WEEKLY NEWSLETTER

IN THIS NEWSLETTER YOU'LL FIND:

- A HEALTH & WELLNESS TIP
- WEEKLY AFFIRMATIONS
- A WOMAN OF THE WEEK
- A CHALLENGE FOR THE WEEK
- 5 STEPS TO STRENGTHEN YOUR CONFIDENCE
- AN INSPIRATIONAL WORD

value adding woman

INTRODUCTION

Dear Value-Adding Woman,

In a world that rarely slows down, this week, I encourage you to pause, to find strength in silence, and clarity in stillness. The discipline of silence and retreat helps us tune our hearts to God's gentle voice and renew our inner peace. It's in quiet moments that direction becomes clear and strength is restored.

As you practice stillness, also remember the importance of intentional living, even in your finances. Our weekly growth task encourages you to create a simple budget, giving your money an assignment and aligning your spending with your values and faith. Stewardship begins with awareness, and clarity begins with calm.

Our health and wellness tip reminds you that learning to say "no" is not selfish, it's a necessary boundary for peace, balance, and well-being. Protecting your energy allows you to serve from a place of fullness, not fatigue.

And as you draw inspiration from our Woman of the Week, Dr. Becky Enenche, may her grace, discipline, and devotion stir you to live with deeper focus and faith. Like her, may you embody quiet strength and a heart fully surrendered to God.

Take time this week to rest, reflect, and realign. Sometimes, stepping away is how you truly step forward.

DR. KEMI OYEDEPO

Team Lead, Value Adding Woman

WEEKLY NEWSLETTER

REFLECT ON THIS!

C.S. Lewis says, 'To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.'

PRAYER REQUEST

Need prayer for something?

Don't hesitate to reach out to us @valueaddingwoman

DID YOU KNOW?

Did you know that Ethiopia is one of the only countries in Africa that was never colonized.

WOMAN OF THE WEEK

Woman of the Week: Dr. Becky Enenche

Dr Becky Enenche is a woman whose life radiates grace, compassion, and divine purpose. A medical doctor by training, a minister of the Gospel by calling, and a nurturer of souls by passion, she embodies the heart of a true servant leader.

As the Co-Senior Pastor of Dunamis International Gospel Centre, alongside her husband, Dr. Paul Enenche, she has devoted her life to pointing people toward God's love and purpose. Known for her deep wisdom and calm strength, Dr. Becky teaches with warmth and authority, often emphasizing topics like godly character, family, and spiritual growth.

Her ministry goes beyond the pulpit. Through her Seeds of Destiny Devotional contributions and outreach programs, she has touched lives with both practical care and spiritual nourishment. She carries a motherly grace, encouraging women to rise above limitations, walk in purity, and fulfil their God-given potential.

Dr Becky is also a passionate advocate for health, education, and empowerment, inspiring many women to balance faith with discipline, service, and excellence. Her gentle voice carries profound truth, often reminding believers that inner beauty and strength come from intimacy with God.

Quote:
"When you make God your priority, every other thing falls into place." — Dr. Becky Enenche

Action Point:
Take time this week to prioritize your spiritual growth. Like Dr. Becky, let your faith reflect not only in your words but in the way you live, love, and lead others toward Christ.

DR BECKY ENENCHE

https://dunamisgospel.org/dr-mrs-becky-paul-enenche/

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

If you've lived long enough, experience will teach you that there's a constant battle that goes on in your soul. Hence, the scripture tells us in Proverbs 4:23, "*Keep your heart with all diligence, for out of it spring the issues of life.*" (NKJV)

My emphasis is on the word, 'All Diligence.' You can't afford to be carefree about the ongoings in your soul. The positive thoughts are to be nurtured and allowed to grow. But the negative thoughts must be nipped in the bud.
Here are some steps to take:

- Protect your heart from offences and bitterness
- Protect your heart from envy and jealousy
- Protect your heart from fear, worry and anxiety
- Protect your heart from doubt and double-mindedness
- Protect your heart from lust
- Protect your heart from covetousness and greed
- Protect your heart from pride and arrogance

Like a good farmer, not only should you learn to weed out the negative thoughts, ensure you are consciously planting the good seed of the word of God, especially in the places that had weeds before.

Remain blessed and lifted.

Pastor Esther Ebhohimen
@estherebhohimen

5 Steps to strengthen Your Confidence

Need a confidence boost? Here are 5 biblical steps to strengthen your confidence.

Know Who You Are in Christ.
Your worth isn't based on people's opinions. *Ephesians 2:10*

Speak Life Over Yourself.
Your words shape your mindset. *Proverbs 18:21*

Face Your Fears.
Courage and confidence are built through action. *Joshua 1:9*

Keep Showing Up.
Confidence is built through consistency. *Galatians 6:9*

Keep Giving God the Glory .
True confidence stays humble and God-centered.

Bonus Step: Reach Out for Help When You Need It. The right association can also give your confidence a boost!

Dr. Kemi Oyedepo
@officialkemioyedepo

BOOK OF THE MONTH (OCTOBER)

Join the book review meeting on Monday, 27th of October @ 7 pm WAT

Lookout for more details!

Awake O Sleeper

Dag Heward-Mills

FAITH AND LIFE APPLICATION TIP

Faith & Life Application Tip: The Discipline of Silence and Retreat

In a world filled with noise, opinions, and endless notifications, silence has become a forgotten discipline. Yet throughout Scripture, we see how often God met His people in stillness and solitude – Moses on Mount Sinai, Elijah on Mount Horeb, Jesus in the wilderness and often in lonely places to pray.

Silence and retreat are not signs of withdrawal; they are acts of renewal. They give space for your soul to breathe, for your mind to declutter, and for your heart to truly listen. When you step away from the rush, you create room for God's whisper, that gentle voice that directs, corrects, and strengthens.

Practical Application:

• Set aside a few hours or a full day this week for quiet reflection.
• Turn off your phone or notifications and spend time journaling, praying, or simply being still.
• Don't try to fill the silence, let it fill you.
• Ask God to speak to you afresh, and write down what He impresses on your heart.

Reflection:

When was the last time you were truly still before God? What might He be waiting to say that you can only hear in silence?

Reminder:

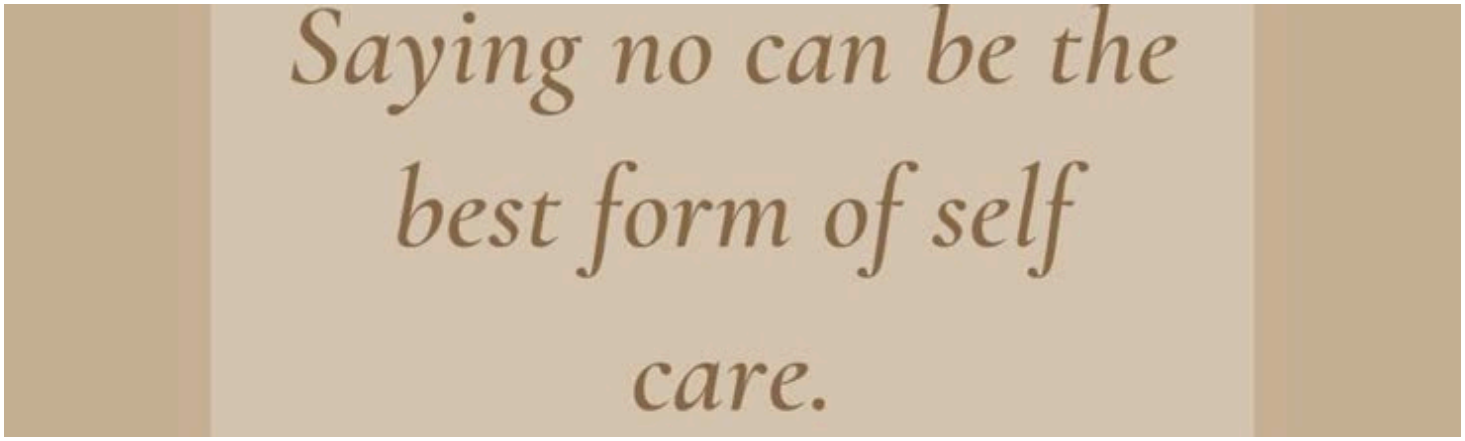
Retreat is not escape, it is a sacred pause that refocuses your spirit and recharges your strength for the journey ahead.

SCRIPTURE OF THE WEEK

AFFIRMATIONS

I am planted in God and therefore fruitful in every good work. Matthew 7:19-20

My life overflows with impact, growth, and productivity that glorifies God. John 15:8



HEALTH AND WELLNESS TIP

Health & Wellness Tip: Learning to Say "No"

Saying "no" is one of the healthiest things you can do for your mental, emotional, and physical well-being. Many times, we say "yes" out of guilt, fear of disappointing others, or the desire to please, but constantly stretching yourself thin leads to burnout, stress, and resentment.

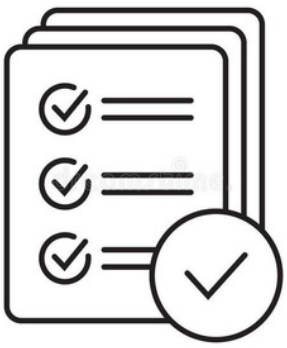
Learning to say "no" is not selfish; it's self-care. It's a boundary that protects your time, energy, and peace of mind so you can show up fully where it truly matters.

Practical Application:

• Before saying "yes," pause and ask: Do I have the time, energy, or peace for this right now?
• Remember, you can decline respectfully:
• "I'd love to, but I can't commit right now."
• "Thank you for thinking of me, but I'll have to pass this time."
• Practice small "no's", it gets easier with time.

Reflection:
Every "no" to the unnecessary creates space for a deeper "yes", to rest, to purpose, to God's best for you.

Reminder:
Protecting your peace is part of honoring the body and mind God gave you. Boundaries aren't walls; they're guardrails that keep your life healthy and balanced.



Weekly Growth Task

Weekly Growth Task: Create a Simple Budget

This week, your growth focus is intentional financial stewardship. Money management isn't just about control, it's about clarity and purpose. When you give every naira an assignment, you take charge of your financial direction rather than letting your money slip away unnoticed.

Reflection:
At the end of the week, review your spending pattern. Did your money follow your values? What adjustments can you make next month?

Reminder:
A budget isn't a cage; it's a compass. It guides your money toward your goals and ensures you're stewarding every resource with wisdom.

HIGHLIGHTS!

- ***Weekly prayer meeting - PRESS***
  Every Monday @ 10 pm WAT. Join here

- ***Monthly Book Review***
  - Monday, 27th of October @ 7 pm WAT

- ***She Means Business!***
  - Monday, 17th of November @7:30 pm WAT

- ***Ministers' Wives Connect***
  - Monday, 10th of November @ 7:30 pm WAT

THE TEAM

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Thank you for reading!!

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