

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**vaw**  
value adding woman



## **WELCOME TO WEEK 8!**

I encourage you to live with greater intentionality, deeper surrender, and steadier faith. Your spiritual growth is not measured by your emotions, but by your consistency. It is seen in how you think, how you respond, how you wait, and how you obey.

This week, pay attention to the subtle areas of your life; those quiet thoughts, those private decisions, those intentional disciplines. That is where real maturity develops. Abba is strengthening your inner man so that your outer life reflects Him more clearly.

Move through this week with humility and expectation. Let the Word refine you. Let the Holy Spirit correct and affirm you. And allow your faith to move beyond knowledge into lived expression.

Blessings,

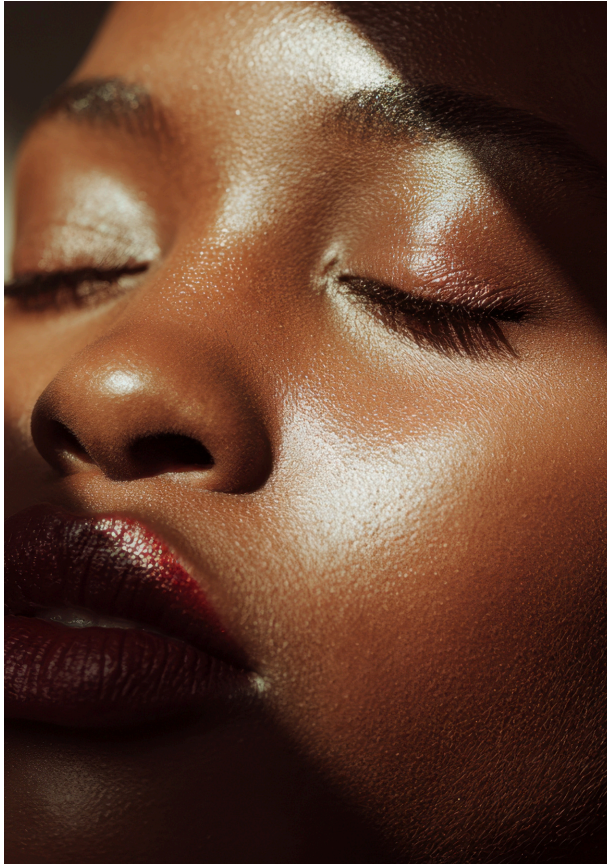
***Dr. Kemi Oyedepo***

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Bible Reading  
ACTS 19

## Day 50

### **GOD-BREATHED**

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.” —2 Timothy 3:16

Scripture is not just historical text or inspirational language; it is God-breathed, and every verse carries divine intention. The Word teaches us what is right, reveals what is misaligned, corrects our paths, and trains us in righteous living.

Spiritual growth requires more than encouragement; it requires correction. The same Word that comforts, also refines. Today, don't approach the Word casually. Approach it with readiness. It is profitable; it will always produce fruit in the life of the one who receives it with openness.

### PRAYER

*Father, help me value and receive Your Word fully. Teach me, correct me, and train me in righteousness. In Jesus' name, amen.*

### REFLECTION:

When you read Scripture, are you seeking comfort only, or transformation?

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ACTS 20

## Day 51

### ANCHORED HOPE

“Which hope we have as an anchor of the soul, both sure and steadfast.”

—Hebrews 6:19

Hope is not wishful thinking; it is an anchor. It steadies us when life feels uncertain and unpredictable. I want you to be assured that because God is faithful, your hope remains secure, no matter how severe the circumstances may appear. In the natural, when winds rise, anchors hold. Let that image shape your expectation.

Storms may rage, but an anchored vessel does not drift. In the same way, when your hope is fixed on God’s promises, you remain stable even when situations fluctuate. Stay rooted in what God has spoken.

### PRAYER

*Lord, anchor my soul firmly in Your promises. Keep me steady and confident in You, regardless of what surrounds me. In Jesus’ name, amen.*

### REFLECTION:

What promise of God needs to anchor your heart in this season?

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Bible Reading  
ACTS 21

## Day 52

### INCREASING STRENGTH

“He giveth power to the faint; and to them that have no might he increaseth strength.” —Isaiah 40:29

God does not ignore weakness; He meets it with strength. When you feel depleted, grace is available. When you feel incapable, He supplies power. Your limitations do not intimidate God. They provoke His intervention.

Instead of pretending to appear strong, bring your weariness to Him. Surrender yourself and let Him carry you through that situation that may be overwhelming you. That is all He wants from us. When we come willingly, it gives Him room to strengthen quietly, steadily, and sufficiently.

### PRAYER

*Lord, increase my strength where I feel weak. Let Your power sustain me. In Jesus' name, amen.*

### REFLECTION:

Where have you been trying to be strong instead of receiving His strength?

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Bible Reading  
ACTS 22

## Day 53

### HIS WATCHFUL EYE

“I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.” —Psalm 32:8

One of the amazing things about Abba is that He does not leave us without guidance. He always wants to instruct, teach, and guide with watchful care. And the blessing in this is that His counsel is personal and precise.

However, one thing we must never forget is that divine guidance requires attentiveness. The more responsive we are to His voice, the clearer our paths become. What a joy it is to know that we are not navigating life alone. There is One who is actively watching out for us. Hallelujah!

### PRAYER

*Father, make me sensitive to Your instruction. Guide me clearly in the way I should go. In Jesus' name, amen.*

### REFLECTION:

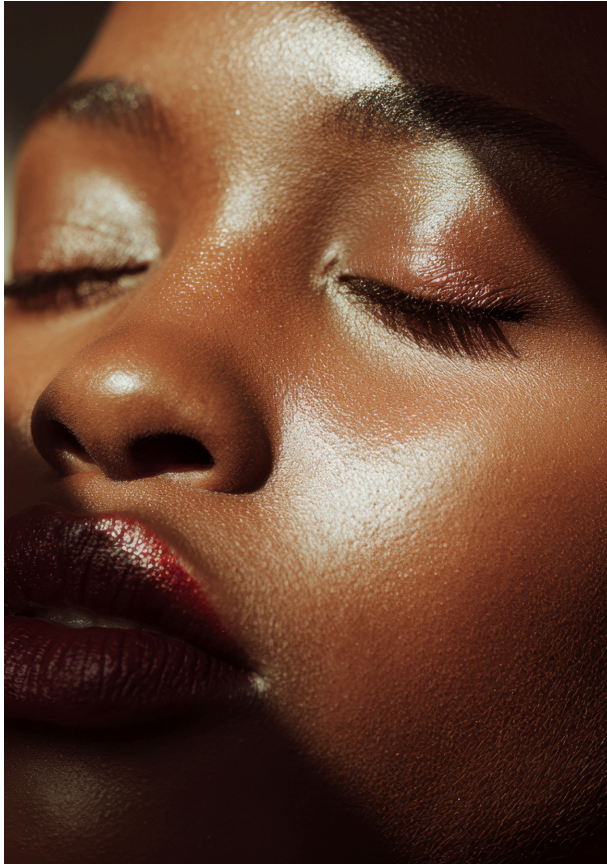
Are you creating space to be sensitive to God's guidance?

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Bible Reading  
ACTS 23

## Day 54

### **CARRIED THROUGH THE FIRE**

“When thou walkest through the fire,  
thou shalt not be burned; neither shall  
the flame kindle upon thee.” —Isaiah 43:2

God never promised the absence of fire, but He did promise His presence in it. Please know that trials don't signal abandonment; they often reveal refinement. The same God who leads you into a season will sustain you through it.

Fire tests what is genuine. It strengthens endurance. It purifies motives. And yet, it does not have the authority to destroy what God is preserving. Whatever you are walking through, you are not walking through alone. His presence is your protection.

### PRAYER

*Lord, remind me of Your nearness in every trial. Sustain me and let the trial refine me without consuming me. In Jesus' name, amen.*

### REFLECTION:

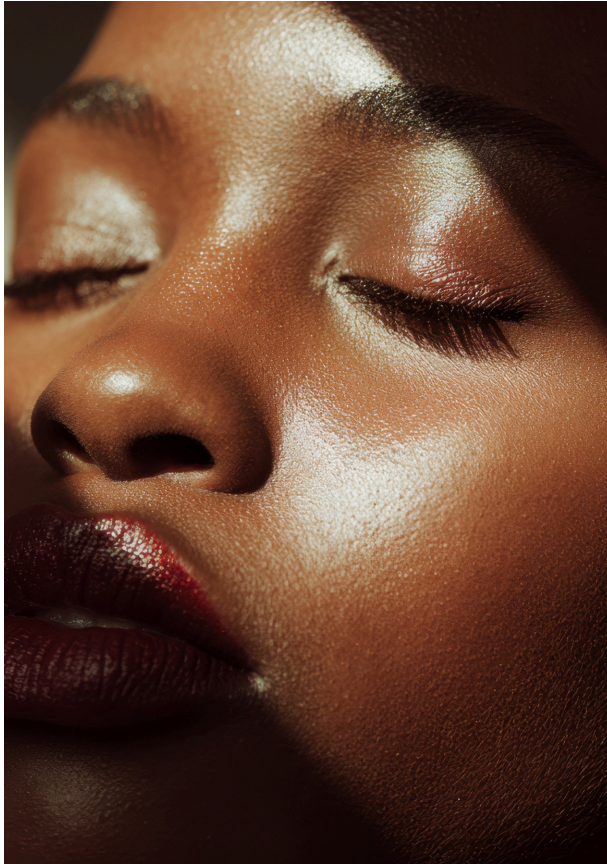
How is God refining you in this current season?

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Bible Reading  
ACTS 24

## Day 55

### THE WORK OF PATIENCE

“But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.” —James 1:4

Patience is not passive; it is a powerful restraint under trust. It allows God to complete what He has begun without interference from anxiety or haste. Refuse to be impatient on any matter in your life. Impatience interrupts growth. It rushes processes meant to mature you.

When patience is allowed to “*have her perfect work*,” character is strengthened, and stability is formed. I want you to know that God is more committed to your wholeness than your speed. Let patience do its full work in you.

### PRAYER

*Father, teach me to wait well. Let patience mature me and produce completeness in my life. In Jesus' name, amen.*

### REFLECTION:

Where are you tempted to rush what God is still forming?

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Bible Reading  
ACTS 25

## Day 56

### HIDDEN STRENGTH

“He that ruleth his spirit is better than he that taketh a city.” —Proverbs 16:32

Contrary to popular belief, true strength is not measured by dominance over others, but by mastery over self. Self-control is greater than conquest. To rule your spirit requires awareness, discipline, and surrender to the Holy Spirit.

Uncontrolled emotions weaken influence. Governed emotions strengthen it. When you rule your spirit, you demonstrate maturity that cannot be shaken by any circumstance. Today and every day after, never forget that your victory over self is one of the highest forms of strength.

### PRAYER

*Lord, help me rule my spirit with wisdom and restraint. Strengthen my self-control. In Jesus' name, amen.*

### REFLECTION:

In what situation do you need greater self-mastery?