

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 12!

At this stage in our journeys, there is a call to become more attentive; not just to what we're doing, but to how we are living. Over the past weeks, we have been learning, adjusting, and growing. Now, there is a deeper emphasis on staying watchful and intentional. Spiritual growth requires awareness. It is possible to be moving forward and yet become careless in certain areas.

This week is a reminder to remain alert by guarding your heart, paying attention to your choices, and staying aligned with truth. We are not called to live casually. We are called to live wisely. The difference often shows up in the small, daily decisions such as what we allow, what we ignore, and what we nurture.

As you go through this week, slow down where necessary, pay attention, and stay grounded in the Word. Let the Holy Spirit guide your steps with clarity. This is a week to be present, watchful, and intentional in your walk with God.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
2 CORINTHIANS 3

Day 78

WHILE MEN SLEPT

“But while men slept, his enemy came and sowed tares among the wheat.”

—Matthew 13:25

This Scripture is not about physical sleep; it points to a lack of spiritual watchfulness. While there was no attention and no alertness, something contrary was introduced. Not everything that grows in your life was planted intentionally. Some things creep in subtly; wrong thoughts, distractions, compromises. They do not arrive loudly; they take root quietly.

This is why vigilance matters. You must remain spiritually aware; what you tolerate can grow into something you later have to confront. God calls us to be watchful, not fearful. Awareness keeps us aligned. It helps us discern what belongs and what does not. Stay awake in the Spirit! Pay attention to what is being planted around and within you.

PRAYER

Lord, keep me spiritually alert. Help me discern what is not from You and guard my heart diligently. In Jesus' name, amen.

REFLECTION:

Is there anything in your life that may have crept in unnoticed that needs to be addressed?

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Bible Reading
2 CORINTHIANS 4

Day 79

REDEEMING THE TIME

“Redeeming the time, because the days are evil.” —Ephesians 5:16

Time is one of the most valuable resources you have. Once spent, it cannot be recovered. The Scriptures admonish us to redeem it; to use it wisely, intentionally, and purposefully. Distraction is one of the greatest threats to purpose. It does not always appear harmful; it simply pulls you away from what matters most.

Days can pass without meaningful progress if time is not managed with awareness. Redeeming time means making deliberate choices, prioritizing what aligns with God’s will and letting go of what does not add value. Live with intention. We don’t have as much time as we think!

PRAYER

Father, teach me to use my time wisely. Help me focus on what truly matters. In Jesus’ name, amen.

REFLECTION:

Where might you be wasting time that could be invested more intentionally?

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Bible Reading
2 CORINTHIANS 5

Day 80

STAND FAST IN LIBERTY

“Stand fast therefore in the liberty
wherewith Christ hath made us free.”
—Galatians 5:1

Freedom in Christ must be maintained. Jesus has already secured our liberty, but we are instructed to stand fast in it. This means holding our ground and refusing to return to patterns, mindsets, or habits that once kept us bound. Freedom is not just about what we were delivered from; it is about how we now choose to live.

Old ways may still try to resurface, but we are no longer subject to them. Standing fast requires awareness and intentionality. You must recognize anything that attempts to reintroduce limitations into your life and resist it with the Word. You have been made free; do not surrender that freedom.

PRAYER

Father, help me stand firm in the freedom You have given me. Keep me from returning to anything that no longer aligns with Your Word. In Jesus' name, amen.

REFLECTION:

Are there areas
where you are
drifting back into old
patterns instead of
standing in
freedom?

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Bible Reading
2 CORINTHIANS 6

Day 81

TAKE HEED

“Wherefore let him that thinketh he standeth take heed lest he fall.”

—1 Corinthians 10:12

Spiritual confidence must be balanced with humility. The moment you assume you are beyond falling is often when you become most vulnerable. This Scripture is not meant to create fear, but awareness. Spiritual maturity does not remove the need for vigilance. No matter how far you have come, you must remain attentive to your spirit, your environment, and your decisions. Complacency creates blind spots.

Taking heed means you keep yourself in check. You do not ignore warning signs. You do not justify compromise. You remain grounded in dependence on God, not in your own strength. This keeps you watchful, teachable, and upstanding.

PRAYER

Father, keep me humble and watchful. Help me remain grounded in You and attentive to my walk. In Jesus' name, amen.

REFLECTION:

Have you become overly confident in any area of your life where you need to remain watchful?

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Bible Reading
2 CORINTHIANS 7

Day 82

A TEACHABLE SPIRIT

“Take my yoke upon you, and learn of me; for I am meek and lowly in heart.”

—Matthew 11:29

One of the greatest attributes of Jesus is that he was meek. And He admonishes us to not just follow Him, but to learn from Him. A teachable spirit is essential for growth. To be teachable, this requires humility; the willingness to be corrected, adjusted, and guided.

Pride resists instruction, but a teachable heart remains open. It listens. It reflects. It adjusts. Learning from Jesus shapes our posture. It develops gentleness, patience, and wisdom. His way is not harsh or burdensome; it is steady and life-giving. Stay teachable. Growth continues as long as you remain willing to learn.

PRAYER

*Father, give me a teachable heart.
Help me learn from You and grow in
humility. In Jesus' name, amen.*

REFLECTION:

How willing are you
to learn from Jesus?

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Bible Reading
2 CORINTHIANS 8

Day 83

LIVE WITH CARE

“So be careful how you live. Don’t live like fools, but like those who are wise.”
—Ephesians 5:15

There is a call in this scripture to live with awareness and intention. Life is not meant to be drifted through. Every day presents choices, and those choices shape direction, character, and outcomes. To live like the wise is to be thoughtful about what influences you and how you respond to situations. Wisdom shows up in daily decisions. Foolishness is not always obvious; it may be living without discernment or moving without purpose.

Abba wants us to be deliberate. To pay attention to our patterns. To live in a way that reflects understanding, not impulse. Be careful how you live; not in fear, but in awareness. Let your life be shaped by wisdom, one decision at a time.

PRAYER

Lord, help me live with intention and wisdom. In Jesus’ name, amen.

REFLECTION:

How can you live
your life more
carefully?

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Bible Reading
2 CORINTHIANS 9

Day 84

BE WATCHFUL & STEADY

“Watch ye, stand fast in the faith, quit
you like men, be strong.”
—1 Corinthians 16:13

The call to watchfulness is paired with stability. It is not enough to be aware, we must also stand firm. Faith is not passive; it requires alertness, strength, and intentional positioning. To “*stand fast*” means you are not easily moved by trends, pressure, opinions, or circumstances. You are grounded, and your convictions are not negotiable.

This is not automatic; strength in the Spirit is built through consistency, that is, staying in the Word, maintaining a healthy prayer life, and choosing obedience repeatedly. This kind of life is cultivated with time and patience. Receive grace to build it!

PRAYER

Father, help me remain watchful and firm in my faith. Strengthen me to stand with conviction. In Jesus' name, amen.

REFLECTION:

Where do you need to stand more firmly instead of wavering?