

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**vaw**  
value adding woman



## ***WELCOME TO WEEK 11!***

Reaching this point in your journey is significant. Many people begin the year with good intentions, but consistency is what produces real change. The past several weeks have likely required you to slow down, examine your heart, and allow God's Word to shape areas of your life that may have previously gone unnoticed.

You may already notice subtle shifts in how you respond to situations, how you process challenges, and how you approach your relationship with God. These changes are signs that the Word is doing its work within you. As you move through this week, remain attentive and receptive.

God's work in your life is ongoing, and every moment spent in His Word strengthens the foundation He is building in you. Let this week be another opportunity to stay rooted in truth, steady in faith, and responsive to the Spirit's leading.

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  
1 CORINTHIANS 12

## Day 71

### A RENEWED HEART

“Create in me a clean heart, O God; and  
renew a right spirit within me.”

—Psalm 51:10

The Psalmist's prayer reveals the importance of sensitivity. A clean heart remains sensitive to God's voice, is quick to repent, and is eager to align with the truth. Over time, disappointment, offense, pride, or distraction can quietly dull that sensitivity. This is why renewal is necessary. Renewal restores clarity where there has been confusion and humility where there has been self-reliance.

When you invite God to renew your spirit, you are asking Him to realign your motives, desires, and attitudes. Spiritual vitality flows from a heart that continually returns to God for cleansing and renewal. Don't be afraid to pray this prayer regularly. A renewed heart sustains a steady walk with Abba.

### PRAYER

*Father, create in me a clean heart  
and renew a right spirit within me.  
Keep my heart tender and responsive  
to You. In Jesus' name, amen.*

### REFLECTION:

When was the last  
time you said this  
prayer?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



Bible Reading  
1 CORINTHIANS 13

## Day 72

### UNCOMMON PEACE

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.” —John 14:27

The peace Jesus gives is fundamentally different from the peace the world offers. Worldly peace depends on favorable circumstances, but Abba’s peace remains even when circumstances shift. This peace steadies the heart. It quiets fear and restores clarity when emotions threaten to overwhelm us.

It reminds us that God’s presence is greater than the pressures around you. When anxiety arises, pause and remember the gift Jesus has already given you. His peace is not something you must earn; it is something you must receive and walk in.

### PRAYER

*Lord Jesus, thank You for the peace  
You have given me. Help me live  
anchored in that peace.  
In Jesus’ name, amen.*

### REFLECTION:

What situation in  
your life needs to be  
surrendered to  
Jesus’s peace?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



Bible Reading  
1 CORINTHIANS 14

## Day 73

### FIRST THINGS FIRST

“But seek ye first the kingdom of God,  
and his righteousness; and all these  
things shall be added unto you.”

—Matthew 6:33

Order matters in the Kingdom. When priorities are misaligned, anxiety increases, and we miss out on God’s promises. But when the kingdom of God becomes your first pursuit, clarity and provision follow. Seeking first does not mean neglecting responsibilities. It means prioritising God’s interests and pursuing them.

Your career, relationships, finances, and well-being all flourish when they flow from kingdom alignment. When your pursuit begins with Abba, the things you worry about begin to fall into their proper place.

### PRAYER

*Lord, help me keep Your kingdom and interests first in my heart and pursuits. Align my priorities with Your purposes. In Jesus’ name, amen.*

### REFLECTION:

How serious are you  
with prioritizing the  
interests of the  
Kingdom?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



Bible Reading  
1 CORINTHIANS 15

## Day 74

### TRUE BEAUTY

“Favour is deceitful, and beauty is vain:  
but a woman that feareth the Lord, she  
shall be praised.”—Proverbs 16:3

Culture often celebrates outward appearance, charisma, and temporary achievements. Yet Scripture reminds us that the most enduring quality is reverence for God. The fear of the Lord is not intimidation or fear; it is deep honor and devotion. It shapes character, decisions, and priorities. When your life is anchored in reverence for God, beauty becomes more than external.

This kind of beauty grows stronger with time. It produces wisdom, humility, and grace that influence everyone around you. True praise does not come from fleeting admiration but from a life that consistently honors God.

### PRAYER

*Father, help me value reverence for  
You above outward recognition.  
In Jesus' name, amen.*

### REFLECTION:

What qualities are  
you currently  
investing most in?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



Bible Reading  
1 CORINTHIANS 16

## Day 75

### LIVING WORTHY

...Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. - Colossians 1:10

One central goal of our Christian walk is to live in a way that honors and pleases Abba. This isn't occasional acts of kindness or moments of worship; it's making intentional choices in every area of our lives. When we do this, we naturally produce good fruit that blesses those around us and reflects God's glory.

This fruit flows from a heart that is growing in intimacy with Abba. As we know Him better, the goodness we radiate becomes a visible testimony of His work in our lives, touching people in ways we may never fully see.

### PRAYER

*Lord, help me walk worthy of You, and let my life reflect Your glory. In Jesus' name, amen.*

### REFLECTION:

Does your daily conduct reflect who you belong to?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



Bible Reading  
2 CORINTHIANS 1

## Day 76

### LED BY THE SPIRIT

“For as many as are led by the Spirit of God, they are the sons of God.”

—Romans 8:14

One of the greatest privileges of belonging to Abba is being led by His Spirit. The Christian life is not meant to be navigated by instinct alone. The Holy Spirit actively guides, convicts, and directs those who remain attentive. His leading may come as a quiet inner prompting, a conviction through Scripture, or a sense of peace about a particular direction.

Learning to recognize His voice requires stillness and sensitivity. When you practice listening and responding, your decisions become more aligned with God’s wisdom. The more you yield to His guidance, the clearer His leading becomes.

### PRAYER

*Holy Spirit, help me recognize and follow Your leading today. Guide my decisions and my responses. In Jesus’ name, amen.*

### REFLECTION:

Have you been attentive to the Holy Spirit’s prompting in your daily life?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman



Bible Reading  
2 CORINTHIANS 2

## Day 77

### WISDOM & KINDNESS

“She openeth her mouth with wisdom;  
and in her tongue is the law of  
kindness.” —Proverbs 31:26

Words reveal the condition of the heart. Wisdom shapes what you say, and kindness shapes how you say it. Speaking with wisdom requires discernment; knowing when to speak, what to say, and how your words will affect others. Kindness ensures that truth is communicated with grace rather than harshness. Abba wants you to be this kind of woman!

In daily life, conversations carry enormous influence. Let your speech be a reflection of His character. Words seasoned with wisdom and kindness create environments where people feel both challenged and supported.

### PRAYER

*Lord, guide my speech today. Fill my words with wisdom and kindness. In Jesus' name, amen.*

### REFLECTION:

What is released  
when you open your  
mouth?