

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



## **WELCOME TO WEEK 3!**

Much of spiritual growth happens beneath the surface; in the way you think, how you respond to God's grace, and how you see yourself in Christ. This week's journey is about alignment: allowing your mind to be shaped by the Spirit, your heart to be grounded in humility, and your confidence to be rooted in God's presence.

You'll be reminded that God gives grace freely, welcomes you boldly, and sees your service even when it feels unnoticed. Transformation is not something you force; it is something God forms as you remain open and surrendered to Him.

As you move through the days ahead, pay attention to what God is renewing within you. Let His Word redirect your thinking, His grace steady your heart, and His truth remind you of whom you are becoming in Christ.

I want you to know that there is no pressure to strive here. Remain attentive. God is at work within you... quietly, faithfully, and deeply.

Blessings,

**Dr. Kemi Oyedepo**

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Bible Reading  
PROVERBS 15

## Day 15

### SETTING YOUR MIND

*For to be carnally minded is death;  
but to be spiritually minded is life  
and peace.” —Romans 8:6*

Be intentional about choosing where your thoughts rest. When the mind is pulled toward worry or worldly pressure, peace is difficult to maintain. But when the mind is set on the things of the Spirit, God releases life and peace.

Being spiritually minded does not mean ignoring reality; it means viewing life through the lens of God’s Word. Today, examine what has been filling your thoughts and realign your mind with His Spirit. As you do, peace flows naturally from His presence.

### PRAYER

*Lord, teach me to set my thoughts on the things of Your Spirit and not be led by fear or distraction. Fill my mind with life and peace today. In Jesus’ name, amen.*

### REFLECTION:

How can you intentionally set your mind on the things of the Spirit?

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Bible Reading  
PROVERBS 16

## Day 16

### GRACE MEETS HUMILITY

*“But he giveth more grace.  
Wherefore he saith, God resisteth the  
proud, but giveth grace unto the  
humble.” —James 4:6*

Grace flows most freely where humility lives. When we rely solely on our own strength and ability, pride creeps in, and we shut ourselves off from what God desires to give. Humility, however, creates space for help and divine support.

God is not withholding grace from us; He is inviting us to receive it. Today is an opportunity to release self-reliance and lean fully on Him. Where humility is present, grace always follows.

### PRAYER

*Father, I humble my heart before You.  
Erase every trace of pride and teach  
me to depend on Your grace. In Jesus’  
name, amen.*

### REFLECTION:

Where do you need  
to release control,  
subdue pride, and  
receive God’s  
grace?

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Bible Reading  
PROVERBS 17

## Day 17

### **DRAW NEAR WITH CONFIDENCE**

*“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.” —Hebrews 4:16*

Your heavenly Father does not want you to approach Him timidly or fearfully. You are His daughter; you have the right to approach Him with confidence because Jesus Christ has made the way. His throne is not a place of condemnation; it is a place of mercy and help.

Today, remember that you are invited and expected before Abba. Whatever you carry, whatever you need, you are welcome in His presence. Grace is available, and help is near. Use it to your advantage.

### PRAYER

*Lord, thank You for welcoming me into Your presence. Help me come to You with confidence and trust. In Jesus' name, amen.*

### REFLECTION:

Have you been approaching God with timidity or fear? Today is a good day to make a change.

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Bible Reading  
PROVERBS 18

## Day 18

### **YOUR SERVICE IS SEEN**

*“For God is not unrighteous to forget  
your work and labour of love.”*

*—Hebrews 6:10*

Much of our service to God’s kingdom happens quietly, without recognition or applause. But nothing offered to God is ever overlooked by Him. Every act of obedience, love, and service is seen, rewarded and remembered by Him.

If you’ve wondered whether your efforts matter, let this truth settle your heart: God sees. He honors faithfulness, even when others do not acknowledge or appreciate what you do.

### PRAYER

*Father, I thank You for seeing my efforts and faithfulness. Help me continue serving You with a willing heart. In Jesus’ name, amen.*

### REFLECTION:

Don’t be discouraged. God sees and values your obedience.

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Bible Reading  
PROVERBS 19

## Day 19

### MADE ANEW

*"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." —2 Corinthians 5:17*

In Christ, transformation is not a future promise but a present reality. We are not defined by who we once were. God is continually renewing us, shaping us, and bringing new life where there was once limitation.

Today, allow yourself to embrace the truth of who you are in Christ. Stop looking at the past; it no longer holds authority. God is doing a new work within you.

### PRAYER

*Father, thank You for making me new. Help me walk in the freedom and identity You have given me. In Jesus' name, amen.*

### REFLECTION:

What part of your past do you need to stop carrying into your present?

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Bible Reading  
PROVERBS 20

## Day 20

**GUIDED**

*“The LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones.”*

—Isaiah 58:11

Life does not unfold in predictable or comfortable ways. There are seasons when strength feels low, and clarity may feel distant, but Abba promises continual guidance. Not occasional direction, but steady, faithful leading. Even in dry places, He knows how to nourish your soul.

Aren't you glad that we are not left to navigate life on our own? God satisfies what feels depleted and strengthens us from the inside out. Today, trust that His guidance is active and intentional, even if you cannot yet see the full picture.

## PRAYER

*Lord, thank You for guiding me continually. Lead me today and satisfy my soul where I feel dry or uncertain. In Jesus' name, amen.*

## REFLECTION:

Where do you need to trust God's guidance instead of relying on your own understanding?

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Bible Reading  
PROVERBS 21

## Day 21

### STRENGTH FROM WAITING

*“But they that wait upon the LORD  
shall renew their strength.”  
—Isaiah 40:31*

Waiting on the Lord is never in vain! It is sometimes misunderstood as inactivity, but in God’s Kingdom, waiting is a place of renewal. When you slow down and lean into Him, strength is restored; not through striving, but through trust.

God does not rush the process of strengthening us. He renews us in ways that sustain us for the long journey ahead. Today, allow yourself to rest in Him and receive the strength He freely gives.

### PRAYER

*Father, I choose to wait on You today. Renew my strength and help me walk forward with trust and endurance. In Jesus’ name, amen.*

### REFLECTION:

Instead of pushing ahead in your strength, wait on the Lord!