

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**vaw**  
value adding woman



## **WELCOME TO WEEK 6!**

I hope the first five weeks of the year have been life-transforming for you. This week, I invite you to pay closer attention to how you are living, not just what you believe. Faith is not formed by knowledge alone; it is revealed through our choices, posture, and daily obedience. What you carry on the inside will always show up in how you respond to life.

Some lessons this week will require courage, others restraint—but all are meant to shape your character. Allow the Word to examine you.

Give the Holy Spirit room to correct, affirm, and strengthen you. God is not merely preparing you for something ahead; He is forming you for a life that reflects Him well, right where you are.

Blessings,

***Dr. Kemi Oyedepo***

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Bible Reading  
ACTS 5

## Day 36

### HIS WORD PROVES TRUE

“Every word of God is pure: he is a shield  
unto them that put their trust in him.”  
—Proverbs 30:5

God's Word does not need  
defending or improving; it has  
already been tested and proven  
true. In a world full of shifting  
opinions and unreliable voices,  
the Word remains steady and  
sure.

When you trust His Word, you  
place yourself under His covering.  
His promises shield your heart,  
steady your decisions, and guard  
your path. God is faithful to every  
word He has spoken, and you can  
rely on Him completely.

### PRAYER

*Father, thank You that every word  
You speak is true. Help me trust Your  
Word fully and walk confidently in  
Your promises. In Jesus' name, amen.*

### REFLECTION:

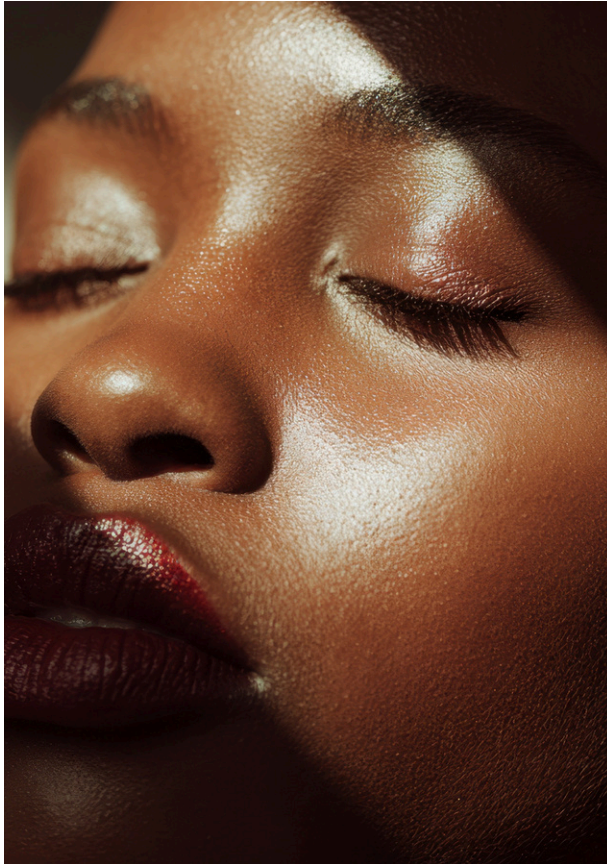
Which Word from  
God do you need to  
trust more deeply  
right now?

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Bible Reading  
ACTS 6

## Day 37

### A WORD LOADED HEART

“Thy word have I hid in mine heart, that I might not sin against thee.”

—Psalm 119:11

The Psalmist was deliberate about binding God’s Word around his heart, and his reason was simple: that I might not sin against thee! When Scripture is hidden in the heart, it becomes a guide, a guard, and a source of strength.

It shapes desires and anchors us when temptation arises. A Word-loaded heart is not easily swayed. As truth takes root within us, it produces discernment and a deeper sensitivity to God’s ways.

### PRAYER

*Lord, help me treasure Your Word in my heart. Let it guide my thoughts, guard my choices, and draw me closer to You. In Jesus’ name, amen.*

### REFLECTION:

How can you be more intentional about storing God’s Word in your heart?

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Bible Reading  
ACTS 7

## Day 38

### SAVED BY GRACE

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.” —Ephesians 2:8

Salvation is God's gracious work from beginning to end. It is not the result of effort, background, or righteousness of our own, but the outcome of His mercy. We were not rescued because we deserved it, but because God chose to save.

This saving grace changed everything! Live with the assurance that your standing with God rests on His finished work, not your performance. His grace has saved you, secured you, and called you into new life.

### PRAYER

*Father, thank You for the gift of salvation through Your grace. Help me live in gratitude for what You have done, resting fully in Your finished work. In Jesus' name, amen.*

### REFLECTION:

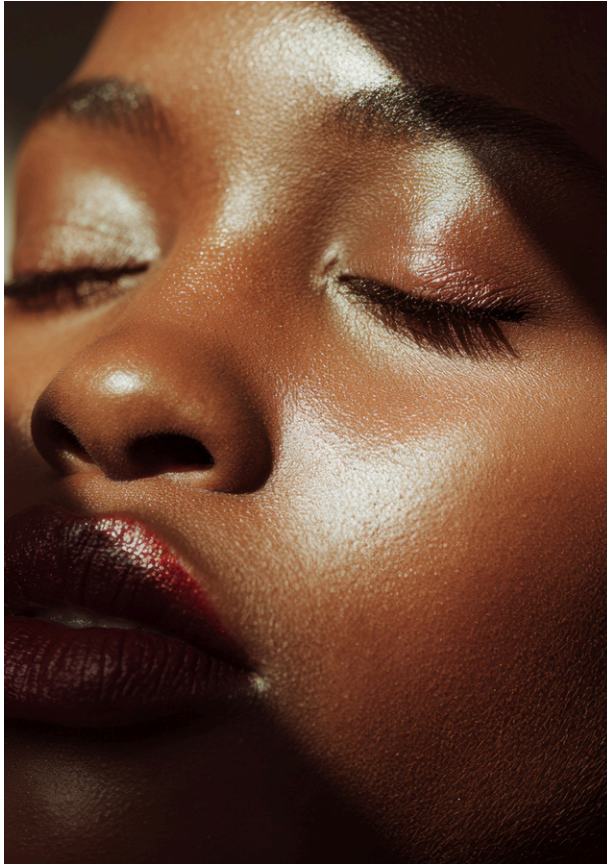
How does knowing your salvation is a gift shape the way you walk with God today?

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Bible Reading  
ACTS 8

## Day 39

### WORDS THAT SHAPE LIFE

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.” —Proverbs 18:21

Your words are not neutral. What you speak carries the power to shape atmospheres, relationships, and even your heart. God has given us language not just to communicate, but to steward life. Careless words can wound deeply, while wise words can bring healing and clarity.

Be mindful today of how you speak to others and to yourself. Choose words that reflect truth, grace, and restraint. What you speak consistently will eventually bear fruit.

### PRAYER

*Lord, help me use my words wisely.  
Let my speech reflect Your truth and  
bring life. In Jesus' name, amen.*

### REFLECTION:

How can your words  
bring life into a  
situation today?

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Bible Reading  
ACTS 9

## Day 40

### HE SEES IT ALL

“The eyes of the Lord are in every place,  
beholding the evil and the good.”  
—Proverbs 15:3

God sees every part of our lives: the good and the bad, the visible and the hidden. This truth is not meant to produce fear, but awareness. Living with the understanding that God sees us invites integrity, sincerity, and humility.

He wants us to be mindful of our actions and everything in between. Even if no one sees or knows, never forget that there is One Whom you cannot hide from, no matter how hard you try. Let this awareness shape how you live today.

### PRAYER

*Father, help me live with integrity  
before You. Remind me that my life is  
fully seen by You. In Jesus' name,  
amen.*

### REFLECTION:

How does knowing  
God sees you  
influence your  
choices?

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Bible Reading  
ACTS 10

## Day 41

### THE GOD-KIND OF LOVE

“He that loveth not knoweth not God; for God is love.” —1 John 4:8

Expressing love, the God-kind of love, is not optional in the life of a believer. It is the clearest evidence of truly knowing God. Love shapes how we respond, forgive, and relate to others, and it reflects the very nature of God Himself.

Today, allow love to guide your actions and attitudes. Remember that when the love of God lives in you, you are called to a higher standard of living—one that reflects His heart in every interaction.

### PRAYER

*Father, teach me to love as You love.  
Let love be evident in my life. In Jesus'  
name, amen.*

### REFLECTION:

How can you  
express God's love  
more intentionally  
today?

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Bible Reading  
ACTS 11

## Day 42

### **HOLD YOUR PEACE**

“The Lord shall fight for you, and ye shall hold your peace.” —Exodus 14:14

There are moments when God calls us to action, and moments when He calls us to be still. Some victories are won not through striving or defense, but through trust and restraint. Holding your peace means confidence in God’s power to intervene on your behalf.

When you choose stillness over panic and trust over control, you make room for Abba to move. He sees what you cannot, so resist the urge to explain, defend, or force an outcome. Remain steady, and allow Him to work in ways only He can.

### PRAYER

*Lord, help me trust You enough to hold my peace. Fight for me in the places where I am tempted to strive.  
In Jesus’ name, amen.*

### REFLECTION:

Where is God asking you to be still and trust Him to fight for you?