

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 31!

As you continue this journey, remember that the Christian life is one of never-ending growth. There is never a point where you have "*arrived*." The closer you walk with God, the more you discover the richness of His character and the greater your desire becomes to know Him more. This week is an encouragement to remain spiritually responsive.

God is always speaking, always leading, and always working, but it takes a heart that is attentive to recognize His direction. Make room for Him each day. Quiet the competing voices, slow down enough to listen, and allow His Word to shape your thinking before the world shapes your perspective. A life rooted in God's presence, established in His Word, and strengthened through prayer will remain steady when challenges arise.

As you walk through this week, ask the Lord to make you more teachable, more discerning, and more dependent upon His Spirit. Let every decision be surrendered to Him, every opportunity become an expression of obedience, and every challenge become an invitation to trust Him more deeply.

Above all, remain available. God is not simply looking for gifted people. He is looking for yielded hearts. A heart that listens, obeys, and follows Him wholeheartedly is best positioned to experience His guidance and accomplish His purposes.

I pray this week draws us all into greater intimacy with Abba

Blessings,

Dr. Kemi Oyedepo

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Day 21

OPEN DOOR ADVERSARIES

"For a great door and effectual is opened unto me, and there are many adversaries." —1 Corinthians 16:9

Open doors are often accompanied by opposition. We sometimes assume that if God has opened the way, everything should be easy. Yet Paul recognized that some of the greatest opportunities God provides also require the greatest perseverance. The presence of challenges is not always a sign that you are outside God's will. Sometimes it is evidence that what lies ahead is significant.

Opposition has a way of testing your commitment, strengthening your faith, and refining your character before you step into what God has prepared. When God opens a door, do not become discouraged because resistance appears. Instead, seek His wisdom, depend on His strength, and remain faithful to the assignment He has given you. The same God who opens the door also provides the grace to walk through it.

PRAYER

Father, thank You for every opportunity placed before me. Give me courage to walk through every door You open and strength to persevere through every challenge. In Jesus' name, amen.

REFLECTION:

Is opposition causing you to retreat from an opportunity that God has placed before you?



Bible Reading
EZRA 10

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Day 212

HE SPEAKS PEACE

"I will hear what God the Lord will speak: for he will
speak peace unto his people, and to his saints..."
—Psalm 85:8

God's voice always carries a distinct characteristic — peace. This does not mean He always tells you what is easy to hear, but whatever He says will lead your heart into confidence rather than confusion. His voice settles, steadies, and strengthens those who are willing to listen. In a world filled with countless opinions, constant noise, and competing voices, it is easy to become overwhelmed. Fear may shout, anxiety may speculate, and doubt may question, but God's voice quiets the heart.

It reminds you that He is present, He is in control, and He is working even when you cannot yet see the outcome. Hearing God's voice requires intentionality. You cannot expect to hear clearly if your life is filled with constant distraction. Make time to be still before Him. Cultivate a heart that listens before it speaks and obeys before it questions.

PRAYER

Father, quiet every competing voice in my heart. Help me hear Your voice clearly and let Your peace rule in my life each day. In Jesus' name, amen.

REFLECTION:

Which voice has
been influencing
your thoughts
more? God's voice or
your fears?



Bible Reading
OBADIAH 1

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Day 213

THE SPIRIT'S WITNESS

"The Spirit itself beareth witness with our spirit, that we are the children of God." —Romans 8:16

One of the greatest assurances a believer can possess is the inward witness of the Holy Spirit. The Holy Spirit continually reminds you of who you are and to whom you belong. Knowing that you are God's child changes the way you live. You don't strive to earn His acceptance because you have already been welcomed into His family through Christ. From that place of security, you learn to obey Him out of love rather than obligation.

The Holy Spirit also strengthens your confidence and points you back to the Father as required. Don't let the opinions of people or the accusations of the enemy redefine your identity. Your identity has already been established by God Himself. Live each day with the confidence that you belong to Him. Children of God do not walk in fear; they walk in the security of their Father's love.



Bible Reading
EPHESIANS 1

PRAYER

*Father, thank You for making me
Your child. Help me live each day with
the confidence, peace, and security
that come from belonging to You.
In Jesus' name, amen.*

REFLECTION:

Are you assured that
you are a child of
Abba?

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Day 214

WRITE THE VISION

"And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it." —Habakkuk 2:2

God is intentional, and He calls His people to live with the same intentionality. When He instructed Habakkuk to write the vision, He was emphasizing the importance of clarity. A vision that is clear provides direction, focus, and purpose. Many people drift through life because they have never taken time to seek God's direction or clearly define what He has placed in their hearts. Without clarity, distractions become more appealing, and priorities become blurred.

Writing the vision is not simply about setting goals; it begins with seeking God on a matter. A written vision also serves as a reminder during difficult seasons. When progress feels slow, or obstacles arise, you can return to what God has spoken and move forward with confidence. Deliberately write what He reveals. Then pursue it faithfully, trusting Him to bring His purposes to pass.

PRAYER

Father, give me clarity concerning Your purpose for my life. Help me remain focused on what You have called me to do and faithful in pursuing it. In Jesus' name, amen.

REFLECTION:

Are you living with clear purpose, or do distractions shape your direction?



Bible Reading
EPHESIANS 2

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Day 215

WATCH AND PRAY

"Watch and pray, that ye enter not into temptation:
the spirit indeed is willing, but the flesh is weak."
—Matthew 26:41

Jesus gave His disciples a simple but powerful instruction: *"Watch and pray."* He knew they were about to face a difficult test, and He wanted them to be spiritually prepared before it came. The same principle applies today. Temptation is easier to resist when you have already been strengthened through prayer. A consistent prayer life keeps you spiritually alert. It sharpens your discernment, strengthens your convictions, and helps you recognize danger before you step into it.

Jesus acknowledged that the spirit is willing while the flesh is weak. Good intentions alone are not enough to sustain a victorious Christian life. You need God's grace daily. You need His strength continually. Prayer keeps you dependent upon Him instead of relying on your own ability. Stay spiritually awake.

PRAYER

Father, help me remain spiritually alert. Teach me to watch and pray so that I may stand firm against every temptation. In Jesus' name, amen.

REFLECTION:

Can you confidently
say you are watching
and praying?



Bible Reading
EPHESIANS 3

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Day 216

THE GOD OF PEACE

"For God is not the author of confusion, but of peace..." —1 Corinthians 14:33

We've seen it throughout the scriptures that God is a God of peace and order. Confusion produces anxiety, hesitation, and instability. It clouds judgment and makes it difficult to move forward with confidence. All these did not originate from God. God leads with clarity. While you may not always know every detail of His plan, He will always provide enough light for your next step. His guidance brings peace, not panic. His direction produces confidence, not chaos.

When you find yourself overwhelmed by conflicting thoughts, pause before making decisions. Return to God's Word. Peace is one of the ways He confirms His leading. Refuse to make permanent decisions in moments of confusion. Wait until your heart is settled before the Lord. The God who speaks peace is fully able to direct your path.

PRAYER

*Father, remove every confusion from my heart. Let Your peace guide my decisions and help me walk confidently in Your will.
In Jesus' name, amen.*

REFLECTION:

Is there an area of your life where you need to allow God's peace to guide you?



Bible Reading
EPHESIANS 4

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Day 217

FEAR GOD, NOT MAN

"The fear of man bringeth a snare: but whoso putteth his trust in the Lord shall be safe." —Proverbs 29:25

One of the greatest obstacles to living boldly for God is the fear of people. It often appears subtly... in the desire to be accepted, the reluctance to speak the truth, or the habit of making decisions based on the opinions of others rather than the leading of God. The Bible calls this a snare because it quietly traps you. When your confidence is tied to human approval, you become hesitant to obey God if His instructions are unpopular or misunderstood. You begin to measure your worth by people's responses instead of by God's truth.

This scripture makes it clear that those who put their trust in the Lord shall be safe. When your confidence is rooted in God, you are no longer controlled by the fear of rejection or the need for constant validation. His approval becomes enough. His opinion carries the greatest weight. Live for an audience of One.

PRAYER

*Father, deliver me from every fear of man. Help me trust You completely and give me the courage to obey You, regardless of the opinions of others.
In Jesus' name, amen.*

REFLECTION:

Is there an area of your life where the fear of people's opinions has kept you from fully obeying God?



Bible Reading
EPHESIANS 5