

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 16!

At this point in your journey, your walk with Abba should be more defined. I'm hoping that the Word is no longer something you simply read; it is becoming something you live, respond with, and rely on. Over the past weeks, you have been exposed to different dimensions of growth: obedience, love, consistency, faith, and intentional living. Now, there is a deeper call to spiritual understanding and expression.

It is not enough to know what is right; you must discern, apply, and walk in it with clarity. This week will require you to be more spiritually attentive. Because many things cannot be understood naturally, they must be revealed by the Spirit. As you stay open, you will begin to see more clearly, respond more accurately, and walk more confidently in truth.

At the same time, you will be reminded that faith is not theoretical. It must be expressed. What you believe should show up in how you live, how you respond, and how you stand. Remain engaged this week. Stay sensitive. Let the Word dwell richly in you, and let your life reflect what you truly believe.

God is drawing you into deeper understanding.

Walk in it.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
1 SAMUEL 16

Day 106

SPIRITUALLY DISCERNED

“But the natural man receiveth not the things of the Spirit of God... because they are spiritually discerned.” —1 Corinthians 2:14

There are dimensions of truth that cannot be accessed through natural reasoning. The things of God are not always logical to the human mind, because they operate from a higher reality. This is why spiritual discernment is essential. The mind seeks to understand everything through experience, intellect, or visible evidence. But the Spirit reveals what the mind cannot grasp on its own.

Without spiritual sensitivity, you may misinterpret what God is doing or overlook what He is saying. Growth in your walk with God requires that you move beyond surface understanding. From today, train yourself to listen beyond words, to perceive beyond appearances, and to recognize the Spirit's leading.

PRAYER

*Lord, sharpen my spiritual understanding. Help me discern what You are revealing beyond what I can naturally perceive.
In Jesus' name, amen.*

REFLECTION:

Do you rely more on natural reasoning or spiritual discernment?

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Bible Reading
1 SAMUEL 17

Day 107

FAITH THAT HAS LIFE

“For as the body without the spirit is dead,
so faith without works is dead also.” —
James 2:26

Faith is not just proven by what you say, it is revealed by how you live. This Scripture makes it clear that faith must be active. It must express itself through decisions and consistent alignment. It is possible to believe something internally but never act on it externally. But real faith moves. It steps forward. It responds.

Your actions are the visible evidence of what you truly believe. When faith is alive, it influences your choices, your priorities, and your responses. It pushes you beyond comfort and into obedience. Do not let your faith remain inactive. Let it shape your life.

PRAYER

*Father, help my faith be active and
expressed in my daily life.
In Jesus' name, amen.*

REFLECTION:

What action is your
faith requiring you
to take?

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Bible Reading
1 SAMUEL 18

Day 108

ABOVE ALL

“Above all, taking the shield of faith,
wherewith ye shall be able to quench all
the fiery darts of the wicked.”
—Ephesians 6:16

Faith is not only for progress; it is also for protection. This Scripture describes faith as a shield, something you actively take up to defend yourself against opposition. The “fiery darts” can come in different forms—fear, doubt, discouragement, negative thoughts, or sudden pressure. If left unchecked, they can weaken your confidence and shift your focus.

But faith intercepts them. It blocks what is not aligned with the truth. It keeps your mind steady and your heart grounded. Taking the shield of faith is intentional. You do not wait for an attack before you build faith; you strengthen it daily through the Word and through trust in God.

PRAYER

Lord, strengthen my faith. Help me stand firm against every attack of doubt or fear. In Jesus' name, amen.

REFLECTION:

How are you actively using your faith to guard yourself?

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Bible Reading
1 SAMUEL 19

Day 109

THE WORD WITHIN

“Let the word of Christ dwell in you richly in all wisdom.” —Colossians 3:16

God’s Word is not meant to visit you occasionally; it is meant to dwell in you. To dwell means it remains, it fills, it becomes a part of you. When the Word dwells richly, it influences how you think, respond, and make decisions. It becomes your reference point. It shapes your perspective and stabilizes your emotions and everything about you.

A shallow relationship with the Word produces inconsistent living. But a rich, consistent engagement produces wisdom, clarity, and strength. Let the Word go beyond reading. Meditate on it. Reflect on it. Let it take root.

PRAYER

Father, let Your Word dwell richly in me. Shape my thoughts and guide my life. In Jesus’ name, amen.

REFLECTION:

Is the Word dwelling
in you, or only
passing through
occasionally?

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Bible Reading
1 SAMUEL 20

Day 110

OPENED EYES

“Open thou mine eyes, that I may
behold wondrous things out of thy law.”
—Psalm 119:18

Seeing requires more than sight; it requires revelation. This is a prayer for understanding, and for deeper insight into God’s Word. This is the prayer we must pray every day. Revelation is a difference-maker! It is possible to read Scripture and miss its depth. But when God opens your eyes, truth becomes clear, personal, and transformative.

This understanding changes how we live. It moves the Word from information to revelation. Refuse to let a day go by without being enlightened by the Word. Stay hungry. Stay open. Ask Abba to show you more.

PRAYER

Lord, open my eyes to Your truth. Help me see and understand Your Word deeply. In Jesus’ name, amen.

REFLECTION:

Are you really
approaching the
Word with a desire
for deeper
understanding?

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Bible Reading
1 SAMUEL 21

Day 111

ACCORDING TO YOUR FAITH

“Then touched he their eyes, saying,
According to your faith be it unto you.”
—Matthew 9:29

Abba does not respond to need alone; He responds to faith. The blind men desired healing, but it was their faith that positioned them to receive it. Faith is active confidence in who God is and what He has said. It shapes our expectations, our prayers, and our responses. *“According to your faith”* means there is a link between your trust in God and your experience of His power.

This is not about trying to manufacture belief, but about developing a settled conviction in His ability and willingness. What you believe is not insignificant; it shapes your experience. Position your heart in faith, and trust God to move accordingly.

PRAYER

Lord, strengthen my faith. Help me trust You fully and believe without wavering. Let my expectation align with Your power. In Jesus' name, amen.

REFLECTION:

What are you truly expecting from God, and does it reflect genuine faith?

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Bible Reading
1 SAMUEL 22

Day 112

THE DEPTH OF GOD'S WISDOM

"O the depth of the riches both of the
wisdom and knowledge of God!"
—Romans 11:33

God's wisdom is vast and without limit. It is not something we can fully grasp or exhaust. This Scripture draws our attention to the depth, richness, and complexity of how God thinks, leads, and works. There is always more to discover, more to learn, and more to grow into. No matter how much of Abba's wisdom we have experienced, we have only touched a fraction of its fullness.

As we continue to walk with Him, one thing becomes increasingly clear: His ways are precise, intentional, and far-reaching beyond what you can immediately see. His wisdom is never flawed. It is complete, accurate, and purposeful in every detail.

PRAYER

*Father, I acknowledge the depth of
Your wisdom. Help me to trust Your
ways, even when I do not fully
understand them.
In Jesus' name, amen.*

REFLECTION:

Are you trusting
God's wisdom in
areas where you do
not yet have clarity?