

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 5!

As we step into this week, I want you to shift from simply receiving the Word to intentionally responding to it. Growth in God is not only about what we hear, but about what we allow to reshape us. This week calls for the awareness of your thoughts, your habits, and the ways God is forming Christ within you.

Transformation happens when the Word is allowed to dwell deeply, not just to inform your mind but to renew it and revive your spirit. God is attentive to the inner work that produces lasting change.

Move through these days with a willingness to be shaped. Let truth challenge what no longer serves you, let grace strengthen what is forming, and let obedience anchor your walk. God is at work, faithfully bringing forth maturity in you.

Blessings,

Dr. Kemi Oyedepo

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
PROVERBS 29

Day 29

LED BY THE SPIRIT

“For as many as are led by the Spirit of God, they are the sons of God.”
—Romans 8:14

One of your greatest advantages as Abba’s daughter is that His Spirit is present to lead you. There is a difference between being led and being pushed. Pressure forces movement, but the Spirit guides with clarity, patience, and peace.

Learning to follow the Spirit requires sensitivity and stillness. As you become more attentive to His leading, your path grows steadier and your decisions are more settled. Lean into His direction today and allow Him to order your steps with wisdom and grace.

PRAYER

Holy Spirit, lead me today. Help me recognize Your guidance and follow it with trust. In Jesus’ name, amen.

REFLECTION:

Where do you need to slow down and give the Holy Spirit room to lead you better?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
PROVERBS 30

Day 30

STRENGTH THROUGH STILLNESS

“In quietness and in confidence shall
be your strength.” —Isaiah 30:15

Strength is often associated with action, but as far as God is concerned, there is another type of strength, and it is found in quiet confidence. I mean the kind of confidence that comes from a place of assurance and rest.

When you choose stillness over striving, you allow God to work without interference. Quiet trust does not mean passivity; it means resting in God’s ability rather than relying on your own effort.

PRAYER

*Lord, teach me to find strength in
quiet trust. Help me rest in You today.
In Jesus’ name, amen.*

REFLECTION:

What would it look
like for you to
respond with quiet
confidence instead
of urgency?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
PROVERBS 31

Day 31

FAITH THAT PRODUCES PEACE

“Thou wilt keep him in perfect peace,
whose mind is stayed on thee.”

—Isaiah 26:3

Peace is not the absence of difficulty; it is the result of focus. What you focus on determines the level of peace you enjoy. When your mind remains fixed on God, peace becomes your anchor regardless of circumstances.

Always remember that God's peace is sustained by trust. You have to trust that despite the storm, you will keep standing. It is as you keep your thoughts centred on Him that stability follows.

PRAYER

Father, help me keep my mind anchored in You. Let Your peace rule my heart today. In Jesus' name, amen.

REFLECTION:

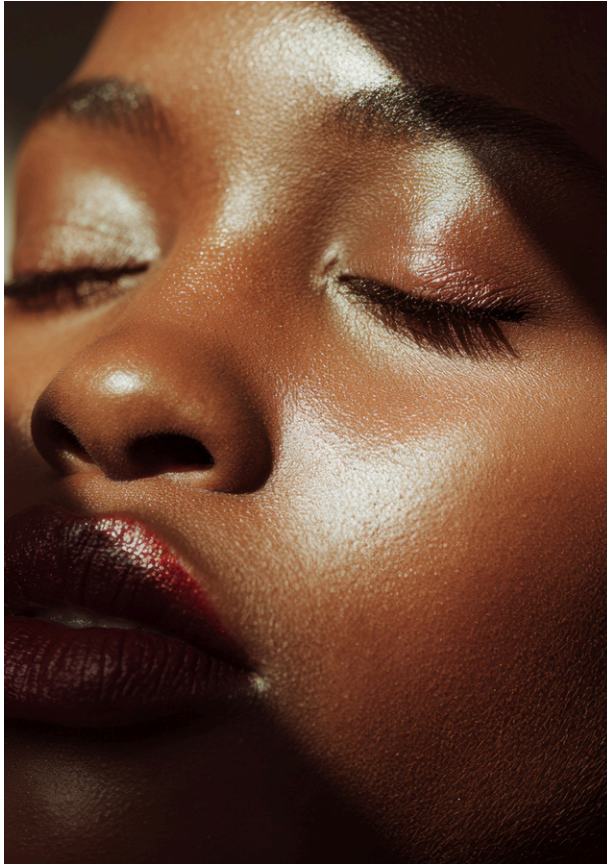
What helps you keep your mind focused on God when life feels busy?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 1

Day 32

WALKING UPRIGHTLY

“He that walketh uprightly walketh surely.” —Proverbs 10:9

Integrity is what distinguishes and stabilizes a believer’s life. When your actions align with God’s truth, you move with confidence and security. There is no room for fear or pretense when your heart and conduct are upright.

Integrity guards your peace, steadies your steps, and preserves your testimony before God and others. God honors a life that chooses honesty, not only in public moments, but in the hidden places where character is formed.

PRAYER

Lord, help me walk uprightly and with integrity. Strengthen my resolve to honor You in all I do. In Jesus’ name, amen.

REFLECTION:

What does walking uprightly look like in your current season?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 2

Day 33

ORDERED STEPS

“The steps of a good man are ordered by the Lord.” —Psalm 37:23

Your life is not random. God is attentive to your steps, guiding you even when the way feels uncertain. We must learn to accept and believe this truth. Abba is not a Father who leaves his daughters to chance; He is deliberate about every step we take.

Today, and each day after, trust that He is ordering your path with intention and care. You may not see the full picture, but each step matters to Him.

PRAYER

Father, order my steps according to Your will. Help me trust Your direction each day. In Jesus' name, amen.

REFLECTION:

How can you trust God more fully with your next step?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 3

Day 34

GOD LOOKS WITHIN

“I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.”

—Jeremiah 17:10

God looks beyond actions to intentions. While people may see what you do, God sees why you do it. Everything about us begins in the heart, where motives are purified, and desires are refined.

That is why you must be careful; you can fool anyone with your actions, but the only One who has access to every corner of your heart is constantly assessing it to reward actions according to their sincerity.

PRAYER

*Search my heart, Lord. Align my motives with Your will and shape my desires according to Your truth.
In Jesus' name, amen.*

REFLECTION:

As God searches
your heart, what will
He find?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 4

Day 35

PRAYER THAT PREVAILS

“The effectual fervent prayer of a
righteous man availeth much.”
—James 5:16

There is a kind of prayer that carries weight! Not because of volume, length, or eloquence, but because it flows from a life aligned with God. That is effectual prayer; it is prayer that works; prayer that produces movement, change, and results.

God responds to a heart that pursues holiness and approaches Him with faith. Righteousness gives prayer authority. When righteousness shapes your life, your prayer becomes effective and impactful.

PRAYER

*Lord, shape my life in righteousness
and teach me to pray with fervency
and faith. In Jesus' name, amen.*

REFLECTION:

What does fervent
prayer look like in
your daily walk with
God?