

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**vaw**  
value adding woman



## **WELCOME TO WEEK 33!**

As you continue pressing into God, there comes a point where growth must become visible in the way you live. It is one thing to know God's Word; it is another to allow that Word to govern your choices, shape your priorities, and influence how you respond to life.

This week, I encourage you to examine what has been given influence over your heart. What are you trusting? What are you waiting for? What are you allowing to occupy your attention? What has the power to shape your decisions?

These questions matter because whatever consistently holds your attention will eventually influence your direction. Your walk with God requires both dependence and discipline.

You must learn to abide in Him rather than trying to produce spiritual fruit through your own strength. You must learn to surrender your plans while remaining faithful to what He has placed in your hands. You must also recognize when something that may appear harmless begins to take control of your heart.

Pay attention to what is happening within you. Are you becoming more surrendered? More discerning? More patient? More confident in God's faithfulness? More willing to obey even when it is inconvenient? These are signs of genuine growth. The deeper your roots grow in Him, the more faithfully your life will reflect Him.

Blessings,

***Dr. Kemi Oyedepo***

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

VQW  
value adding woman



Bible Reading  
JOHN 7

## Day 225

### COURAGE IN THE STORM

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." —John 16:33

Following Christ does not mean you will never face difficulty. Jesus was clear about this. There will be moments of pressure, disappointment, challenges, uncertainty, and opposition, but He did not leave us with the expectation that trouble would have the final word. He gave us something greater: His peace and the assurance of His victory.

Notice where Jesus tells us to find our peace: "*in me.*" Peace is not found in the absence of problems. It is found in knowing the One who is greater than every problem. Circumstances may remain challenging, but your heart does not have to be ruled by them. Whatever you are facing today, do not measure God's faithfulness by the intensity of the storm. Measure it by the character of the One who is with you in it. Christ has already overcome.

### PRAYER

*Father, thank You for the peace I have in Christ. Help me remain courageous and confident when I face difficult circumstances, knowing that Jesus has already overcome the world. In Jesus' name, amen.*

### REFLECTION:

What situation are you facing that requires you to choose Christ's peace over fear?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

VQW  
value adding woman

## Day 226

### ATTEND TO HIS WORD

"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart."

—Proverbs 4:20-21

There is a difference between hearing God's Word and giving His Word your full attention. These verses remind us to attend, incline, keep, and refuse to let His truth depart from our eyes. These are deliberate actions. God's Word cannot transform an area of your life that you consistently ignore. You must make room for it, return to it, meditate on it, and allow it to become the standard by which you think and live.

When God's Word occupies your heart, it gives you a strong foundation from which to respond. Don't treat the Word as something you read only when you need an answer. It is daily nourishment. It corrects before we go too far, strengthens when we are weak, and reminds us of the truth when circumstances attempt to distort our perspective. Attend to it!

### PRAYER

*Father, give me a deeper hunger for Your Word. Help me not only to read it but to receive it, meditate on it, and allow it to shape every area of my life. In Jesus' name, amen.*

### REFLECTION:

What place does  
God's Word truly  
occupy in your daily  
life?



Bible Reading  
JOHN 8

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman

## Day 227

### HE BORE OUR SICKNESSES

"And he cast out the spirits with his word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses."

—Matthew 8:16-17

Jesus' earthly ministry revealed the compassion and power of God. He did not remain distant from human suffering. He responded to the needs of people and demonstrated the heart of a God who cares. Jesus came not only to teach but to restore, deliver, and bring wholeness according to God's purpose. He sees our infirmities, but most importantly, He wants to ensure we are made whole.

This should deepen your confidence in who He is. When you encounter sickness, whether in your own life or in the lives of others, do not become so accustomed to it that you stop bringing it before God. Pray. Trust Him. Keep your confidence in His Word that casts out unclean spirits and heals the sick

### PRAYER

*Father, thank You for the compassion revealed through Jesus Christ. Help me to remain confident in His healing ministry at all times.  
In Jesus' name, amen.*

### REFLECTION:

If you or someone you know is experiencing any illness, do you trust Jesus enough for your healing?



Bible Reading  
JOHN 9

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman

## Day 228

### AWAKE TO THE LIGHT

"Awake thou that sleepest, and arise from the dead,  
and Christ shall give thee light." —Ephesians 5:14

There are times when spiritual sluggishness can become so familiar that we no longer recognize it. We continue with routines, attend to responsibilities, and move through our days, yet something within us has become less alert to God. Apostle Paul's call is direct: wake up. Spiritual awakening begins when we are honest about our condition.

Perhaps prayer has become inconsistent, or the Word no longer receives the attention it once did. Perhaps you have become comfortable with patterns that God is asking you to change. Whatever the case may be, the answer is not condemnation. It is to arise and return fully to the light of Christ. When you allow Jesus to shine into your life, you cannot remain comfortable with everything that once seemed acceptable. Wake up and return to the place of intimacy.



Bible Reading  
JOHN 10

### PRAYER

*Father, awaken every area of my  
spiritual life that has become dull or  
distracted. Let the light of Christ shine  
brightly in me and draw me into  
deeper intimacy with You.  
In Jesus' name, amen.*

### REFLECTION:

Is there an area of  
your walk with God  
where you have  
become spiritually  
passive or  
distracted?

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

VQW  
value adding woman

## Day 229

### THE FREE GIFT OF GOD

"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."

—Romans 6:23

The scripture presents two very different outcomes: what sin earns and what God freely gives. Sin carries consequences, but God offers something we could never earn through our own efforts: eternal life through Jesus Christ. This verse reminds us not to treat salvation casually. Eternal life is not a reward for being good enough. It is a gift of grace made available through Christ.

When you understand the seriousness of sin and the generosity of God's grace, gratitude becomes a natural response. Grace should never make us careless about sin. Instead, it should make us more grateful for the One who rescued us from its power. Because we have been given new life, we are called to live differently. Our choices should increasingly reflect the new identity we have received in Christ. Do not take your salvation for granted.

### PRAYER

*Father, thank You for the gift of eternal life through Jesus Christ. Help me never to take this gift for granted. In Jesus' name, amen.*

### REFLECTION:

How does remembering the gift of salvation influence the way you live each day?



Bible Reading  
JOHN 11

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

VQW  
value adding woman

## Day 230

### THE WORD & FAITH

"For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. —Hebrews 4:2

Hearing God's Word is essential, but hearing alone is not enough. God's Word produces its intended fruit when it is received with faith and acted upon with obedience. It is possible to hear Scripture regularly and remain unchanged. We can read, listen, underline, take notes, and even agree with what we have heard, yet fail to allow that truth to influence our choices. Faith takes God's Word seriously enough to respond to it.

Do not allow familiarity to reduce your sensitivity. Approach Scripture expecting God to speak and remaining willing to obey whatever He places before you. The Word carries power, but your response matters. Your faith in the Word is what determines the profit you receive from it.

### PRAYER

*Father, give me faith to receive Your Word and courage to act on it. Help me never to become merely a hearer, but to allow Your truth to transform my life. In Jesus' name, amen.*

### REFLECTION:

Is the Word you hear truly profiting your life?



Bible Reading  
JOHN 12

# PRESS:

STRENGTH FOR TODAY,  
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH  
FOR WOMEN

**UAW**  
value adding woman

## Day 231

### NO SEPERATION

"Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." —Romans 8:39

There is tremendous security in knowing that God's love is not dependent on circumstances, human approval, or your ability to perform perfectly. In Christ, you are held by a love that nothing in creation can separate you from. This does not mean that life will never be difficult. There will be seasons when you feel distant, discouraged, or uncertain, but feelings do not determine God's love. His love is anchored in His character and demonstrated through Christ.

When you truly understand this, you no longer have to live constantly trying to earn acceptance. When life feels uncertain, return to this settled truth: God loves you. Nothing can separate you from that love in Christ. Let that assurance strengthen your heart today.



Bible Reading  
JOHN 13

### PRAYER

*Father, thank You for a love that cannot be separated from me. Help me live securely in Your love and allow that assurance to shape the way I love, serve, and respond to others. In Jesus' name, amen.*

### REFLECTION:

Are you living from  
the assurance of  
Abba's unchanging  
love?