

Weekly Newsletter

VAW

value adding woman

VALUE
ADDING
WOMAN

17/03/2025

**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

Introduction

Dear Value Adding Woman,

Welcome to this week's edition of the Value Adding Woman (VAW) Newsletter!

We trust that our previous edition blessed you and that you found the challenges and tips beneficial in your daily life. Did you embrace the challenge? Were you able to integrate the faith and wellness tips we shared? We'd love to hear about your experiences and any insights you gained!

In this edition, we're excited to bring you more inspiration, practical insights, and encouragement to support your journey in faith, wellness, and purpose. Let's dive in and continue growing together!

Dr. Kemi Oyedepo

Team Lead

Value Adding Woman

Inspirational message

For as the rain and snow come down from the heavens, and return not there again, but water the earth and make it bring forth and sprout, that it may give seed to the sower and bread to the eater, [II Cor. 9:10.] So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but it shall accomplish that which I please and purpose, and it shall prosper in the thing for which I sent it."

Isaiah 55:10-11 AMPC

The Power of God's Word

Every Word from God is ordained for fulfillment. When God speaks, He intends to bring His Word to pass.

Just as rain falls to water the earth, producing visible and immediate change, so does God's Word in our lives. A single rainfall can transform dry, brown grass into vibrant green grass. In the same way, **God's Word is sent to nourish, revive, and bring life to every dry and unfruitful situation.**

No matter how barren or hopeless a situation may seem, when we engage with God's Word, it will produce results exactly as He designed it to. Our role is to **stand in faith, trusting that what God has spoken will surely come to pass.** As long as the Word comes from Him, it will not return void—it will accomplish what He has purposed!

Mrs Feyisayo Deji-Dawodu

@feyi-dejidawodu



Woman of the Week / Spotlight Story

Priscilla Shirer is a dynamic Bible teacher, speaker, and author known for her passion for equipping women to grow in their faith and deepen their relationship with God. She is the daughter of renowned pastor Dr. Tony Evans and has built a ministry that inspires and empowers believers worldwide.

<https://www.goingbeyond.com/ministry/biography/>



Faith & Life Application Tip

Faith Tip: *Stay Rooted in God's Word*

Scripture

“Thy word have I hid in mine heart, That I might not sin against thee.”

Psalm 119:11 KJV

Life Application:

Just as plants need water to thrive, your soul needs the nourishment of **God's Word** daily. Psalm 119:105 says, “*Your word is a lamp to my feet and a light to my path.*” Make it a habit to read, meditate on, and apply Scripture to your life. Start your day with a Bible verse, keep a journal for reflections, and ask God to reveal His wisdom through His Word. When faced with challenges, turn to Scripture for guidance and strength—it is your foundation for living in faith and purpose.



Health & Wellness Tip

Nourishing Foods: Fueling Your Body for God's Purpose

Eating well is not just about physical health—it's about honoring the body God has given you so you can serve Him with energy and strength. Choosing **nourishing foods** helps maintain overall well-being, improves mental clarity, and supports emotional balance.

1. Prioritize Whole, natural, unprocessed foods like fruits and vegetables, proteins and healthy fats.
2. Eat in Moderation and with Gratitude: Instead of extreme diets or guilt around food, focus on balance and moderation. Enjoy meals with a heart of gratitude, acknowledging that food is a blessing from God.

Weekly Activities



- I walk in boldness, knowing that God is with me, guiding and strengthening me.
- Fear has no place in my heart, for I am more than a conqueror through Christ.
- I choose faith over fear, courage over doubt, and trust over worry.



Challenge of the Week

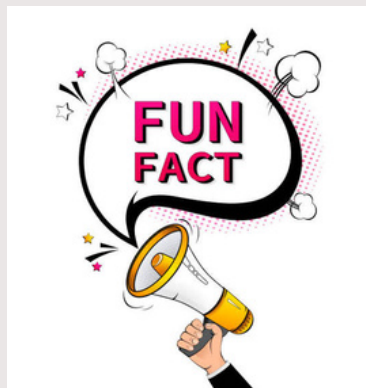
Declutter Spaces

Choose an area of your home to declutter this week, reorganize your kitchen, cleans and clear surfaces, organize your books, by doing this you create a more organized and peaceful environment.



Prayer Requests

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



DID YOU KNOW?

Did you know that laughing is good for your heart? It increases blood flow and reduces stress, much like exercise!

BOOK CLUB

BOOK OF THE MONTH (MARCH)

Join the book review meeting on Monday, 31st of March @ 7 pm WAT

Lookout for more details!

Reflect on this:

Never be afraid to trust an unknown future to a known God - **Corrie Ten Boom**



Scripture of the Week



GOOD NEWS!

TESTIMONY CORNER

I give all the glory to God our prayer meetings. I noticed a decline in my prayer life, but through my commitment to PRESS, God ignited my spiritual life. Being part of this group has challenged and encouraged me to become more intentional with my time spent in prayer and word study. Praise God!

Kike I. from Florida, USA

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. Feyisayo Deji-Dawodu

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

Contributor – Mrs Feyisayo Deji-Dawodu

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

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valueaddingwoman@gmail.com

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