

# Weekly Newsletter



value adding woman

VALUE  
ADDING  
WOMAN

07/04/2025

## Introduction

Dear Value Adding Woman,

As we have stepped into the month of April and embrace the second quarter of the year, we are reminded of the beauty of new beginnings and the power of resurrection life in Christ. This is a season of renewal, a time to reflect on the victory of the Cross and the promise of abundant life that Jesus secured for us. Hallelujah!

As we step into this new quarter, let's do so with faith and expectation. God is still writing your story, and His plans for you remain good (Jeremiah 29:11). In this edition of our newsletter, we will explore an encouraging devotional, testimonies of God's faithfulness, and practical wisdom to help you grow spiritually, emotionally, and in every area of life.

May this be a season of fresh joy, renewed strength, and divine breakthroughs. Keep pressing forward, knowing that your best days are still ahead!

Blessings,  
**Dr. Kemi Oyedepo**  
Team Lead, Value Adding Woman

## Inspirational Message

Ezekiel 2:1-2 "Then He said to me, "Son of man, stand on your feet and I will speak to you." Then as He spoke to me, the Spirit entered me and set me on my feet; and I heard Him speaking to me..."

The Spoken Word is creational, and we see it in the case of Prophet Ezekiel. As the Word came forth, the Spirit behind the Word entered him to carry out the exact action communicated by the Word in verse 1. Our mouths aren't only for eating; we must use it to communicate the word we've discovered in His Word concerning our lives against every contrary situation.

In Ezekiel 37:1-10, God knew that the bones could live again by His sovereign power and might. He could have caused the miraculous to happen all by Himself, but He chose to let the Prophet Ezekiel speak first. I believe it's so that we'll see the power in the spoken Word and also the power vested in us as children of light.

Beloved, the bones were not just dry; they were very dry as described in scriptures, which represented a hopeless situation.

In vs 8, the bones, sinews, flesh, and the skin were all in place, but one thing was still missing: the breath to make it all complete. However, Ezekiel didn't give up, and he didn't stop there. God instructed him to speak again. He obeyed, and there was a wholeness at last, an exceedingly great army, Hallelujah!

Look at how a seemingly hopeless situation was completely turned around. If very dry bones in a valley could result in being turned around, then what's that situation in your life can't be turned around? Keep speaking the Word of God. And don't stop until the picture is complete!

**Dr. Sandra Howusu**  
@sandra\_howusu

**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

This week, we celebrate Joyce Meyer, a powerful woman of faith whose life is a testimony of God's grace, healing, and transformation.

Joyce Meyer is a powerful Bible teacher and author who overcame a painful past to impact millions. Through Joyce Meyer Ministries, she helps people grow in faith, find healing, and walk in victory. Her bestselling books, like *Battlefield of the Mind*, teach believers to renew their minds and trust God's plan.

Faith Lesson: No matter your past, God has a purpose for you. Trust Him and walk in confidence!

<https://joycemeyer.org/about/board-of-directors/joyce-meyer>



### Faith & Life Application Tip

#### Faith Tip on Prayer

**Faith Tip:** Make Prayer Your First Response, Not Your Last Resort

Too often, we turn to prayer after we've exhausted all other options. But God desires that we come to Him first, in every situation—whether big or small. Prayer is not just about asking for things; it's about building a deep, ongoing relationship with God.

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” – Philippians 4:6



### Health & Wellness Tip

#### No Sugar Week Challenge

**Goal:** Cut out added sugars for 7 days to boost energy, reduce cravings, and improve health.

#### Avoid:

- ✗ Sugary drinks (soda, juice, sweetened coffee/tea)
- ✗ Processed snacks (cookies, candy, pastries)
- ✗ Flavored yogurts & white bread
- ✗ Condiments with hidden sugars (ketchup, BBQ sauce)

#### Eat Instead:

- ✓ Whole fruits for natural sweetness
- ✓ Protein & healthy fats (eggs, nuts, avocados)
- ✓ Complex carbs (quinoa, brown rice, sweet potatoes)
- ✓ Herbal tea or infused water instead of sugary drinks

Tips: Read labels, meal prep, stay hydrated, and use natural sweeteners (honey, dates) in moderation.

By the end of the week, you'll feel lighter, more energized, and in control of cravings! Ready to start?

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# Weekly Activities



- I am God's masterpiece - I am created for good works that He has prepared for me.
- I am seated in heavenly places with Christ - I operate from a place of spiritual authority.



## Challenge of the Week

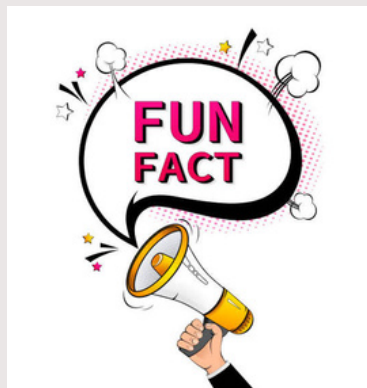
### Pray Without Ceasing

This week, challenge yourself to cultivate a lifestyle of continuous prayer—not just during your quiet time but throughout your day. Prayer is not just about words; it's about constant communion with God in every moment.



## ANNOUNCEMENTS

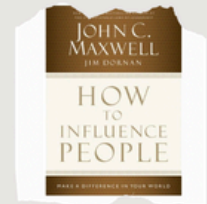
- Join our weekly prayer meeting - PRESS every Monday @ 10 pm WAT
- Monthly book review meeting comes up on Monday, 28th of April @ 7 pm WAT



## DID YOU KNOW?

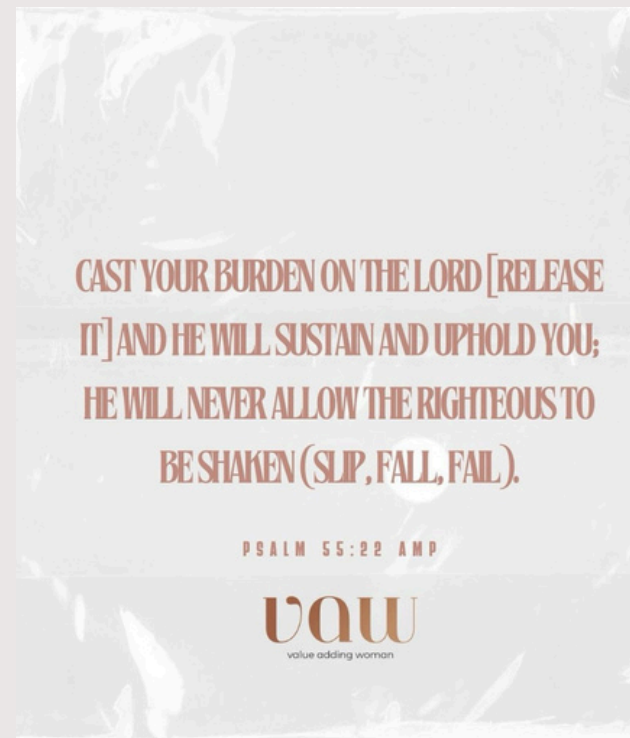
**Did you know** that bananas are berries, but strawberries aren't? According to botanical definitions, strawberries don't meet the criteria for being a berry, but bananas do. Interesting!

## BOOK OF THE MONTH (APRIL)



## Reflect on this:

*The secret is Christ in me, not me in a different set of circumstances - Elizabeth Elliot*



**CAST YOUR BURDEN ON THE LORD [RELEASE IT] AND HE WILL SUSTAIN AND UPHOLD YOU; HE WILL NEVER ALLOW THE RIGHTEOUS TO BE SHAKEN (SLIP, FALL, FAIL).**

PSALM 55:22 AMP

**UAW**  
value adding women

## Scripture of the Week

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**Question: Why do we follow divine direction and yet face opposition? How do we overcome overwhelmed opposition?**

**Answer:** Following divine guidance doesn't exempt us from facing obstacles or challenges. In fact, if you look through the scriptures, every person who was divinely led faced their own fair share of difficulties. From Abraham to Moses to Paul, each faced trials, and yet their unwavering faith and resilience brought them through victorious. Psalm 23:4 reminds us, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." This verse shows that God's presence is with us, even in the darkest and most challenging times. We are not promised a life free from hardship, but we are assured that God walks with us every step of the way and we are empowered to stand strong against oppositions.

### **In moments of overwhelm:**

1. Remain rooted in faith: Keeping your faith strong, helps you face any circumstance with peace.
2. Refuse to let fear dictate your actions: By refusing fear, you remain sensitive in Spirit and tap into the power and wisdom of God.
3. Trust in God's timing: God's timing is always perfect, and even in moments of waiting or confusion, trust that He is working things out for your good.
4. Find strength in prayer and worship: Prayer is your lifeline, and worship is a powerful way to shift your focus to God's greatness.
5. Reflect on the examples & testimonies of others: From Bible heroes to contemporary examples, be assured the same God who brought them out will bring you out.

6. Seek godly counsel: Reach out for help if you need it.

As we stay focused on Him, knowing that He is faithful to fulfill His promises, we will always come through stronger, more refined, and victorious – 1 Corinthians 15:57.

**Answered by: Dr. Kemi Oyedepo**

#### **Editor in Chief – Dr. Kemi Oyedepo**

The visionary leader guiding our content with expertise and passion.

#### **Content Distribution Lead – Mrs. Tega Claire 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 – Dr Sandra Howusu**

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

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