

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 15!

By now, you have covered a lot of ground. Not just in pages or days, but in the work God has been doing within you. Patterns have been challenged, perspectives have shifted, and your awareness of how to walk with God has deepened. Hallelujah!

What you have been building must now be deliberately maintained. Growth that lasts is not only about revelation, but about consistency over time. It is about continuing in what you know, even when it becomes familiar.

This week, pay attention to your posture. Not just what you do outwardly, but how you carry yourself inwardly; that is the state of your heart.

Remain attentive. Be responsive, be intentional. Sometimes, familiarity can make you less alert, but this is the time to stay sharp and engaged. There is still much more alignment ahead, more maturity to step into, and more clarity to gain.

So do not slow down, and do not become casual. Stay steady in the process. Let this week be marked by consistency, intentional obedience, and a renewed commitment to walk fully in what God has been teaching you.

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 SAMUEL 9

Day 99

BREAK FORTH & SING

“Sing, O barren... break forth into singing.”—Isaiah 54:1

Abba wants us to respond in faith before circumstances change. This instruction to sing is not based on visible evidence; it is rooted in divine promise. The natural response to disappointment is to withdraw or to lower your expectations. But you must move in the opposite direction; lift your voice, remain expectant.

Refusing to bow low in challenging times is a decision. It means you do not allow your current situation to dictate your posture. Refuse discouragement, and resist heaviness. Lift your head, and align yourself with His promise, not your circumstance.

PRAYER

*Father, strengthen my heart, and help me remain lifted in faith and expectation, regardless of what I see.
In Jesus' name, amen.*

REFLECTION:

How do you respond as you trust Abba for your testimony?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
1 SAMUEL 10

Day 100

BY GRACE

“By the grace of God I am what I am.”
—1 Corinthians 15:10

This statement from Apostle Paul teaches us to anchor our identity in the right direction: grace! Everything you are, everything you have become, and everything you are growing into is by the grace of God. At the same time, it produces responsibility; God’s grace doesn’t excuse us from working hard to mature and to walk in alignment with His will.

When you understand God’s grace, you remain humble. Humble because you recognize your dependence on Him, and confident because you know He is at work within you. Let grace be your foundation. Rely on it daily, not occasionally.

PRAYER

*Lord, help me rely fully on Your grace.
Let it shape my life and sustain my
walk with You. In Jesus’ name, amen.*

REFLECTION:

Are you striving in
your own strength,
or are you
depending on God’s
grace?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
1 SAMUEL 11

Day 101

ABBA'S OPEN HAND

“Thou openest thine hand, and
satisfiest the desire of every living
thing.” —Psalm 145:16

God's provision flows from His ability, and He is not a limited source responding reluctantly. He is a generous Father who gives out of abundance. When Scripture says He satisfies, it speaks of sufficiency. Not partial supply, not barely enough, but a provision that meets our needs.

Provision is not determined by what you see; it is rooted in who Abba is. Trusting Him means choosing to rest in His faithfulness, knowing that He sees, He knows, and He will grant Your desires according to His will. Look beyond what is lacking. Fix your attention on the One who supplies.

PRAYER

*Father, help me trust You as my
source. Teach me to rest in Your
provision without fear.
In Jesus' name, amen.*

REFLECTION:

Are you focusing
more on your need
or on God's ability to
provide?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
1 SAMUEL 12

Day 102

ACCEPTABLE WORDS/THOUGHTS

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight.” —Psalm 19:14

What you consistently think will eventually shape what you say, and what you say will influence how you live. Abba is concerned with both. Not just your visible actions, but your hidden thoughts. Not just your speech, but the source of your speech. Unexamined thoughts can lead you off course.

When your mind is aligned with the truth, your words begin to reflect wisdom, which pleases the Lord. This requires intentionality. Over time, this discipline produces stability and maturity. Let your inner and outer life align with Abba’s expectation of you.

PRAYER

*Lord, align my thoughts and my words with Your truth. Let everything within me reflect what pleases You.
In Jesus’ name, amen.*

REFLECTION:

Are your thoughts
and words
consistently aligned
with God’s Word?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
1 SAMUEL 13

Day 103

GOD IS FOR YOU

“When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.” —Psalm 56:9

There is a level of confidence that comes from this knowledge—God is for me! This is not wishful thinking; it is a conviction rooted in a relationship with Abba. When you call on Him, heaven responds, and opposition loses ground; not because of your strength, but because of His presence. This awareness changes your posture.

You no longer approach challenges with fear or uncertainty. You’re assured that you are supported by a power greater than anything you face. Even when things look unclear, this truth remains constant: God is on your side. Let that truth steady your heart.

PRAYER

Father, thank You for being for me. Strengthen my confidence in You in every situation. In Jesus’ name, amen.

REFLECTION:

Do you live with the awareness that God is for you?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
1 SAMUEL 14

Day 104

“Be not wise in thine own eyes: fear the
LORD, and depart from evil.”
—Proverbs 3:7

One of the most subtle dangers in our walk with God is self-reliance. It often does not appear as pride at first; it appears as confidence in your own reasoning, your own timing, or your own judgment. This Scripture calls us to something higher: reverence. This is a posture in which God’s wisdom is prioritised above our understanding.

Being “*wise in your own eyes*” limits your growth. The fear of the Lord keeps you aligned. It keeps your heart soft, your mind teachable, and your decisions guided. It reminds you that no matter how much you grow, you cannot do without Him.

PRAYER

Father, keep my heart humble and open. Help me rely on Your wisdom above my own. In Jesus’ name, amen.

REFLECTION:

Are you depending
on your own
judgment in areas
where you should be
seeking God?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
1 SAMUEL 15

Day 105

ABOUNDING IN SERVICE

“Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”

—1 Corinthians 15:58

This scripture is not just a call to personal stability; it is a call to active engagement in the Lord’s work. We have been called to participate, to contribute, and to remain committed to what God is doing. To be steadfast means our dedication to God’s work is not seasonal.

The instruction goes further: to always be abounding. This speaks of overflow in service and a willingness to go beyond the minimum. Abba anchors this instruction with this assurance—nothing done for Him is wasted. Your consistency in His work matters more than you realize.

PRAYER

*Lord, strengthen my commitment to Your work. Help me remain steadfast, fully engaged, and diligent in all You have entrusted to me.
In Jesus’ name, amen.*

REFLECTION:

Are you actively
abounding in the
work of the Lord?