

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 4!

This week, I invite you to be more intentional than ever in your walk with Abba. Much of our growth in Him does not begin with visible change, but with the realignment of our thoughts, desires, responses, and routines. God often works beneath the surface long before anything outwardly looks different.

As you move through the upcoming days, pay close attention to what the Spirit is revealing about where your heart is anchored and where your mind is focused. Some adjustments may feel subtle, others may be more confronting, but as long as they are rooted in God's purpose for you, yield yourself fully.

God is forming you, and what He is doing on the inside will inevitably shape how you live, speak, and walk each day. Approach these pages with openness. Let the truth of God's Word steady you, let His grace guide you, and allow His presence to do the deep work within you.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
PROVERBS 22

Day 22

WHERE IS YOUR TRUST?

“Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD.” —Jeremiah 17:5

It's natural to seek security in people, plans, or systems, but none of these were meant to carry the weight of our trust. When reliance shifts away from God, the heart slowly drifts, often without notice. God's warning here is protective.

True stability comes when trust is rooted in Him alone. Today, and going forward, it is essential to examine where you've been leaning and realign your confidence in God.

PRAYER

Lord, show me where my trust has shifted away from You. Teach me to rely fully on You alone. In Jesus' name, amen.

REFLECTION:

What or who have you been trusting in more than God?

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Bible Reading
PROVERBS 23

Day 23

THE ONE THING NEEDED

“But one thing is needful: and Mary hath chosen that good part.” —Luke 10:42

The truth is that life presents many demands, many responsibilities, and many distractions for us as women. While the assignments we have are legit, Jesus still reminds us that only one thing is truly necessary: being present with Him.

Mary’s choice was not about neglecting her duty, but about prioritizing something much more valuable: intimacy. Today, reflect on what may have been competing for your attention, and make some adjustments. It’s time to make space for the one thing that is needed.

PRAYER

Father, help me choose what matters most. Draw my heart back to You above all else. In Jesus’ name, amen.

REFLECTION:

What is God nudging you to lay aside so you can sit at His feet?

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Bible Reading
PROVERBS 24

Day 24

SIMPLE OBEDIENCE

*"His mother saith unto the servants,
Whatsoever he saith unto you, do it."*

—John 2:5

Obedience does not need to be complicated. These simple words carry deep wisdom: *do what He says*. God often works through straightforward acts of obedience, even when we don't fully understand the outcome, and even when it is inconvenient at the time.

I've learnt that when I move based on His instructions, He meets me along the way. Today, listen closely. God may already be speaking, waiting for you to respond with trust rather than hesitation.

PRAYER

Lord, help me obey You with a willing heart. Give me clarity to follow Your instruction. In Jesus' name, amen.

REFLECTION:

Is there something
God has already
asked you to do that
you've delayed?

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Bible Reading
PROVERBS 25

Day 25

AN AMBASSADOR'S LIFE

"Now then we are ambassadors for Christ." —
2 Corinthians 5:20

An ambassador represents their country wherever they go. As Christians, we are set apart as Kingdom ambassadors. This means God uses us to spread the knowledge of Christ everywhere, like a sweet perfume. Our lives are meant to be a Christ-like fragrance rising to God.

This calling is not about perfection but about representation. Today, remember who you belong to. Your words, actions, and attitude carry weight and meaning beyond yourself.

PRAYER

Father, help me represent You well in how I live and speak. Use my life for Your glory. In Jesus' name, amen.

REFLECTION:

How can you reflect Christ more intentionally in your daily interactions?

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Bible Reading
PROVERBS 26

Day 26

STEADY IN FAITH

“A double minded man is unstable in all his ways.” —James 1:8

Faith is confidence in God’s power, ability and faithfulness. When faith wavers between trust and doubt, stability is difficult to maintain. Faith helps us maintain a spiritual posture that anchors us even when the answer has not yet appeared.

God wants us to be single-minded in our walk with Him. That is what will keep us anchored, steady, and secure in Him. Today, ask God to align your heart with His Word. When this happens, He sends clarity, direction and answers where you feel uncertain.

PRAYER

Father, help me walk with a focused and trusting heart. Remove confusion and strengthen my faith. In Jesus’ name, amen.

REFLECTION:

Where is indecision or doubt affecting your spiritual stability?

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Bible Reading
PROVERBS 27

Day 27

BEWARE OF GREED

“Then he said, “Beware! Guard against every kind of greed. Life is not measured by how much you own.” —Luke 12:15

Greed is dangerous, and Jesus warns us to remain alert against it—not because material possessions are evil, but because unchecked desire can take over the heart. Greed shifts our focus from gratitude to comparison, and from contentment to craving.

Too many women have lost their peace, their joy, and even their sense of purpose because desire was allowed to lead instead of God. Life is not measured by what we accumulate, but by what we steward. Today, pause and examine where your sense of satisfaction is coming from.

PRAYER

Father, help me guard my heart against discontent. Teach me to find my satisfaction in You alone. In Jesus' name, amen.

REFLECTION:

What has been competing for your sense of contentment lately?

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Bible Reading
PROVERBS 28

Day 28

A MEEK & QUIET SPIRIT

“Whose adorning... let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.” —1 Peter 3:4

Quietness is not about shrinking back; it is about carrying yourself with grace, restraint, and godly confidence. A meek and quiet spirit reflects a heart settled in God, not striving for attention or validation. How we carry ourselves matters; our posture, speech, and conduct should reflect the One we belong to.

This kind of womanhood honors God and leaves a lasting impression. Abba is not impressed by outward display, but by inward formation. Allow Him to shape the hidden places of your heart, where true beauty is formed.

PRAYER

Lord, form in me a meek and quiet spirit that honors You. Teach me to carry myself with wisdom, humility, and grace. In Jesus' name, amen.

REFLECTION:

What does carrying yourself in a way that honors God look like for you?