WEEKLY NEWSLETTER

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

IN THIS NEWSLETTER YOU'LL FIND:

- A GROWTH TASK FOR THE WEEK
- AN INSPIRATIONAL WORD

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value adding woman

INTRODUCTION

Dear Value-Adding Woman,

Welcome to the first week of December, and to the 40th and final edition of our weekly journey for the year. As this new month unfolds, my prayer is that it brings you peace, clarity, and the joyful expectation of all God has prepared for you.

December carries a unique grace. It invites us to reflect with gratitude, celebrate God's faithfulness, and enter the festive season with hearts full of hope. As we step into Christmas, may the joy of Christ fill your home, may His light guide your steps, and may His love overflow in everything you do. And as the year draws to a close, may the Lord crown your 2025 with goodness and prepare you for a purposeful, fruitful 2026.

Thank you for being part of the Value-Adding Woman community through 40 meaningful editions. It has been a privilege to pour into your journey week after week. I pray the insights, reflections, and challenges have strengthened you, inspired you, and helped you align more closely with God's purpose for your life.

As we pause for the remainder of the year, I wish you a blessed December, a Merry Christmas, and a joyful New Year in advance. I look forward to reconnecting with you again in 2026, refreshed and ready for another year of intentional growth.

With heartfelt blessings,
Dr. Kemi Oyedepo

DR. KEMI OYEDEPO

Team Lead, Value Adding Woman

WEEKLY NEWSLETTER

REFLECT ON THIS!

*The greatest form of worship is to obey God in reaching the lost. If we have no passion for souls, we have no passion for Christ. — **David Wilkerson***

PRAYER REQUEST

Need prayer for something?

Don't hesitate to reach out to us @valueaddingwoman

DID YOU KNOW?

Listening to music you enjoy can reduce stress by lowering cortisol levels in your body; a fact confirmed by multiple scientific studies. Interesting!

WOMAN OF THE WEEK

Pastor Adesunmbo Adeoye

This week, we celebrate Pastor Adesunmbo Adeoye, a woman whose life beautifully reflects grace, resilience, and purposeful impact. She is a dynamic Christian leader, entrepreneur, mentor, and co-senior Pastor of Royalty Christian Centre in Lagos, serving alongside her husband, Pastor David Adeoye.

Pastor Adesunmbo is the founder of the *Inspiring Change Initiative*, a platform that empowers women and young people to rise with confidence, develop their gifts, and pursue purposeful living. Through conferences, mentorship programs, entrepreneurial training, and daily inspiration, she continues to equip thousands to maximize their potential and walk boldly in their God-given identity. She is open about her past, using her experiences as a platform to encourage others. Her story is one of redemption, courage, and intentional growth, reminding us that God can rewrite any narrative and bring beauty from broken places. Her life is a testimony that purpose is not hindered by one's past but strengthened when surrendered to God. Her message is simple yet powerful: there is more God has prepared for you, and you can rise to become all He has destined you to be.

Quote: "Your purpose is bigger than your past. When you surrender your life to God, He will use every chapter of your story to inspire and uplift others."

Adesunmbo Adeoye

https://www.instagram.com/sunmboadeoye/?hl=en

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

It's a hot day, and you cannot wait to have a chilled drink, but today, not just any chilled drink will do. It has to be your favourite cordial (fruit-flavoured syrup) mixed with ice-cold water. The type that makes the glass sweat. Although you have just a few minutes to spare, you feel the need to take your time enjoying that drink and then get about your business.

As you pour the chilled water into a glass, you are distracted by something, but you continue to pour the water until the glass is full to the brim and overflowing, leaving no space to add your favourite cordial. In Psalm 63:1-2, the Psalmist describes how he seeks the Lord early because his soul thirsts and his flesh longs for Him. He makes it clear that His desire is for the Lord.

Just like the cordial, because the glass was filled with water, there was no room to transform plain water into a satisfying fruit-flavoured chilled drink. This means that we cannot just thirst for God naturally; it requires an intentional emptying of oneself. *Think about it*!

What fills your time?
What occupies your thoughts?
The things you habitually do show what you are full of. The more we pack our lives with worldly pursuits (*things with no eternal value*, though some may be legitimate), the less there is room for God.

To thirst for God, you have to starve yourself and your environment of worldly pursuits, just as the scripture clearly says in Galatians 5:16. You cannot thirst if you are not empty.

Why not start the journey as the year ends, to become full of God by eliminating some non-essential worldly matters? Take practical steps by cuting out excessive movie watching, excessive news/sports watching, video games, telephone gossip, etc, and replace them with the Word, messages and other things that edify and strengthen your spirit man. Until you do this, there'll be no room for God. Remember, you can't thirst if you are already full.

Rev. Awo Antwi
@Awo.Antwi

FAITH AND LIFE APPLICATION TIP

Prepare Your Heart for New Beginnings

The close of a year is more than a date on the calendar; it's an invitation to prepare your heart for what God desires to unfold next. Before stepping into a new season, God often calls us to evaluate the posture of our hearts: Are we entering with clutter, or with clarity? With fatigue, or with renewed faith? With fear, or with expectation?

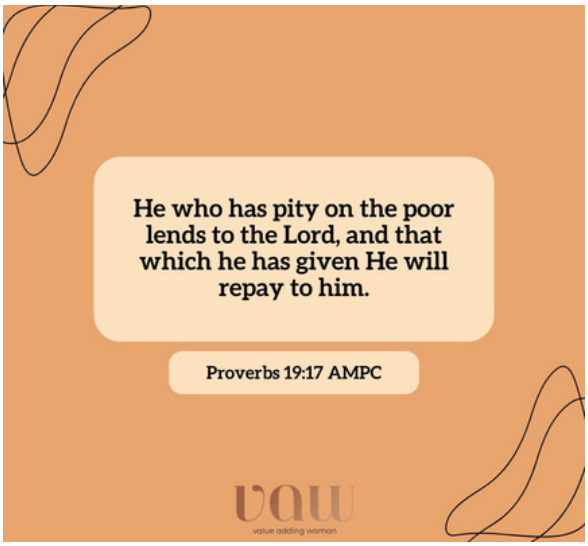
This week, create intentional space to prepare spiritually for the year ahead. Choose one area where you want to invite God's fresh wind: your mindset, your relationships, your discipline, your spiritual life, or your emotional health.

Ask Him, *"Lord, what do You want to make new in me as I step into 2026?"* Then take one practical, faith-filled step to align with His answer. You might:

- Start a simple end-of-year prayer journal
- Release a lingering disappointment to God
- Set one spiritually grounded intention for 2026
- Speak a blessing over your future instead of rehearsing past fears

As you prepare your heart, trust that God is already making a way, already going ahead of you, and already equipping you for every good work He has assigned for the coming year.

Scripture Anchor:
"See, I am doing a new thing! Now it springs up; do you not perceive it?" — Isaiah 43:19



SCRIPTURE OF THE WEEK

AFFIRMATIONS

I stand firm in God's promises, knowing He equips me with courage for every step ahead. — ***Joshua 1:9***

I walk in God's guidance, trusting Him to direct my path with clarity and purpose. — ***Psalm 32:8***

HEALTH AND WELLNESS TIP

The Wellness Power of Renewal

As you close this year and prepare to step into a new one, your body, mind, and spirit all benefit from a rhythm of renewal. Renewal is more than rest — it is an intentional reset that allows your whole being to release what is draining and receive what strengthens.
True wellness in a new season begins by laying down what no longer serves you.

Why this matters:
Research shows that cycles of renewal reduce chronic stress, strengthen the immune system, improve focus, and boost emotional stability. Spiritually, renewal restores your sensitivity to God's voice and prepares your heart for the next assignments He will entrust to you.

Practical Application:

- Do a year-end body scan: Notice where you feel tension, heaviness, or fatigue. Stretch, hydrate, and rest intentionally.
- Declutter one area of your physical space.
- Release emotional weight: Pray over one lingering worry, disappointment, or unforgiveness, and surrender it fully to God.
- Reset your digital life: Unfollow what drains you, set boundaries around screen time, and curate what nourishes your mind.
- Speak life over your body and future: Your words plant seeds for your next season—speak strength, health, and peace.

Wellness Affirmation:
"He restores my soul; He leads me in paths of righteousness for His name's sake." — Psalm 23:3

Weekly Growth Task – Practicing Intentional Closure

As you end the year, give yourself the gift of healthy closure. Emotional resilience grows when you learn to close chapters with clarity, gratitude, and intention rather than carrying unfinished emotional weight into the next season.

Steps:

- **Identify one unresolved emotion from this year** – It could be disappointment, fear, lingering worry, or frustration.
- **Name what this emotion taught you** – What did it reveal about your triggers, boundaries, needs, or growth areas?
- **Choose one intentional closing action** – Forgive someone, release a fear or pressure to God in prayer, set a boundary you know you need, let go of a habit that drains you, or complete one task you've been postponing.
- **Create a simple declaration of closure** – A sentence that signals to your mind and heart that you are releasing the old and preparing for the new.

Reminder:
Closure is an act of strength, not avoidance. When you intentionally complete emotional cycles, you enter the new year lighter, clearer, and more resilient.

Reflection Prompt:
What mindset or habit will you carry into 2026 to support your growth?

HIGHLIGHTS!

Weekly prayer meeting - PRESS

Every Monday @ 10 pm WAT. *Join here*

Please note that all VAW activities, such as the book reviews, weekly newsletters, and She Means Business, will resume in February 2026. PRESS continues as usual.

THE TEAM

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Thank you for reading!!

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