

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



WELCOME TO WEEK 14!

As we step into this new week, we are also stepping into a new month: April. There is something significant about a new month. It offers a fresh opportunity to realign, refocus, and move forward with greater intentionality. Whatever the past weeks have held, this is a moment to approach your walk with God with renewed attention and expectation.

The Word you have been engaging with is meant to move beyond moments of reflection and become your natural response, your default way of thinking, and your steady guide in everyday decisions. Some changes may be obvious, while others are still unfolding beneath the surface. Both are part of Abba's process.

This week, remain attentive and intentional. Let this new month not just be a date change, but a deeper commitment to alignment.

Stay responsive to the Spirit, consistent in the Word, and deliberate in your walk. God is still at work, and there is more ahead.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
1 SAMUEL 2

Day 92

ARISE & SHINE

“Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.”
—Isaiah 60:1

There are moments in your walk with God where you must make a conscious decision to rise. Not because everything is perfect, but because light from Abba is available to you. Darkness may exist around you, such as uncertainty, challenges, or delays, but it does not define you. The glory of God upon your life gives you a different reality.

To arise means you refuse to stay in discouragement. To shine means you allow what God has placed within you to be expressed outwardly. Dear woman, you carry light; respond to what has already come.

PRAYER

*Lord, help me rise above every limitation and reflect Your light boldly.
In Jesus' name, amen.*

REFLECTION:

How do you need to rise and shine your light?

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Bible Reading
1 SAMUEL 3

Day 03

GUIDED BY THE WORD

“Thy word is a lamp unto my feet, and a light unto my path.” —Psalm 119:105

God’s Word is light! It provides direction just like a lamp that gives light for every step we need to take. Every time we open the Word, Abba reveals something that requires trust and action. Many times, frustration comes from wanting full clarity before taking action, but God leads progressively. As you follow the light you have, more light and clarity come.

The Word keeps us from wandering. It corrects our steps and keeps our paths aligned with God’s plans. Without it, we rely on assumptions and emotion. Stay in the Word. It will always guide you rightly.

PRAYER

Father, let Your Word guide my steps daily. Help me trust Your direction. In Jesus’ name, amen.

REFLECTION:

Are you following where Abba’s light is leading you?

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Bible Reading
1 SAMUEL 4

Day 94

SEATED IN AUTHORITY

“And hath raised us up together, and made us sit together in heavenly places in Christ Jesus.” —Ephesians 2:6

The moment you are born again, your position in Christ is elevated. You no longer live from a place of defeat, but from a place of victory. Being seated speaks of rest and authority. It means your identity is not determined by earthly circumstances. It means you operate from a higher reality, one where Christ has already secured triumph.

When you understand your position, your perspective changes. You stop being ruled by fear and start responding with confidence. Dear woman, live from where God has placed you, not from where you left.

PRAYER

Father, help me walk in the authority I have in Christ. In Jesus' name, amen.

REFLECTION:

Are you boldly living
from your new
position in Christ?

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Bible Reading
1 SAMUEL 5

Day 95

DOERS OF THE WORD

“...be ye doers of the word, and not hearers only, deceiving your own selves.” —James 1:22

Hearing the Word is good, but it is not enough! Transformation happens in the application of the Word, not just by gathering knowledge. Many people are informed but not changed because they stop at information. Being a doer requires intention. It means you take what you have heard and align your actions with it.

Obedience may not always feel convenient, but it produces growth and helps us live a life that reflects Christ. The Word is not meant to remain theoretical. It is meant to be lived. Let your life reflect what you hear.

PRAYER

*Father, help me not just hear Your Word but live it daily.
In Jesus' name, amen.*

REFLECTION:

Do you apply what you learn from the Word?

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Bible Reading
1 SAMUEL 6

Day 96

LOVE EXPRESSED THROUGH OBEDIENCE

“He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him.” —John 14:21

There is a depth of relationship with God that is revealed through obedience. The progression is receiving His commandments, keeping them, loving Him, and then experiencing His manifestation. To “keep” His commandments is where transformation happens.

It means you guard what He has said and align your life with it intentionally. This is where love becomes tangible; not in words alone, but in consistent obedience. God responds to this kind of love. Not because His love is earned, but because obedience positions you for deeper encounters with Him.

PRAYER

Lord, grant me the grace to express my love for You through obedience, In Jesus' name, amen.

REFLECTION:

Are you obedient to the commandments of the Lord in your everyday life?

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Bible Reading
1 SAMUEL 7

Day 07

A LIFE OF PRAISE

“I will bless the Lord at all times: his
praise shall continually be in my
mouth.” —Psalm 34:1

The Psalmist made it clear that praise is not seasonal; it is continual. It is a posture he maintained regardless of circumstances. This is a lesson for us. Praise must never be missing from our lips because it keeps Abba close to us, as He brings our desires to pass.

It's important to note that when you choose to praise, you shift your focus. You move from what is yet to happen to who God is. Praise strengthens your spirit and stabilizes your perspective. Do not wait for perfect conditions. In season and out of season, let praise be your default setting.

PRAYER

*Father, give me grace to live a life of
praise at all times.
In Jesus' name, amen.*

REFLECTION:

Is your praise
consistent or
conditional?

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Bible Reading
1 SAMUEL 8

Day 98

FAITH HAS SUBSTANCE

“Now faith is the substance of things hoped for, the evidence of things not seen.” —Hebrews 11:1

Faith gives reality to what is not yet visible. It is the confidence that what God has promised is already established, even if it has not yet manifested physically. Living by faith requires a deliberate shift in your perspective. In faith, you are no longer moved by what you see or feel, but by what God has said.

This doesn't mean ignoring reality; it means placing greater weight on God's truth. This keeps you steady when circumstances fluctuate, and gives you the ability to move forward without full visibility. Let your faith be anchored in God's promises, not in changing situations.

PRAYER

*Lord, strengthen my faith. Help me trust Your Word above what I see.
In Jesus' name, amen.*

REFLECTION:

Are you building
faith that has
substance?