

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



WELCOME TO WEEK 10!

Over the past several weeks, we have been challenged to grow intentionally, to think differently, respond with maturity, guard our hearts, strengthen our faith, and walk in obedience. Each week has stretched us differently. Some lessons required courage. Others required restraint. But all of them have been shaping us. Growth is rarely dramatic. More often, it is quiet and steady. It happens in the small decisions, the unseen disciplines, the private corrections, and the moments where you choose God's way over your impulse.

If you have been applying what you've learned, you are not the same person you were at the beginning of the year. This week centers on spiritual stability; being established by the Lord, guarded by truth, strengthened by joy, guided by wisdom from above, sustained by mercy, and transformed from merely knowing to actively doing.

Continue to move forward with humility and openness. Let the Word keep shaping you. Let the Holy Spirit continue His quiet work within you. You are not just accumulating knowledge — you are being formed. Stay steady. Stay teachable. Stay surrendered.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
1 CORINTHIANS 5

Day 64

ESTABLISHED BY THE LORD

“The Lord shall establish thee an holy people unto himself, as he hath sworn unto thee.” —Deuteronomy 28:9

Establishment is not self-produced; it is God-ordained. When Abba establishes you, He secures your identity, stabilizes your direction, and confirms your position. To be established means to be rooted so firmly that circumstances cannot easily uproot you.

When you understand that you are established in Him, your choices become clearer. You stop drifting. You stop bending to every opinion, and you live from a place of covenant security. I want you to know that establishment requires pruning, obedience, and surrender. But once secured in Him, you move with steadiness.

PRAYER

*Father, establish me as Your own.
Root me deeply in covenant identity
and steady my walk with You. In
Jesus' name, amen.*

REFLECTION:

Are you really
allowing God to
establish you?

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Bible Reading
1 CORINTHIANS 6

Day 65

GUARDED BY TRUTH

“Sanctify them through thy truth: thy word is truth.” —John 17:17

Truth sanctifies. It sets you apart from deception, confusion, and compromise. God’s Word is not merely informative; it is transformative. It cleanses the mind, corrects distortions, and aligns our lives with divine standards. In a world saturated with opinions, the Truth is our safeguard.

Without it, emotions dominate, and culture dictates direction. But when our lives are filtered through Scripture, clarity replaces confusion. Sanctification is not once-and-for-all; it is ongoing. So, daily, allow the Truth to challenge you. Allow it to confront misplaced thinking. Growth begins where truth is embraced without resistance.

PRAYER

*Lord, sanctify me through Your truth.
Let Your Word correct and cleanse
every area of my life. In Jesus’ name,
amen.*

REFLECTION:

Are you allowing the
Truth to sanctify
you?

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Bible Reading
1 CORINTHIANS 7

Day 66

FROM KNOWING TO DOING

“If ye know these things, happy are ye if ye do them.” —John 13:17

Knowledge alone does not transform; obedience does. There is a blessing attached not merely to hearing truth, but to doing it. And spiritual maturity is measured by application. Happiness in this verse is deeper than emotion; it is fulfillment born out of alignment.

When we obey what we know from the Word, peace follows. But when we delay obedience, inner tension increases, and we miss out on Abba’s promises. Don’t accumulate revelation without action. Be very deliberate about letting what you know shape how you live and respond to the Word.

PRAYER

Abba, help me move from knowledge to obedience. Let my life reflect what I have learned. In Jesus’ name, amen.

REFLECTION:

Is there an instruction you know but have delayed obeying?

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Bible Reading
1 CORINTHIANS 8

Day 07

HELD TOGETHER

“He existed before anything else, and he holds all creation together.”
—Colossians 1:7

Jesus Christ holds all things together—including you and me. Before we came to be, He was; He knows exactly how to sustain and keep all things together. When life feels fragmented or overwhelming, remember that He maintains the structure of your existence. You may feel stretched, but you are not unsupported.

The same power that sustains creation sustains your calling, your mind, and your future. Stability does not come from control; it comes from confidence in His sustaining power. Even when circumstances appear scattered, He is maintaining order beyond your sight.

PRAYER

Lord Jesus, thank You for holding my life together. Sustain me in every area that feels unstable. In Your name, amen.

REFLECTION:

Where do you need to trust Christ's sustaining power instead of your own control?

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Bible Reading
1 CORINTHIANS 9

Day 68

STRENGTHENED BY JOY

“The joy of the Lord is your strength.”
—Nehemiah 8:10

Joy is not emotional excitement; it is spiritual stability. The joy of the Lord flows from knowing who He is and who you are in Him. It does not fluctuate with circumstances; it is anchored in covenant. When you lose joy, you lose strength. Discouragement weakens resolve, but when your joy is rooted in God’s faithfulness, resilience rises. You endure differently. You speak differently. You respond differently.

This joy is not self-generated. It comes from fellowship with Abba; that is, time in His presence, reflection on His goodness, and remembrance of His promises. Protect your joy. Guard it from comparison, offense, and distraction. Don’t view it as optional; view it as a strength!

PRAYER

Father, restore and preserve Your joy in my heart. Let it strengthen me in every season. In Jesus’ name, amen.

REFLECTION:

What has been attempting to drain your joy?

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Bible Reading
1 CORINTHIANS 10

Day 69

HIS MERCY PRESERVES

“It is of the Lord’s mercies that we are not consumed, because his compassions fail not.” —Lamentations 3:22

Mercy sustains us daily. We are not consumed because Abba has chosen to preserve us, not because we are better than anyone else. We stand not because of perfection, but because of the kind of compassion that cannot fail. God’s mercy resets us anytime we falter.

This awareness should produce humility. We would not boast in our own righteousness when we recognize the sustaining power of mercy. This mercy also gives us room to grow. The best news is that every morning brings fresh compassion. That means yesterday’s mistakes do not have the final word.

PRAYER

*Father, thank You for unfailing mercy.
Help me extend the same
compassion to others. In Jesus’ name,
amen.*

REFLECTION:

Do you live
conscious of the
mercy and
compassion that
cannot fail?

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Bible Reading
1 CORINTHIANS 11

Day 70

WISDOM FROM ABOVE

“If any of you lack wisdom, let him ask of
God, that giveth to all men liberally.”
—James 1:5

Wisdom from above is always available. God does not ration it; He gives liberally to those who ask. Yet the release of this wisdom requires humility; that is, an admission that you do not know everything. My husband often says that when one lacks wisdom, it means they lack answers in any particular situation.

When faced with decisions, resist impulsive action. Ask for wisdom. Divine insight protects you from unnecessary regret. God’s wisdom shapes timing, speech, investment, and relationships. Invite it into everyday matters, not just major crossroads.

PRAYER

*Father, grant me wisdom for every
decision I face. Lead me beyond
impulse into discernment. In Jesus’
name, amen.*

REFLECTION:

Have you sought
God’s wisdom in
your recent
decisions?