

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 13!

The Word you have been engaging with is meant to move beyond moments of reflection and begin to shape your natural responses, your habits, and your daily posture. It is important to pay attention to consistency. Not just what you do when you are intentional, but who you are becoming without effort.

Are your thoughts aligning more quickly with the truth of the Word? Are your responses becoming more measured? Are you quicker to yield to the Spirit? This is where formation becomes evident. Avoid the temptation to become casual or overly familiar with what you have been practicing. Depth is built through continued attention. What you repeat, you reinforce.

Let this week be one where you stay engaged, present, and responsive. God is not finished with you. There is still more alignment, more clarity, and more strength being developed within you.

Stay consistent. Stay grounded. Stay open.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
2 CORINTHIANS 10

Day 85

GRACE & PEACE MULTIPLIED

“Grace and peace be multiplied unto you through the knowledge of God.”

—2 Peter 1:2

Grace and peace are not static; they can increase. But their multiplication is tied to the knowledge of the truth. The more you grow in your understanding of God, the more you experience a greater dimension of His grace and peace in your life. Knowledge here is relational. It is knowing God through His Word, His ways, and His character.

As your understanding deepens, your confidence strengthens. Many struggles persist not because grace is absent, but because knowledge is limited. Growth in the Word expands your capacity to walk in what God has already provided. Pursue knowing Him deeply. It changes everything.

PRAYER

*Lord, increase my knowledge of You.
And let Your grace and peace abound
in my life. In Jesus' name, amen.*

REFLECTION:

Are you growing in
your knowledge of
God intentionally?

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Bible Reading
2 CORINTHIANS 11

Day 86

HOLD YOUR PEACE

“The Lord shall fight for you, and ye shall hold your peace.” —Exodus 14:14

There are battles you are not meant to fight in your own strength, and this Scripture is an encouragement to trust God’s intervention. Often, the pressure to defend yourself, fix everything, or control outcomes creates unnecessary strain. But Abba calls you to have a different posture: trust and stillness.

Holding your peace does not mean passivity; it means confidence in God’s ability. When you step back, God steps in. When you release control, He demonstrates His power. Not every situation requires your reaction. Some require your surrender.

PRAYER

*Father, help me trust You in every situation. Teach me to be still and allow You to fight for me.
In Jesus’ name, amen.*

REFLECTION:

Where do you need to stop struggling and allow God to step in?

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Bible Reading
2 CORINTHIANS 12

Day 87

GREAT PEACE

“Great peace have they which love thy law: and nothing shall offend them.”

—Psalm 119:165

Those who love God’s Word develop a kind of stability that people, situations, or unexpected events do not easily shake. When your heart is anchored in the Word, your responses are ruled by the truth of the Word rather than emotions. You are not easily moved because your foundation is deeper than your feelings.

Loving God’s law means allowing it to shape your perspective and mould you. As this truth becomes your reference point, peace becomes your portion, and you deliberately refuse to be offended. This level of maturity is only built through alignment with God’s Word.

PRAYER

Lord, root me deeply in Your Word. Let Your truth guard my heart and keep me in peace. In Jesus’ name, amen.

REFLECTION:

What has been easily offending you that needs to be surrendered to God?

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Bible Reading
2 CORINTHIANS 13

Day 88

GUARD YOUR LOVE

“Sin will be rampant everywhere, and
the love of many will grow cold.”

—Matthew 24:12

One of the effects of living in a broken world is not just exposure to sin, but the gradual numbing of the heart. When wrong becomes common, it can slowly desensitize you. Jesus warns not just about sin increasing, but about love decreasing. The real danger is not only what is happening around us, but what it can do within us.

Your love must be guarded and nurtured through a relationship with Abba. The more rooted you are in Him, the less you are shaped by what’s happening around you. Stay responsive to His Spirit, and let His love keep your heart warm, even in a world that is growing cold.

PRAYER

Father, guard my heart from growing cold. Keep my love alive, tender, and rooted in You. In Jesus’ name, amen.

REFLECTION:

Have you become
indifferent in any
area where God is
calling you to
remain loving?

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Bible Reading
JUDE 1

Day 89

DRAW WITH JOY

“Therefore with joy shall ye draw water out of the wells of salvation.” —Isaiah 12:3

There is a provision in your salvation that must be drawn from intentionally with joy. Joy is not just a feeling; it is the posture that enables us to access what God has already made available. Unfortunately, many live beneath what has been provided because they do not draw, but without a drawing, there is no access.

You draw through faith, through thanksgiving, through a conscious reliance on Abba. Salvation is not just an event; it is a well. In it, there is peace, strength, wisdom, and restoration. Draw daily. Don't live spiritually empty when there is abundance available.

PRAYER

*Lord, help me draw from all You have provided through salvation. And let joy remain my portion.
In Jesus' name, amen.*

REFLECTION:

Are you actively drawing from what God has already provided?

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Bible Reading
PHILEMON 1

Day 90

ONE DAY AT A TIME

“Sufficient unto the day is the evil thereof.” —Matthew 6:34

God has designed life to be lived one day at a time. When you carry tomorrow’s worries, you burden today unnecessarily. Each day has its own demands, but the good news is that it also has its own grace. When you focus on what is in front of you, you remain steady. When you project too far ahead, anxiety increases.

One of the best ways to live worry-free is by trusting Abba for today. It is by receiving the grace to handle today’s responsibilities. I encourage you to leave tomorrow in His hands. He’s already there, ready to carry you through it. Peace is found in staying present.

PRAYER

Father, help me focus on today. Give me grace for what is before me. In Jesus’ name, amen.

REFLECTION:

Are you
overwhelmed
because you are
carrying what
belongs to
tomorrow?

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Bible Reading
1 SAMUEL 1

Day 01

PRESSED BUT NOT BROKEN

“We are troubled on every side, yet not distressed; we are perplexed, but not in despair.” —2 Corinthians 4:8

Pressure is real, but it does not have the final say. In this Scripture, Apostle Paul reveals resilience, that is, the ability to endure without collapsing. You may feel pressed, stretched, or uncertain, but you must be confident that you cannot be defeated. God’s sustaining power holds you together even in difficult seasons.

Circumstances may challenge you, but they do not define you. You are upheld by something greater. Stay grounded and assured that you are stronger than any pressure around you. Your mindset will determine the victory you experience in the end.

PRAYER

*Lord, strengthen me in every season.
Help me stand firm even under
pressure. In Jesus’ name, amen.*

REFLECTION:

How have you been
responding to
pressure lately?