

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 30!

We have now journeyed through thirty weeks of intentionally seeking God through His Word. That in itself is a testimony of His grace. But as we continue, remember that the goal has never been to complete another week of devotionals; it has always been to become more like Christ.

Every Scripture you have meditated on, every truth you have embraced, every act of obedience you have chosen, and every moment spent in God's presence has contributed to the person He is shaping you to become.

Often, this transformation is gradual. You may not notice it from one day to the next, but over time, your thinking changes, your convictions deepen, and your responses begin to reflect the life of Christ within you.

This week is an invitation to remain intentional. Do not allow familiarity with God's Word to replace hunger for it. Continue to approach each day with a teachable heart, asking the Holy Spirit not just to inform you, but to transform you. Never become so familiar that you stop allowing Him to search and shape your heart. Above all, remember that your walk with God is a relationship before it is a routine.

May this week draw you into deeper intimacy, greater obedience, and unwavering confidence in the One who has faithfully led you every step of the way.

Blessings,

Dr. Kemi Oyedepo

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Day 204

HOLD ON WITHOUT WAVERING

"Let us hold fast the profession of our faith without
wavering; (for he is faithful that promised;)"
—Hebrews 10:23

Faith is not only demonstrated by believing God's promises; it is also revealed by continuing to believe when circumstances seem to contradict them. There will be seasons when answers look delayed, progress feels slow, or questions remain unresolved. These are the moments when perseverance becomes essential. This scripture reminds us that the foundation of our confidence is not our ability to remain strong, but God's unwavering faithfulness.

Holding fast requires intentionality. It means refusing to surrender your confidence in the face of temporary circumstances. It means returning to God's promises again and again until they become stronger than your fears. The enemy often attacks your confidence before he attacks anything else because he knows that wavering faith produces hesitant obedience.

PRAYER

*Father, strengthen my faith and help me hold firmly to every promise You have spoken. Keep my heart steadfast and free from doubt.
In Jesus' name, amen.*

REFLECTION:

Have circumstances weakened your confidence, or are you still standing on God's promises?



Bible Reading
EZRA 3

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Day 205

BUILD YOUR FAITH

"But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost."
—Jude 1:20

Faith is not meant to remain at the same level throughout your life. Like a strong building, it must be strengthened to withstand the pressures and challenges that come. While God supplies the grace, you must intentionally cultivate habits that strengthen your spiritual life. Praying in the Holy Spirit is one of the ways to strengthen your spirit man. As you spend time in His presence, your perspective changes, your confidence grows, and your heart becomes increasingly aligned with His will.

Do not wait until difficulty comes before strengthening your faith. Build now. Develop spiritual disciplines while life is calm so that when storms arise, you remain firmly established. Strong faith is not produced overnight; it is developed through daily fellowship with God and consistent obedience to His Word. Keep building.

PRAYER

Father, strengthen my faith and help me remain diligent in building my relationship with You. Let my spiritual life become stronger with every passing day. In Jesus' name, amen.

REFLECTION:

What prayer habits are you cultivating that strengthen your faith?



Bible Reading
EZRA 4

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Day 206

EMBRACE THE NEW THING

"Behold, the former things are come to pass, and new things do I declare: before they spring forth I tell you of them." —Isaiah 42:9

God is a God of purpose and progression. He is not confined to what He has done before, nor is He limited by past seasons. Throughout Scripture, He continually reveals His ability to bring forth new things according to His perfect plan. The good news is that before God brings something to pass, He first declares it. His Word always precedes His work. This is why it is so important to remain attentive to His voice.

When you know what God has said, you are better positioned to recognize what He is doing when He is doing it. Sometimes we become so attached to yesterday's victories that we fail to perceive today's opportunities. We celebrate what God did in the past, yet hesitate when He begins to move in a new way. The God who has been faithful in previous seasons is already preparing what comes next.

PRAYER

*Father, give me a discerning heart to recognize the new things You are doing and the courage to follow wherever You lead.
In Jesus' name, amen.*

REFLECTION:

Are you holding on to a previous season, or are you open to the new things God wants to accomplish in your life?



Bible Reading
EZRA 5

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Day 207

STRENGTHEN ONE ANOTHER

"Wherefore comfort yourselves together, and edify one another, even as also ye do."

—1 Thessalonians 5:11

God never intended the Christian life to be lived in isolation. While your walk with Him is personal, it is not meant to be private. He has placed you within the body of Christ so that you can both receive encouragement and become a source of encouragement to others. The word edify means to build up. Every conversation you have, every word you speak, and every interaction you have with another believer presents an opportunity to strengthen someone's faith.

Your words can restore courage to the weary and remind someone that God is still at work. This is not about drawing attention to yourself but about pointing people toward Christ. Let your words reflect His heart and your actions demonstrate His love. Your influence may be greater than you realize. Be known as someone who leaves people stronger than you found them.

PRAYER

Father, help me become an encourager. Let my words strengthen, comfort, and build others up. Use me to reflect Your love and bring hope to those around me.

In Jesus' name, amen.

REFLECTION:

Who can you
intentionally
encourage today?



Bible Reading
EZRA 6

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Day 208

THE LIVING WORD

"For the word of God is quick, and powerful, and sharper than any twoedged sword..."
—Hebrews 4:12

The Bible is more than a collection of inspiring thoughts or historical accounts. It is the living Word of God, filled with His authority and His power. Every time you open the Scriptures with a receptive heart, God can speak, correct, strengthen, and transform you. The Word does what no human wisdom can do. It reaches places that outward appearances cannot reveal. It exposes hidden motives, challenges wrong thinking, and brings conviction where change is needed.

Though this process may sometimes feel uncomfortable, this is how God shapes you into the person He has called you to become. The more you allow God's Word to work within you, the more your values, decisions, and responses will align with His will. Transformation begins internally before it becomes visible externally.

PRAYER

Father, thank You for Your living Word. Let it search my heart, transform my thinking, and shape my life according to Your truth. In Jesus' name, amen.

REFLECTION:

When you read God's Word, do you simply gather information, or do you allow it to transform you?



Bible Reading
EZRA 7

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Day 200

RISE AGAIN

"For a just man falleth seven times, and riseth up again..." —Proverbs 24:16

Every believer will experience moments of weakness, disappointment, or failure. The difference between those who continue growing and those who remain stuck is not that one never falls; it is that one refuses to stay down. The righteous are not defined by perfection but by perseverance. When they stumble, they turn back to God. They receive His correction, embrace His grace, and continue moving forward. They understand that failure is not the end of the story when God is involved.

The enemy would like you to believe that your mistakes have disqualified you, but God's grace tells a different story. He restores, strengthens, and equips those who humbly return to Him. If you have fallen, do not allow guilt to keep you on the ground. Your future is not determined by your worst moment but by your willingness to keep trusting and obeying God.

PRAYER

Father, thank You for Your grace that restores me. Help me never to remain discouraged after failure, but to rise with renewed faith and continue following You. In Jesus' name, amen.

REFLECTION:

Is there an area where you need to receive God's grace and move forward instead of dwelling on past failures?



Bible Reading
EZRA 8

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Bible Reading
EZRA 9

Day 210

LOOKING BEYOND YOURSELF

"Look not every man on his own things, but every man also on the things of others." —Philippians 2:4

One of the clearest expressions of Jesus's character is a life that genuinely cares for others. The world often encourages us to focus on personal success, comfort, and advancement. But the kingdom of God calls us to a higher way of living, one marked by humility, compassion, and selfless love. Sometimes caring for others means offering practical help. At other times, it means listening patiently, praying faithfully, extending forgiveness, or simply being present during someone's difficult season.

Small acts of kindness often leave lasting impressions because they reflect the heart of Christ. Ask God to enlarge your capacity to notice people. Be attentive to those who may be carrying burdens silently. Allow the Holy Spirit to interrupt your routine so that you can become a blessing to someone else. A life centered on Christ will naturally become a life that serves others.

PRAYER

*Father, give me a heart that genuinely cares for others. Help me to be attentive to their needs and willing to serve with humility and love.
In Jesus' name, amen.*

REFLECTION:

Have you become so focused on your own responsibilities that you've overlooked opportunities to bless others?