

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



## **WELCOME TO WEEK 9!**

Each week has been building upon the last, and now Abba is inviting you into a deeper level of spiritual stability. This is a week of strengthening; of becoming rooted, grounded, and established in ways that are not easily shaken. I encourage you to lean into intentional living. Choose deeper surrender over surface-level spirituality. Choose steady faith over fluctuating emotion.

Remember, your growth is not measured by how inspired you feel, but by how consistent you remain. Maturity is revealed in your thought life, in your responses under pressure, in your willingness to wait well, and in your obedience when no one is watching. It is in those unseen places that true transformation takes root. Abba is strengthening your inner man so that your outer life reflects Him with greater clarity and integrity.

Move through this week with humility and expectation. Let the Word search you and shape you. Allow the Holy Spirit to both correct and confirm you. And let your faith move beyond information into visible, lived expression.

Blessings,

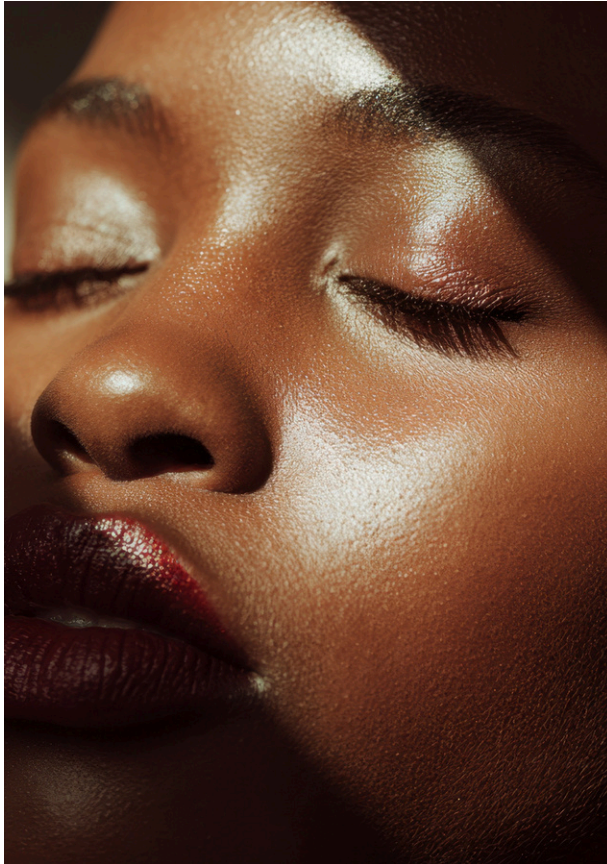
***Dr. Kemi Oyedepo***

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Bible Reading  
ACTS 26

## Day 57

### A SOUND MIND

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” —2 Timothy 1:7

Fear is not your inheritance. It is not your portion. God has given you power, love, and a sound mind, that is, a disciplined, steady, well-governed mind. A sound mind does not ignore challenges, but it refuses to be ruled by them. It filters thoughts through truth rather than emotion. It resists panic and chooses clarity.

When anxious thoughts attempt to dominate, pause and remember their source. Replace fear with truth. Replace instability with the authority already granted to you. You are equipped to think clearly. You are empowered to respond wisely. You are not at the mercy of fear.

### PRAYER

*Lord, steady my thoughts and quiet every fear. Help me operate from power, love, and soundness of mind. In Jesus' name, amen.*

### REFLECTION:

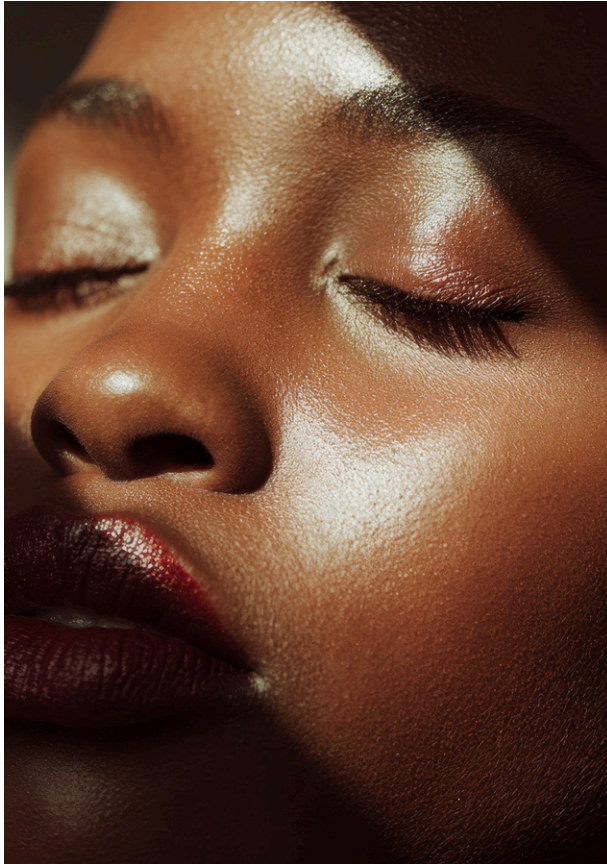
What fearful pattern  
needs to be  
confronted with  
God's truth today?

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Bible Reading  
ACTS 27

## Day 58

### DELIGHT BEFORE DESIRE

“Delight thyself also in the Lord; and he shall give thee the desires of thine heart.”  
—Psalm 37:4

What you consistently delight in shapes what you desire. When your delight is rooted in the Lord, your longings begin to align with His will. This promise is not about indulgence, but it is about alignment. As you prioritize His presence, your desires are no longer about just what you want; your desires become purified.

Delight is transformative. What once seemed urgent may lose its pull. What once felt distant may become your deepest pursuit. God does not simply grant desires; He refines them. He shifts motives. He redirects ambitions. Let delight precede desire.

### PRAYER

*Lord, teach me to delight in You above all else. Shape my desires so they reflect Your heart and purpose. In Jesus' name, amen.*

### REFLECTION:

What desire in your life reveals where your delight has been rooted?

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Bible Reading  
ACTS 28

## Day 59

### KEPT FROM FALLING

“Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.” —Jude 1:24

Abba does not merely save you and leave you to sustain yourself. He keeps you. He guards your steps. He preserves your life. There will be moments when you feel vulnerable, stretched, or uncertain. Yet even then, His keeping power does not weaken. His ability exceeds your fragility. His strength overshadows your limitations.

He can keep you from falling; not just physically, but spiritually and emotionally. And beyond keeping you, He is preparing to present you whole, restored, and joyful in His presence. Rest in the confidence that you are divinely sustained.

### PRAYER

*Father, thank You for keeping me steady. Guard my steps and strengthen my faith as I trust Your preserving power. In Jesus' name, amen.*

### REFLECTION:

How does knowing God actively keeps you reshape your confidence today?

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Bible Reading  
1 CORINTHIANS 1

## Day 60

### PERFECTING WHAT CONCERNS YOU

“The Lord will perfect that which concerneth me.” —Psalm 138:8

God is not careless with your life. What concerns you also concerns Him. The word perfect here means to complete, mature, and bring to fulfilment. Nothing in your life is outside of His attentive care. There may be areas that feel unfinished, disordered, or delayed.

You may see gaps, weaknesses, or unanswered questions. But God sees process. Do not measure your progress by what appears unresolved. Measure it by His faithfulness. Abba is deeply committed to your well-being, your growth, and your final outcome. He finishes what He begins.

### PRAYER

*Father, complete the work You have begun in me. Bring every area of my life into maturity and alignment with Your will. In Jesus' name, amen.*

### REFLECTION:

Where do you need  
to trust God's  
finishing work?

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Bible Reading  
1 CORINTHIANS 2

## Day 61

### YOU ARE A MASTERPIECE

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.” —Ephesians 2:10

You are not an accident. You are intentional craftsmanship. The word workmanship suggests design, artistry, and value. Like a masterpiece carefully formed, your life carries divine purpose. Abba has already prepared works for you to walk in. When you say yes to Him, you step into what has already been ordained.

Refuse to diminish yourself. Refuse to compare. A masterpiece does not compete; it reflects the skill of its Creator. Walk confidently, knowing your life carries intentional design and eternal significance.

### PRAYER

*Lord, help me see myself as Your workmanship. Lead me into the works You have already prepared for me. In Jesus' name, amen.*

### REFLECTION:

Are you truly  
viewing yourself  
through God's  
intentional design?

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Bible Reading  
1 CORINTHIANS 3

## Day 62

### TAUGHT BY GRACE

“For the grace of God that bringeth salvation hath appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world.” —Titus 2:11-12

Grace is instructive. The same grace that saves you and me also trains us. It corrects appetites, refines character, and strengthens discipline. Grace does not lower standards; it raises them by empowering us to live differently. It teaches restraint in a culture of excess. It cultivates righteousness in environments that normalize compromise.

It works internally before it manifests externally. It reshapes our desires, steadies our choices, and matures our responses. If grace is active, growth will be visible. Let’s allow grace to do its full work — not only forgiving us, but forming us.

### PRAYER

*Father, let Your grace instruct and refine me. Teach me to live soberly and righteously in this present world. In Jesus’ name, amen.*

### REFLECTION:

How is grace currently shaping you?

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Bible Reading  
1 CORINTHIANS 4

## Day 63

### COMMITTED PLANS

“Commit thy works unto the LORD, and  
thy thoughts shall be established.”

—Proverbs 16:3

Commitment is an act of surrender. It is placing what you are building into the hands of the One who sees the end from the beginning. As you entrust your work to Him, anxiety decreases and clarity increases. Your mind becomes established because your trust has shifted.

Our thoughts often become unsettled when our plans are self-carried. When you commit your works to the Lord, that is your responsibility, decisions, ambitions, and daily efforts; He stabilizes your thinking. Today, and every day after, refuse to carry alone what Abba has invited you to release.

### PRAYER

*Father, I commit my plans,  
responsibilities, and efforts to You.  
Establish my thoughts and steady my  
mind. In Jesus' name, amen.*

### REFLECTION:

What area of your  
life do you need to  
commit to Abba?