

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 32!

As your walk with God deepens, you will begin to realize that spiritual maturity is not simply about knowing more; it is about living differently. The truths God has been teaching you are meant to shape your decisions, influence your relationships, and become evident in the way you respond to everyday life.

This week, I encourage you to deliberately cultivate a heart that is discerning and yielded to the Holy Spirit. God's desire is not merely to inform you but to transform you from the inside out. As your heart becomes more aligned with His, your thoughts become clearer, your priorities become more focused, and your confidence becomes anchored in His unchanging character rather than in changing circumstances.

I'm challenging you to guard your heart against fear, confusion, and distraction as you learn to walk in the freedom, peace, and assurance that come from abiding in Abba's presence. Remember that spiritual strength is built through daily choices such as trusting His voice above every other voice, choosing obedience over convenience, and choosing faith even when the outcome is not yet visible.

Above all, keep your heart soft before the Lord. A teachable heart is a fruitful heart. The more available you are to Him, the more He is able to shape your life into a reflection of Christ.

Blessings,

Dr. Kemi Oyedepo

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Day 218

ABIDE IN HIM

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

—John 15:5

One thing I have learnt is that fruitfulness is not something you strive to produce; it is the natural result of remaining connected to Jesus. Just as a branch has no life apart from the vine, believers were never designed to live independently of God. Every aspect of our spiritual lives flows from our relationship with Him. To abide means to remain, to dwell, and to continually depend on Christ. It is choosing to stay close through prayer, meditation on His Word, worship, and daily obedience.

The more you abide, the more His thoughts become your thoughts, His desires become your desires, and His character is reflected through your life. Don't measure your spiritual health by what you accomplish. Measure it by how closely you are walking with Jesus. Everything you need flows from Him.

Bible Reading
EPHESIANS 6

PRAYER

*Father, help me remain deeply connected to You. Let my relationship with Jesus be the source of everything I do, and may my life continually bear fruit that brings You glory.
In Jesus' name, amen.*

REFLECTION:

If you assess your life now, are you truly abiding in Christ?

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Day 219

YOUR HEAVENLY FATHER CARES

"Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" —Matthew 6:26

Worry often begins when we focus more on our circumstances than on God's faithfulness. Jesus redirects our attention to creation, reminding us that the God who faithfully cares for the birds has certainly not forgotten His children. This does not mean life will always be free from challenges or uncertainty. Rather, it means you never face those challenges alone. Your heavenly Father is fully aware of every need, every burden, and every concern before you even bring them to Him.

Refuse to let worry consume your thoughts. Bring every concern to God in prayer, then choose to rest in His care. His provision may not always come in the way you expect, but it will always come according to His wisdom and perfect timing. Your Father cares. Your Father will provide.

Bible Reading
JOHN 1

PRAYER

*Father, thank You for caring so deeply for me. Help me replace every anxious thought with confidence in Your faithful provision.
In Jesus' name, amen.*

REFLECTION:

What burden do you need to release into your Father's hands today?

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Day 220

NOT MY WILL

"Father, if thou be willing, remove this cup from me:
nevertheless not my will, but thine, be done."

—Luke 22:42

Few prayers reveal the heart of surrender more clearly than the one Jesus prayed in Gethsemane. He honestly expressed His desire, yet willingly submitted Himself to the Father's will. This is the essence of spiritual maturity: not demanding your own way, but trusting God's wisdom above your own. Submission is often misunderstood as weakness. In reality, it is one of the greatest demonstrations of faith. It takes deep trust to surrender your plans, your preferences, and your timeline to God, believing that His will is always good, even when it is difficult.

Like Jesus, bring your desires honestly before God, but hold them with open hands. Let your greatest desire become the fulfillment of His purpose rather than your own preferences. A surrendered life is a peaceful life because it rests in the wisdom of God rather than human understanding.

PRAYER

Father, teach me to surrender every area of my life to You. Let my greatest desire be to accomplish Your will above my own. In Jesus' name, amen.

REFLECTION:

Is there an area of your life that you are struggling to fully surrender to God?



Bible Reading
JOHN 2

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Day 221

TRUST HIS TIMING

"To every thing there is a season, and a time to every purpose under the heaven." —Ecclesiastes 3:1

God is never early, and He is never late. He works according to His perfect timing, accomplishing His purposes with wisdom that far exceeds our understanding. While we often measure life by our schedules and expectations, God sees the complete picture from beginning to end. Don't despise the season you are in. Every season carries purpose. Some are seasons of planting, others of growth, pruning, learning, or harvest. Even when you cannot immediately see what God is doing, He is preparing you for what lies ahead.

Resist the temptation to compare your journey with someone else's. God's timing for your life is uniquely designed according to His purpose. Trust Him enough to believe that what He has prepared for you will arrive at exactly the right time. Remain faithful while you wait. God never wastes a season.

Bible Reading
JOHN 3

PRAYER

*Father, help me trust Your timing even when I do not understand it. Give me patience to remain faithful until Your purposes are fulfilled.
In Jesus' name, amen.*

REFLECTION:

Are you embracing your current season, or resisting it because it doesn't match your expectations?

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Day 222

HOLD ON TO YOUR CONFIDENCE

"Cast not away therefore your confidence, which hath great recompence of reward." —Hebrews 10:35

Confidence in God is one of the enemy's primary targets. If he can weaken your confidence, he can often weaken your perseverance. This is why Scripture urges you not to throw it away. Confidence is built on God's character, not your circumstances. It is the settled assurance that He remains faithful regardless of what you see. There will be seasons when prayers seem delayed, doors remain closed, or progress feels slow. In those moments, your confidence becomes more important than your comfort.

Guard your confidence jealously, and refuse to surrender because of any temporary occurrence. Every act of faithful endurance is preparing you for what God has promised. Hold firmly to His Word. Continue obeying Him. Continue expecting His faithfulness. Stand firm. Your confidence is never wasted when it is placed in God.

PRAYER

*Father, strengthen my confidence in You. Help me remain steadfast and unwavering, knowing that You are always faithful to Your promises.
In Jesus' name, amen.*

REFLECTION:

Have circumstances caused your confidence in God to weaken?



Bible Reading
JOHN 4

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Day 223

LIFTED FROM THE PIT

"He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock..."

—Psalm 40:2

No situation is beyond God's ability to redeem. Whether your pit has been discouragement, a broken heart, failure, fear, disappointment, sickness or uncertainty, He specializes in bringing His children into places of stability and hope. The Psalmist did not rescue himself. He acknowledged that it was God who lifted him, established him, and gave him a firm place to stand. This is the beauty of God's grace. He not only delivers you from where you have been; He establishes you for where He is taking you.

Never allow your past to define your future. God's power is greater than your deepest failures, and His mercy is stronger than your greatest regrets. What He restores, He also strengthens. If you are in a difficult season today, do not lose heart. He still lifts. He still restores. He still establishes His people.



Bible Reading
JOHN 5

PRAYER

Father, thank You for being my Deliverer and my Rock. Strengthen my faith and remind me that You can lift me above every difficult circumstance. In Jesus' name, amen.

REFLECTION:

Can you identify a time when God brought you through what seemed impossible?

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Day 224

MASTERED BY NOTHING

"All things are lawful unto me... but I will not be brought under the power of any." —1 Corinthians 6:12

One of the marks of spiritual maturity is self-discipline. Apostle Paul understood that while many things may be permissible, not everything is beneficial. More importantly, he refused to allow anything other than Christ to master his life. Anything that consistently controls your thoughts, your time, your emotions, or your decisions deserves careful examination. Whether it is entertainment, social media, work, comfort, possessions, or even the approval of others, anything that begins to dominate your heart can quietly become a form of bondage.

True freedom is not the ability to do whatever you want. It is the ability to choose what honors God without being controlled by unhealthy desires or habits. Ask the Lord to search your heart and reveal anything competing for His place in your life. Let Christ be your Master. Everything else must remain in its proper place.

PRAYER

*Father, help me live in the freedom You have given me. Reveal anything that has begun to control my heart, and give me the grace to surrender it completely to You.
In Jesus' name, amen.*

REFLECTION:

Is there anything in your life that controls you more than your relationship with Christ?



Bible Reading
JOHN 6