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# WEEKLY NEWSLETTER

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- A HEALTH & WELLNESS TIP
- WEEKLY AFFIRMATIONS
- A WOMAN OF THE WEEK

IN THIS NEWSLETTER  
YOU'LL FIND:

- A QUESTION & ANSWER SECTION
- A CHALLENGE FOR THE WEEK
- AN INSPIRATIONAL WORD

# VAW

value adding woman

## INTRODUCTION

Dear Value-Adding Woman,  
  
Happy New Week!

As we reflect on the beauty and power of Easter celebrated last week, our hearts are full of gratitude. Easter reminds us of the victory we have in Christ—the hope of new beginnings, the assurance of grace, and the promise of resurrection in every area of our lives.

May the joy of our risen Savior continue to fill your hearts and homes.

We also thank God for His faithfulness in seeing us through to the last week of the month. As we step into this new week, do so with boldness, and a renewed sense of His presence in all that you do.

Be inspired and uplifted by this week's newsletter as we share fresh insight, encouragement, and grace for your journey.



**DR. KEMI OYEDEPO**

Team Lead, Value Adding Woman

# WEEKLY NEWSLETTER

## REFLECT ON THIS

We all have a past. No matter how bad your past is, you can get past your past. God can give you a new beginning; he can use you greatly and give you a future.

— **Joyce Meyer**

## PRAYER REQUEST

### Need prayer for something?

Don't hesitate to reach out to us @valueaddingwoman

## DID YOU KNOW...

Faith can improve your health? Studies have shown that people who pray and practice their faith regularly experience lower stress and better overall well-being.



## WOMAN OF THE WEEK

### SINACH

Sinach (Osinachi Kalu Okoro Egbu) is a Nigerian gospel artist and worship leader known globally for her hit song "Way Maker," which has been translated into over 50 languages.

Her music, filled with scripture and faith declarations, has touched lives in churches and homes worldwide.

A trailblazer for women in gospel music, Sinach has mentored many and shown that faith and creativity can impact nations. Her life reflects consistency, obedience, and the power of walking boldly in God's calling.



## SINACH

<https://sinachmusic.com/biography/>

# Gods Word to YOU!!

## INSPIRATIONAL MESSAGE

### Tame your tongue!

Research has shown that women utter an average of 20,000 words a day while men utter an average of 7,000 words a day. Of course, as with every rule, there are some exceptions. However, if that research is true, then we as women are naturally susceptible to speaking wrongly daily because God's word tells us in Proverbs 10:19 (NLT) that ...too much talk leads to sin.

We must therefore take extra care when it comes to what we say and how we say it. In my journey as a Christian woman and particularly growing in the use of my tongue, I have found the bible books of Proverbs and James 3 to be very helpful in taming my tongue.

This is crucial for us, otherwise we can hurt our relationships, hinder opportunities from coming our way and cause untold pain in the hearts of the people closest to us.

If you struggle with taming your tongue, I encourage you to start off by reading through James 3 and then journey through the entire book of Proverbs to find scriptures that will help.

While you do that, constantly ask for help from the Holy Spirit and don't make excuses for any careless speech. It is important that as a child of God, you are quick to make amends when you falter. The scriptures tell us that reckless words pierce like a sword but the tongue of the wise brings healing (Proverbs 12:18). Ensure that every word you speak, brings health! God bless you.

**Pastor (Mrs) Esther Ebhohimen**  
@estherebhohimen

### QUESTION & ANSWER SECTION

**Q: How can I progress in my career while staying true to my faith as a Christian?**

A: This is a great question that shows your desire to be intentional about levelling up your life! I applaud you.

To progress in your career while staying true to your faith, it's important to focus on both continuous learning, spiritually and intellectually. 2 Timothy 2:15 says:

*"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."*

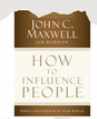
So, without studying or learning, there can't be true progress in life. Here are some tips:

- **Stay Updated in Your Field and Seek God's Wisdom:** Be intentional about growing in your expertise and always ask God for guidance. Proverbs 1:5 – *"Let the wise listen and add to their learning."*
- **Develop Leadership Skills:** Serve where your skills are needed, and look for opportunities to learn new ones. Serve with humility, and watch God elevate you. Matthew 20:26-28
- **Build Strong Relationships:** Network with peers and fellow Christians to support each other's growth. Proverbs 27:17
- **Embrace Challenges:** See challenges as opportunities for growth and perseverance. Romans 5:3-4
- **Maintain Balance:** Prioritize your career, spiritual health, and personal well-being. Matthew 11:28
- **Stand Firm in Your Faith:** Hold fast to your Christian values and never compromise your integrity or honesty in the face of challenges. This ensures that your character remains a true reflection of Christ in all you do. 1 Corinthians 16:13

By applying these simple tips consistently, I see you making great strides both professionally and spiritually, reaching your goals as you keep God at the center of your life.

**Answered by Dr. Kemi Oyedepo**

### BOOK OF THE MONTH (APRIL)



Join the book review meeting on  
Monday, 28th of April @ 7 pm WAT

Lookout for more details!

## How to influence people- Make a difference in the world.

**John C Maxwell & Jim Dornan**



## FAITH AND LIFE APPLICATION TIP

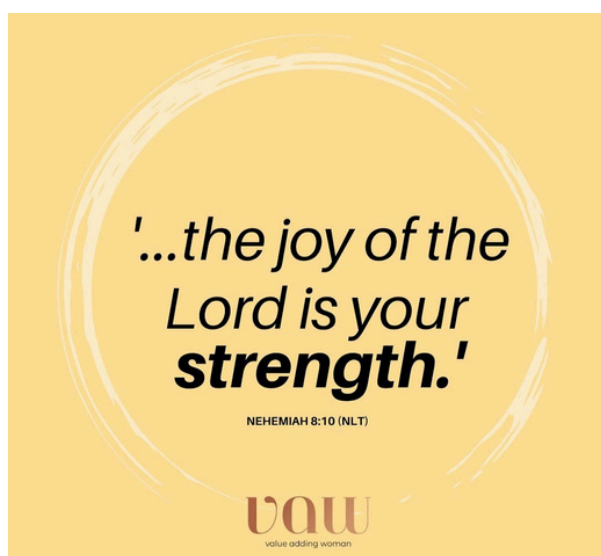
### Faith Tip On Worship

**Romans 12:1:** *And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.*

Worship isn't just about singing or going to church; it's a lifestyle of honoring God in everything—your work, words, attitude, and choices.

### Life Application Tip:

Begin each day by dedicating it to God—before checking your phone or starting work, whisper a short prayer like: “God, today is yours. Use me how You want.” Throughout the day, view even small tasks—helping someone, doing your job well, staying calm in frustration—as acts of worship. It shifts your focus from routine to reverence, making the ordinary sacred.



## AFFIRMATIONS

**I am never alone – God will never leave or forsake me.**

**I am deeply loved by God – Nothing can separate me from His love.**

### SCRIPTURE OF THE WEEK





## HEALTH AND WELLNESS TIP

### Fresh Juice vs. Packaged Juice:

Freshly squeezed juice is a powerhouse of nutrients with natural vitamins, enzymes, and antioxidants that support your immune system, digestion, and energy levels. In contrast, many packaged juices, even the “100%” ones, are pasteurized (heated), which reduces nutrient content. They also often contain added sugars, preservatives, and artificial flavors.

### Wellness Boost:

Swap your morning boxed juice for a quick homemade version—like orange, carrot, or watermelon juice. It may take an extra 5 minutes, but your body will thank you with better hydration, clearer skin, and more natural energy.

Pro tip: Make small batches and store in glass jars in the fridge for up to 24 hours to save time.

## CHALLENGE OF THE WEEK



### The Secret Servant Challenge

**Scripture Focus:** “Let each of you look not only to his own interests, but also to the interests of others.” – Philippians 2:4

This week, let’s embrace the joy of serving—**but with a twist!** Your challenge is to **bless someone in secret** every day for the next seven days.

### How It Works:

✓ Find ways to serve someone without seeking recognition.



## HIGHLIGHTS!

- Our weekly prayer meeting - PRESS holds every Monday @ 10 pm WAT. Join [here](#)
- Monthly book review meeting comes up on Monday, 28th of April @ 7 pm WAT. Join [here](#)
- Ministers' Wives Connect comes up on Monday, 12<sup>th</sup> of May @ 7 pm WAT

## THE TEAM

### Editor in Chief

Dr. Kemi Oyedepo  
The visionary leader guiding our content with expertise and passion.

### Design & Research Lead

Mrs. Feyi Deji-Dawodu  
The creative genius and researcher who ensures our visuals and content are top-notch.

### Content Distribution Lead

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

### Contributor

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*Thank you for reading!!*

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