

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

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WELCOME TO WEEK 34!

As you continue this journey, there is an invitation to move from simply receiving the truth to living from that truth. God has been revealing His character, strengthening your faith, correcting your perspective, and reminding you of who you are in Christ. Now, those truths must become more than words you agree with; they must become realities that shape the way you live.

Remember that spiritual growth is seen in what happens when life puts pressure on you. It is easy to speak of faith when everything is working according to plan. But maturity is revealed when you choose peace instead of panic, obedience instead of convenience, faith instead of fear, and God's Word instead of your own reasoning.

This week, pay attention to what happens when you are disappointed, misunderstood, or need direction. How do you respond? These moments reveal what has truly taken root within you. Do not underestimate what God has already deposited in you.

Be intentional about putting your faith into practice. Let what you believe influence what you say. Let what you know about God influence how you respond. Let your confidence in Him determine how you navigate uncertainty. And when you recognize areas where you are still growing, do not become discouraged. Bring those areas back to Abba and allow Him to continue His work in you.

Blessings,

Dr. Kemi Oyedepo

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Day 232

FAITHFULNESS IN LITTLE

"And he said unto him, Well, thou good servant: because thou hast been faithful in a very little, have thou authority over ten cities." —Luke 19:19

God pays attention to faithfulness, even in things that may appear insignificant to us. We often want opportunities that are large, visible, and influential, but Abba frequently prepares us through ordinary responsibilities that may never receive public recognition. The servant in this scripture was commended not because he had been given the most, but because he had been faithful with what was placed in his hands.

Do not despise small beginnings. The way you handle today's assignment matters. The way you manage what God has entrusted to you matters. Your character is being developed in places where few people may see it. God knows how to increase the influence of someone who has learned to faithfully manage what is already in their hands. What looks small to you may be preparation for something much greater.

PRAYER

Father, help me to be faithful with everything You have entrusted to me. Give me grace to serve You well even in the things that seem small or unnoticed. In Jesus' name, amen.

REFLECTION:

Are you faithfully stewarding what God has already placed in your hands?



Bible Reading
JOHN 14

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Day 233

THE SECRET OF THE LORD

"The secret of the Lord is with them that fear him;
and he will shew them his covenant." —Psalm 25:14

There is a depth of relationship with God that cannot be developed through casual interaction. There are things God reveals to hearts that are attentive, reverent, and genuinely interested in knowing Him. The fear of the Lord is not being terrified of God. It is recognizing His greatness, respecting His authority, and valuing His instructions enough to obey them. Reverence creates a posture of attentiveness. Sometimes we seek God's direction because we want to know what to do, while neglecting the relationship that makes His direction meaningful.

Spend time with Him when you do not need an answer. Worship Him when you are not asking for anything. Open His Word simply because you desire to know Him better. As your relationship deepens, your sensitivity to His leading will also grow. There is greater depth available.

PRAYER

*Father, draw me deeper into
fellowship with You. Give me a heart
that reverences You, values Your
Word, and desires to know You
beyond what You can do for me.
In Jesus' name, amen.*

REFLECTION:

Am you pursuing
God's presence, or
mainly pursuing
God's answers?



Bible Reading
JOHN 15

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Day 234

DON'T HINDER OTHERS

"Woe unto you, lawyers! for ye have taken away the key of knowledge: ye entered not in yourselves, and them that were entering in ye hindered."

—Luke 11:52

Knowledge carries responsibility. What God teaches you is never meant to become a tool for pride, superiority, or exclusion. The truth you know should draw people toward God, not become a barrier that makes Him seem inaccessible. Jesus confronted religious leaders who possessed knowledge but had failed to live by it. Worse still, their actions made it difficult for others to enter into the truth they themselves claimed to understand. This is a serious reminder for anyone who teaches, leads, mentors, or influences others.

Your life should make the way to Christ clearer, not more complicated. Do not allow pride, harshness, judgment, or hypocrisy to become stumbling blocks for others. Ask yourself whether your life is making people more curious about Jesus or pushing them further away from Him.



Bible Reading
JOHN 16

PRAYER

Father, help me live in a way that draws people toward You. Let my knowledge be accompanied by humility, love, and obedience, so that my life never becomes a stumbling block to others. In Jesus' name, amen.

REFLECTION:

Does the way you live make it easier or harder for others to see Christ?

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THE RIGHTEOUS IS NOT FORSAKEN

"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread." —Psalm 37:25

The Psalmist speaks from experience here. After observing life over many years, he could testify to the faithfulness of God. His confidence was not based on a perfect life but on a consistent God. There will be moments when circumstances make you wonder whether God sees you. Financial pressure, unanswered prayers, unexpected changes, or prolonged waiting can make His provision seem distant. But God's silence is not abandonment, and a delay is not a denial of His faithfulness. You may not always understand how provision will come, but you can trust the One who provides.

Look back at your journey; remember the doors God opened and the situations He brought you through. Memory strengthens faith. When you remember what God has done, you gain courage for what you are facing now.

PRAYER

Father, thank You for Your faithfulness. When circumstances make me uncertain, remind me of all the ways You have sustained me and help me continue trusting Your provision. In Jesus' name, amen.

REFLECTION:

What past evidence of God's faithfulness can you remember when you are tempted to worry about the present?



Bible Reading
JOHN 17

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Day 236

FAITH THAT OVERCOMES

"For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith." —1 John 5:4

Faith is more than believing that God exists. Faith is trusting His character enough to live according to what He has said, even when circumstances seem to contradict His promises. This verse describes faith as the victory that overcomes the world. This means your circumstances do not have to determine your confidence. The world may present fear, pressure, temptation, uncertainty, and discouragement, but faith gives you a different foundation.

Faith says, God is still faithful.
Faith says, His Word is still true.
Faith says, I will continue to trust Him even when I cannot yet see the outcome.

Overcoming does not mean that you never encounter challenges. It means that challenges do not have the final authority in your life.

PRAYER

*Father, strengthen my faith. Help me trust You beyond what I can see and remain confident in Your Word regardless of my circumstances.
In Jesus' name, amen.*

REFLECTION:

What situation is God asking you to face with greater faith?



Bible Reading
JOHN 18

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Day 237

LIFT UP YOUR EYES

"And the Lord said unto Abram, after that Lot was separated from him, Lift up now thine eyes..."

—Genesis 13:14-25

Sometimes what you need most is a change of perspective. Abram had just experienced a significant separation from Lot. Yet instead of allowing what had happened to define his outlook, God told him to lift his eyes and look again. There are seasons in your life when disappointment can narrow your vision, but God wants you to look beyond the immediate situation and see what He is still doing. His promise to Abram was connected to what he could see, and his future was not limited by what had just changed.

Do not let one closed chapter make you believe the story is over. Lift your eyes. There is still more ahead. Abba is not limited by what you have lost, and He is not intimidated by what has changed. He remains able to fulfill His purposes concerning your life.

PRAYER

Father, help me lift my eyes above my present circumstances. Give me the grace to see beyond what has changed and trust what You are still doing in my life. In Jesus' name, amen.

REFLECTION:

Has disappointment caused you to lose sight of what God may still have ahead for you?



Bible Reading
JOHN 19

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Day 238

GREATER IS NOT ALWAYS LOUDER

"Verily I say unto you, Among them that are born of women there hath not risen a greater than John the Baptist..." —Matthew 11:11

John the Baptist's greatness was not measured by comfort, popularity, or worldly recognition. His life was marked by purpose. He understood his assignment and faithfully prepared the way for Christ. This is an important reminder in a culture that often equates greatness with visibility. God's definition of greatness is different. You do not have to be the most recognized person in the room to be significant in God's kingdom. You do not need a large platform to make a meaningful impact.

Faithfulness to your assignment matters, not comparison with someone else's. John knew that his role was to point people toward Jesus. He did not need to become the center of attention because he understood that Christ was the center of everything. Do not become distracted with what doesn't matter. Remain faithful to your assignment.



Bible Reading
JOHN 20

PRAYER

Father, help me remain faithful to my assignment without comparing myself with others. Give me grace to serve where You have placed me and keep Christ at the center of everything I do. In Jesus' name, amen.

REFLECTION:

Are you measuring your significance by visibility, or by faithfulness to what God has entrusted to you?