health & Wellness
Tip**

**A Challenge of the
Week**

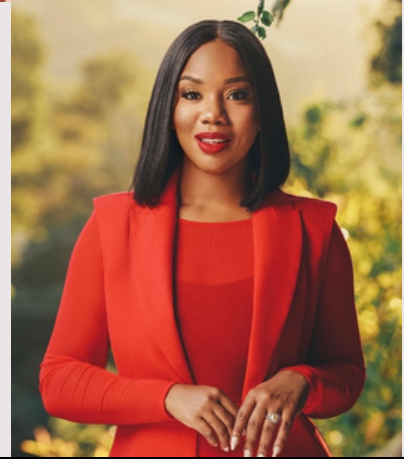
Testimony Spotlight



Woman of the Week / Spotlight Story

Sarah Jakes Roberts is a prominent author, speaker, and media personality known for her dynamic ministry and commitment to empowering women. As the daughter of Bishop T.D. Jakes, she has carved her own path, transforming personal challenges into platforms for inspiration. You can read more about her here

<https://sarahjakesroberts.com/meet-sarah>



Faith & Life Application Tip

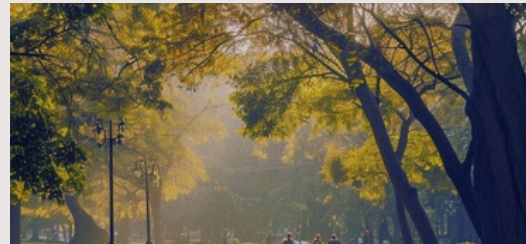
Faith Tip: *Trust God's Timing*

Scripture

“Trust in the LORD with all thine heart; And lean not unto thine own understanding. In all thy ways acknowledge him, And he shall direct thy paths.” Proverbs 3:5-6 KJV

Life Application:

Instead of stressing over what hasn't happened yet, practice surrendering your plans to God. Start each day with a simple prayer: *“God, I trust that Your timing is perfect. Help me to be patient and faithful as I wait.”* While you wait, focus on preparation—learn, grow, and serve where you are. Trust that delays are not denials; they are opportunities for God to align things for your good.



Health & Wellness Tip

Take a Walk Under the Sun

Taking a walk under the sun is a simple yet powerful way to boost your mood, improve circulation, and soak up essential vitamin D. Just 15–30 minutes of sunlight can enhance bone health, support your immune system, and help regulate sleep.

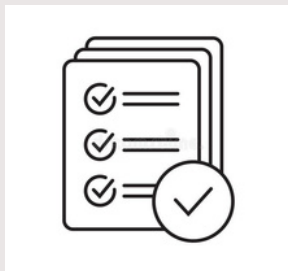
Don't forget to wear sunscreen for protection while enjoying the fresh air!

Weekly Activities



• I have a sound mind, and possess the mind of Christ.

• God's peace guards my heart and mind, therefore I will not be shaken.



Challenge of the Week

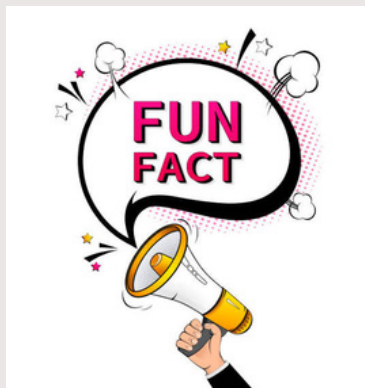
Digital Detox

Take a break from social media or screens for at least one hour each day and use that time for other productive activities such as self reflection, meditation or reading a book.



Prayer Requests

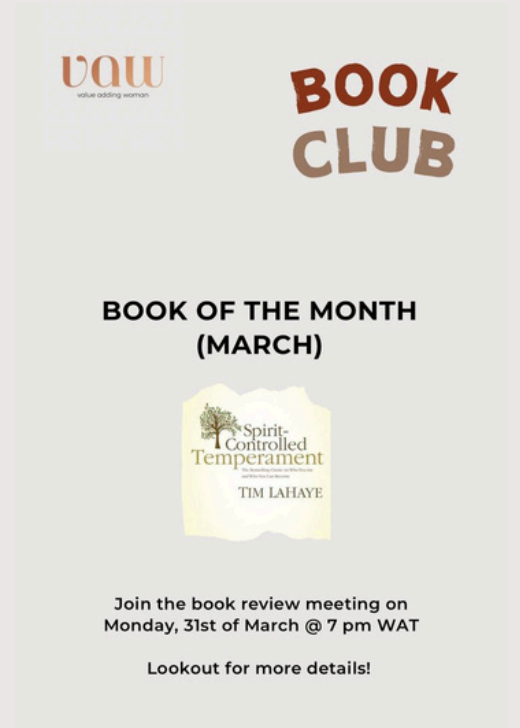
Need prayer for something? Don't hesitate to reach out to us via DM @valueaddingwoman



DID YOU KNOW?

Pineapples were once a symbol of wealth: Back in the 1700s, pineapples were so rare and expensive that people would rent them out for parties to impress guests.

Imagine renting a pineapple instead of a fancy cake!



Reflect on this:

Being a Christian is more than just an instantaneous conversion - it is a daily process whereby you grow to be more and more like Christ.

Billy Graham



Scripture of the Week



GOOD NEWS!

TESTIMONY CORNER

After praying for direction during one of the PRESS sessions, the Lord gave me clarity and opened my eyes to some steps to take concerning my business and family, and to the glory of His name, it has produced tremendous results.

Hallelujah!

Sophie U. Ireland

ANNOUNCEMENTS

- Join our weekly prayer meeting - PRESS every Monday @ 10 pm WAT
- Look out for details about our upcoming virtual meeting: SHE MEANS BUSINESS! on Monday, 24th of March @ 7 pm WAT
- Monthly book review meeting comes up on Monday, 31st of March @ 7 pm WAT

Thank you for reading!

Our Team!

Editor in Chief – Dr. Kemi Oyedepo

The visionary leader guiding our content with expertise and passion.

Content Distribution Lead – Mrs. Tega Agbadagri

The strategist working behind the scenes to get our newsletter in front of your eyes.

Design & Research Lead – Mrs. Feyi Deji-Dawodu

The creative genius and researcher who ensures our visuals and content are top-notch.

Contributor – Dr. Emmanuella Mike-Bamiloye

Our talented contributor who shared an inspiring piece with us this week!

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valueaddingwoman@gmail.com

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