

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 7!

You have come this far, and that matters. Not just because of the pages you've read, but because of the ways God has been shaping you along this journey of pressing in. This week centres on spiritual confidence and maturity.

You will be reminded that greater is He who is in you than he who is in the world. You will see that victory is not something you chase, it is something your faith lays hold of. You will see that you have been called to walk worthy, to guard your heart, and to govern your emotions.

These are not surface lessons. They are tangible truths. As you move through this week, let faith strengthen you, and let your conduct reflect to whom you belong. God is not raising uncertain daughters; He is establishing women who know who they are in Christ and live from that knowledge.

Finish this week aware, grounded, and confident in Him. The One who began this work in you is faithful to continue it.

Blessings,

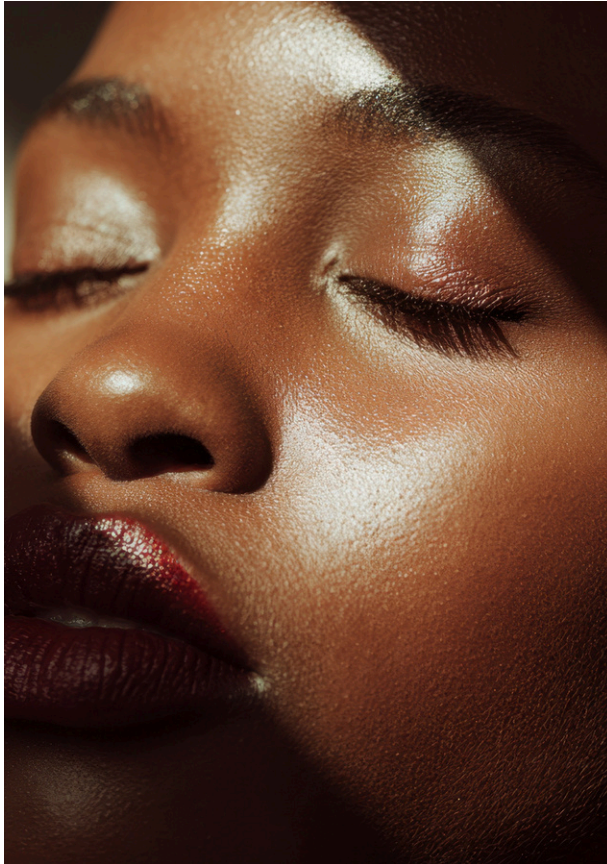
Dr. Kemi Oyedepo

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 12

Day 43

THE VICTORY OF FAITH

“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith.”

—1 John 5:4

Victory is not reserved for a select few; it belongs to those born of God. And the instrument of that victory is faith. Faith anchors you when outcomes are unclear. Faith steadies you when results are delayed. Faith declares that God’s word has the final say.

We can only overcome the challenges of life by believing. Hold firmly to what God has spoken, even if circumstances suggest otherwise, for that is the only way to walk into the victory you desire.

PRAYER

Lord, strengthen my faith. Help me trust You fully and walk in the victory You have already secured. In Jesus’ name, amen.

REFLECTION:

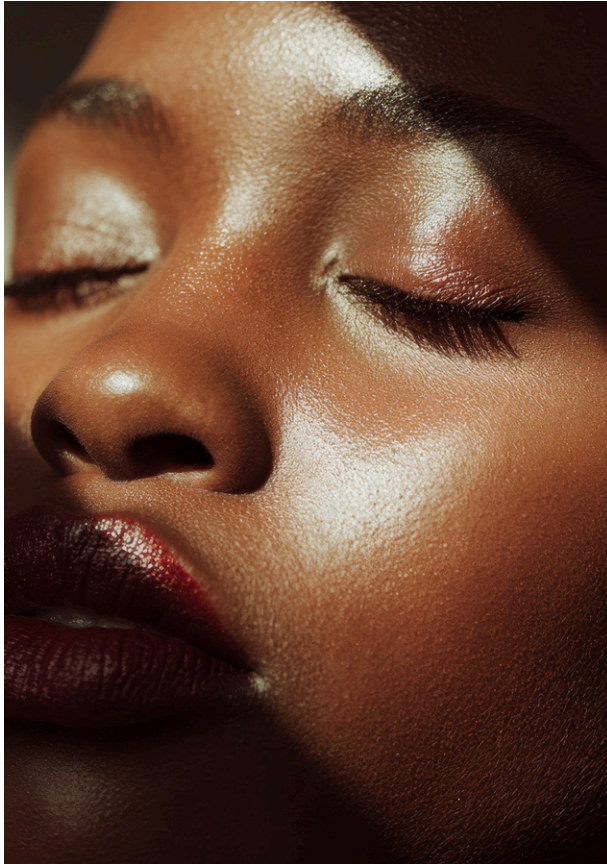
What situation requires you to respond with faith instead of fear?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 13

Day 44

GREATER IS WITHIN YOU

“Greater is he that is in you, than he that is in the world.” —1 John 4:4

No matter how it looks, you are not outmatched! The Spirit of God within you is greater than any pressure, fear, opposition, or challenge you may encounter. The world may be loud, demanding, and intimidating, but always remember that it is not greater than what you have.

This confidence in God is not arrogance; it is awareness. You carry divine strength. You carry His presence. You carry authority that does not originate from you but from Him. Stand firm today, and every day after, remembering Who dwells within you.

PRAYER

Father, help me walk in the confidence that You are greater than anything I face. Strengthen my faith. In Jesus' name, amen.

REFLECTION:

Where have you
been
underestimating the
power of God within
you?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 14

Day 45

PEACE BY ALL MEANS

“Now the Lord of peace himself give you
peace always by all means.”
—1 Thessalonians 3:16

Abba is for your peace, and He wants you to experience it unreservedly. This peace is not manufactured; it is something He imparts. And this is not occasional peace, it is peace always and by all means. That means in uncertainty, in transition, in decision-making, and even in opposition.

When circumstances attempt to unsettle you, remember that peace is not dependent on what surrounds you, but on Who abides within you. Receive His peace deliberately today.

PRAYER

Abba, grant me Your peace in every situation I face. Let it guard my heart and mind. In Jesus' name, amen.

REFLECTION:

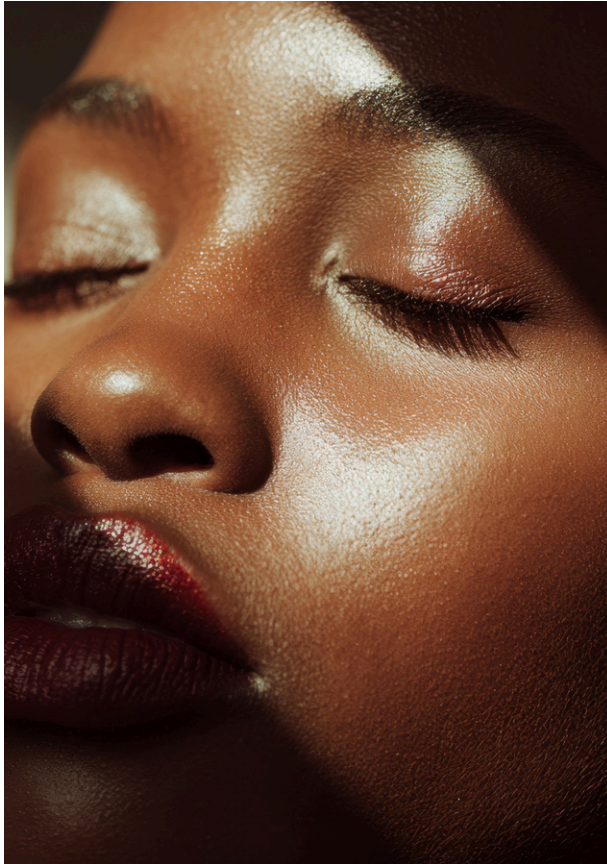
In what area of your life do you need to intentionally receive God's peace?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 15

Day 46

BE A DOER

“...don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves.” —James 1:22

There is no shortage of the Word in our world today. Many of us have unlimited access to different versions of the Bible and messages, so we are full of information. However, while many are loaded with the Word, few have results to show because of a lack of application.

Spiritual maturity is revealed in application. It is possible to know the truth and remain the same. Transformation comes when truth is practiced. It is our doing that brings the Word to pass in our lives.

PRAYER

Lord, help me act on what I know from the Word. In Jesus’ name, amen.

REFLECTION:

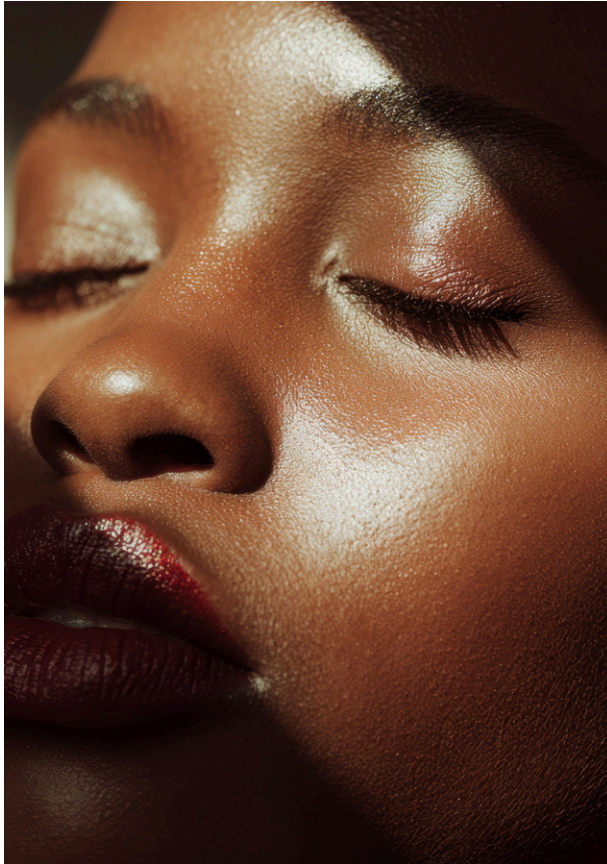
What truth have you heard or read recently that requires your action?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 16

Day 47

WORTHY CONDUCT

“Only let your conversation be as it
becometh the gospel of Christ.”
—Philippians 1:27

Your conduct speaks long before your words do. As women who belong to Christ, our lives should reflect the gospel we profess. This is not about perfection; it is about consistency. Worthy conduct means integrity in private, grace in public, and steadiness under pressure. It means your character aligns with your confession.

The world may never open a Bible, but it will observe your life. Wherever you are found today and every day after, let your behavior reflect the beauty and discipline of the gospel.

PRAYER

*Lord, help my conduct reflect the
gospel I believe. May my life honor
You in every setting. In Jesus' name,
amen.*

REFLECTION:

Does your daily
conduct align with
the faith you
profess?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 17

Day 48

THE BEAUTY OF DISCRETION

“A beautiful woman who lacks discretion is like a gold ring in a pig’s snout.”
—Proverbs 11:22

Beauty without discretion loses its value. Discretion is wisdom applied; that is, knowing what to say, when to speak, what to share, and what to guard. It is a restraint guided by understanding. A woman of discretion carries herself with dignity. She does not overshare, overreact, or seek unnecessary attention.

She understands timing, boundaries, and propriety. True beauty is not loud; it is refined. It is not impulsive; it is thoughtful. Every day, ask God for grace to strengthen your discernment and self-governance.

PRAYER

Father, cultivate discretion in me. Teach me wisdom in speech, action, and judgment. In Jesus’ name, amen.

REFLECTION:

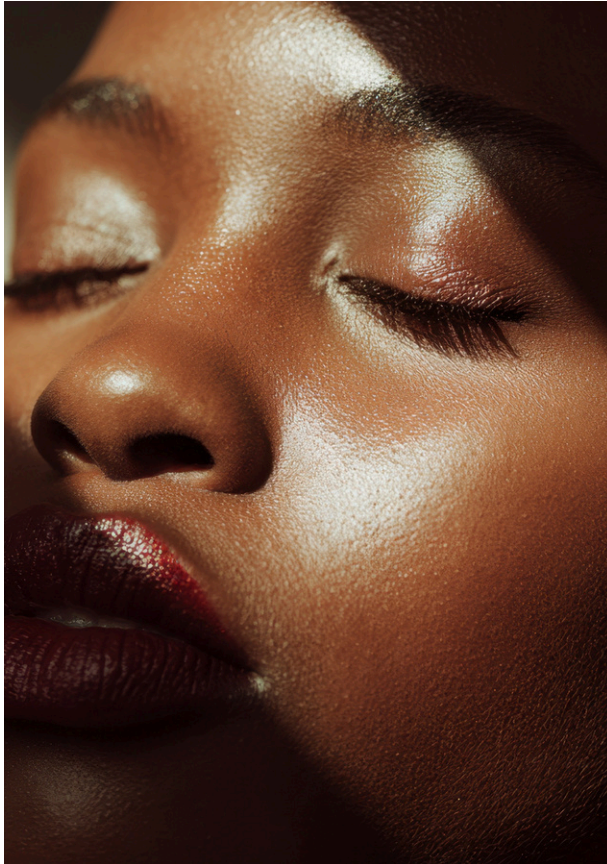
In what area of your life do you need greater discretion?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
ACTS 18

Day 49

THE DANGER OF ANGER

“Human anger does not produce the righteousness God desires.”

—James 1:20

Anger can sometimes feel justified, but when left unchecked, it clouds judgment and weakens influence. There is a clear difference between righteous conviction and impulsive reaction. Uncontrolled anger easily opens the door to sin if it is not brought under discipline.

That is why Scripture instructs us to be angry, yet not sin. The emotion itself is not the issue; what we do with it is. When provoked, pause and invite the Holy Spirit into that moment. Your response has the power to either reflect God's nature or misrepresent it.

PRAYER

Lord, help me govern my anger. Let my responses reflect Your righteousness, not my impulses. In Jesus' name, amen.

REFLECTION:

What triggers you,
and how can you
respond differently?