

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 35!

As we move deeper into this journey, I want us to remember that Abba is interested not only in what we know but in whom we are becoming. Every truth we have received thus far is an invitation to deeper transformation: to think differently, respond differently, and live with greater intentionality. This week, pay attention to practising faithfulness, focus, and aligning your perspective.

There will always be things competing for your attention. Some will be distractions, some will be disappointments, and others may simply be things that are not part of the assignment God has given to you. Wisdom is learning to recognize what deserves your attention and what must be released. You may not always be able to see the full picture of what God is doing.

There will be seasons when your beginning looks small, when your progress seems slow, or when circumstances appear to contradict what you believe God has spoken. These moments require you to trust His process rather than judge your future by your present.

Whatever you do, keep your attention on Jesus. He is the Way when you need direction, the Truth when you need clarity, and the Life when you need strength. As you remain connected to Him, you will become increasingly equipped to recognize His leading and faithful enough to follow it. Run your race with intention, and be faithful with what is in your hands.

Blessings,

Dr. Kemi Oyedepo

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Day 239

THE SHIELD OF FAITH

"Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked." —Ephesians 6:16

Apostle Paul describes faith as a shield because faith protects the heart and mind from the attacks that attempt to weaken our confidence in God. Doubt can come through many channels: fear about the future, discouraging words, disappointment, comparison, or thoughts that question God's goodness. These thoughts come, but you do not have to accept them as truth. Faith raises a shield. When circumstances say, God has forgotten you, faith remembers His faithfulness.

When fear says, You cannot handle this, faith remembers that God's grace is sufficient. When disappointment says, There is no way forward, faith remembers that God is still able to make a way. The shield of faith is not built in a moment of crisis; do not wait until the battle becomes intense before strengthening your shield.

PRAYER

Father, strengthen my shield of faith. Help me recognize every thought that challenges Your truth and respond by trusting Your Word. In Jesus' name, amen.

REFLECTION:

What "fiery dart"—
fear, doubt,
discouragement, or
uncertainty—do you
need to answer with
faith today?



Bible Reading
JOHN 21

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Day 240

WALK IN WISDOM

“Walk in wisdom toward them that are without,
redeeming the time.” —Colossians 4:5

The wisdom God gives you should be visible in your words, your conduct, and the way you handle everyday situations. Apostle Paul's instruction to walk in wisdom reminds us that maturity is demonstrated in how we live, especially around people who may not share our faith. Wisdom knows when to speak and when to remain silent. It knows how to correct without humiliating, disagree without becoming disrespectful, and stand for truth without becoming harsh.

The phrase “*redeeming the time*” also reminds us that opportunities are valuable. Conversations, encounters, and relationships are not always accidental. Ask God to help you recognize opportunities to encourage, serve, demonstrate kindness, and point others toward Him. Do not underestimate the influence of your life. Let your conduct speak. Let your character support your testimony.

PRAYER

Father, give me wisdom in the way I relate to others. Help me recognize opportunities to represent You well and use every opportunity to reflect Christ. In Jesus' name, amen.

REFLECTION:

Does the way you interact with people consistently reflect the wisdom and character of Christ?



Bible Reading
COLOSSIANS 1

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Day 241

THE WAY, TRUTH, AND LIFE

"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me."

—John 14:6

Jesus declared that He is the way. In a world filled with competing philosophies, opinions, and definitions of truth, this statement brings clarity. Our faith is not ultimately built around a system of ideas. It is built around Jesus Christ. He is the way because He brings us to the Father. He is the truth because everything about Him is trustworthy. He is the life because genuine life is found in a relationship with Him. This means following Jesus is not simply adding Christianity to your life. He becomes the foundation of your life.

When you do not know which direction to take, return to Jesus. When you are confused by competing voices, return to His Word. When you feel spiritually empty, return to His presence. You do not need to find your own way. You need to follow the One who is the Way. Keep your eyes on Him.

Bible Reading
COLOSSIANS 2

PRAYER

*Father, thank You for giving me Jesus, the Way, the Truth, and the Life. Help me follow Him wholeheartedly and never allow competing voices to distract me from Him.
In Jesus' name, amen.*

REFLECTION:

Is Jesus truly directing the way you live, or have you been trying to create your own path?

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Day 242

THE BEGINNING VS THE LATTER

"Though thy beginning was small, yet thy latter end should greatly increase." —Job 8:7

Never despise where you are simply because it does not yet look like where you believe God is taking you. Small beginnings can be uncomfortable because we often compare them with the finished picture. We see what something is now and struggle to imagine what it could become. But God is not limited by beginnings. A seed does not look like a tree, and preparation does not always resemble fulfillment.

There are seasons when God is developing your character, strengthening your capacity, teaching you patience, and preparing you for greater responsibility. Do not become discouraged because your progress seems small. Be faithful with the stage you are in. What matters is not how impressive the beginning looks but whether you continue allowing God to lead you through the process. Your current chapter is not your entire story.

PRAYER

*Father, help me remain faithful even when my beginnings seem small. Give me patience to trust Your process and confidence that You are able to bring increase in Your perfect time.
In Jesus' name, amen.*

REFLECTION:

Have you been discouraged by how small your progress seems? Always remember that God can increase what looks small.



Bible Reading
COLOSSIANS 3

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Day 243

RUN TO WIN

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain." —1 Corinthians 9:24

Apostle Paul compares the Christian life to a race because it requires intentionality, discipline, and perseverance. You cannot run effectively if you are constantly distracted by everything happening around you. There is a difference between being busy and being purposeful. You can spend your days doing many things and still fail to move meaningfully toward what God has called you to do. His instruction is simple: run so that you may obtain.

Know what matters, and know what God has entrusted to you. Then give it your attention. There will always be something competing for your time, energy, and focus. Some may even be good things. But good things can become distractions when they pull you away from God's priorities for your life. Stay focused. The goal is not merely to start well but to finish faithfully.

Bible Reading
COLOSSIANS 4

PRAYER

Father, help me run my race with focus and discipline. Show me what deserves my attention and give me grace to lay aside every distraction that keeps me from Your purpose. In Jesus' name, amen.

REFLECTION:

What distraction do you need to lay aside so you can run your God-given race more intentionally?

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Day 244

SPEAK AND BELIEVE

"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed... and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass..." —Mark 11:23

Faith gives you the confidence to face what appears impossible without allowing the size of the obstacle to determine the size of your expectation. Jesus used the picture of a mountain to describe something that appears immovable. There are situations in life that can feel exactly like that; circumstances you cannot change through your own ability. Yet faith does not begin by looking at the mountain; it begins by looking at God.

Your words matter, but they must flow from a heart that genuinely trusts God. Speaking faith while privately nurturing unbelief will not produce the confidence Scripture describes. When you encounter your "mountain," do not immediately conclude that it cannot move. Bring it before God. The mountain may be large, but He is larger.

PRAYER

Father, strengthen my faith when I face circumstances that seem impossible. Help me trust Your power rather than focusing on the size of my challenges. In Jesus' name, amen.

REFLECTION:

What situation are you facing that requires you to trust God's ability rather than your own?



Bible Reading
1 THESSALONIANS 1

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Day 245

FAITH AND LOVE

"For in Jesus Christ neither circumcision availeth any thing, nor uncircumcision; but faith which worketh by love." —Galatians 5:6

Genuine faith expresses itself through love. This scripture reminds us that outward religious markers are not what ultimately matter. What matters is a faith that produces and expresses the nature of God - love. If your relationship with Jesus is genuine, it influences how you treat people, how you forgive, how you serve, and how you respond to those who may not respond to you well.

It is possible to know the Word, attend church, pray regularly, and still be harsh, impatient, or unkind. But faith that is working properly will increasingly produce love. Love does not mean agreeing with or accepting everything. It means the character of Jesus governs all you do. You can establish boundaries without hatred. You can correct without demeaning. Your faith should make you increasingly loving.

PRAYER

*Father, let my faith produce genuine love in my life. Help me reflect Christ in the way I speak, serve, forgive, and relate with others.
In Jesus' name, amen.*

REFLECTION:

What is your faith currently producing in the way you treat the people around you?



Bible Reading
1 THESSALONIANS 2