

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 36!

As this journey continues, God is calling us to a spiritual life that is not passive but intentional. Spiritual maturity is not simply knowing more Scripture; it is allowing what you know to influence the way you think, speak, and respond. This week, we are reminded that our walk with God requires attention. We must guard our minds, strengthen our faith, recognize spiritual battles, and remain sensitive to God's direction.

There will always be voices competing for your attention and circumstances attempting to shift your focus, so you cannot afford to live carelessly. Please remember that being spiritually alert does not mean living in fear. It means living with discernment. Know what you believe. Know whose voice you are following. Know what deserves your attention.

When you understand Christ's authority, you won't be intimidated by what stands against you. When you know God's goodness, you can trust Him even when you cannot yet see the outcome. Never forget that the Christian life is a race. You are not called to run distracted or aimlessly. You have an assignment, and faithfulness requires focus.

You may not control everything happening around you, but you can choose what governs your heart, what shapes your thinking, and where you place your trust.

Blessings,

Dr. Kemi Oyedepo

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Day 246

GUARD YOUR MIND

"But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ." —2 Corinthians 11:3

Believers can be subtly led away from the simplicity and purity of their devotion to Christ. Deception often works gradually, introducing thoughts and ideas that seem harmless at first, but slowly they shift your perspective. This is why spiritual alertness matters. Not every voice deserves your attention. Not every opinion deserves your agreement. Not every idea aligns with God's truth.

You must learn to examine what you hear and compare it with Scripture. Pay attention to what is shaping your thinking. The content you consume, the conversations you engage in, and the voices you listen to can influence your beliefs more than you realize. Guard the simplicity of your devotion to Jesus. Protect your focus. A guarded mind helps preserve a devoted heart.

Bible Reading
1 THESSALONIANS 3

PRAYER

*Father, help me guard my mind from every influence that can draw me away from You. Give me discernment to recognize deception and keep my heart firmly rooted in You.
In Jesus' name, amen.*

REFLECTION:

What voices or influences do you need to examine more carefully?

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TASTE & SEE

"O taste and see that the Lord is good: blessed is the man that trusteth in him." —Psalm 34:8

There are things about God that cannot be fully understood from a distance. His goodness must be experienced through relationship. The Psalmist invites us to taste and see. It is an invitation to personally encounter God's faithfulness rather than simply hearing about it from others. You can hear testimonies about His goodness, read about His faithfulness in Scripture, and listen to people describe their experiences with Him, but God desires us to know Him personally.

Trust grows through experience. The more you recognize His goodness, the more naturally trust will grow. This is why your relationship with God cannot be built entirely on someone else's experience. You need your own history with Him. Taste. See. Experience His goodness for yourself.

PRAYER

Father, help me know You more deeply and recognize Your goodness in every season. Give me a growing testimony of Your faithfulness in my own life. In Jesus' name, amen.

REFLECTION:

What is one way you have personally experienced God's goodness that you need to remember today?



Bible Reading
1 THESSALONIANS 4

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THE REAL BATTLE

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world..."
—Ephesians 6:12

Life is spiritual, and so are the battles we face. Therefore, not every battle should be approached as though the person in front of you is the real enemy. People can disappoint you, oppose you, misunderstand you, or even treat you unfairly. But Scripture reminds us that there is a spiritual dimension to the Christian life. This means we must learn to respond to conflict with spiritual wisdom rather than simply reacting emotionally.

If you misidentify the battle, you may fight the wrong way. Instead of responding impulsively to issues, seek God's wisdom. Instead of allowing fear to dominate you, strengthen yourself in God's truth. Always remember that your response should remain governed by Jesus. Guard your heart. Fight every battle in the right way.

PRAYER

Father, give me discernment to recognize the spiritual battles behind the circumstances I face. Help me respond with wisdom, prayer, truth, and love rather than reacting in the flesh. In Jesus' name, amen.

REFLECTION:

Do you respond to situations you face with spiritual discernment?



Bible Reading
1 THESSALONIANS 5

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HOPE THROUGH THE WORD

"For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope." —Romans 15:4

God's Word was given not merely for information but for transformation. Scripture teaches us, strengthens us, comforts us, and gives us hope. There will be seasons when your emotions are not enough to sustain you. You may feel discouraged, uncertain, or weary. In those moments, God's Word provides something more stable than your feelings.

The Word helps you endure while you wait. It comforts you when circumstances hurt. It gives you hope when the future is unclear. This is why you should never underestimate the value of consistent Word study. A verse you read today may become the truth you need months or years from now. The Word remind us that God has been faithful before, and He remains faithful now.

PRAYER

Father, thank You for the gift of Your Word. Let It strengthen me in difficult seasons, give me patience while I wait, and fill my heart with lasting hope. In Jesus' name, amen.

REFLECTION:

What truth from God's Word do you need to hold onto in this season?



Bible Reading
2 THESSALONIANS 1

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DELIGHT IN THE LORD

"Delight thyself also in the Lord; and he
shall give thee the desires of thine heart."
—Psalm 37:4

Delighting in God means He is more than the One you approach when you need something. He becomes the One you genuinely enjoy knowing. There is a difference between seeking God's hand and seeking His heart. When you delight in Him, your relationship is no longer centered only on what He can provide. You begin to value His presence, His Word, His character, and His will.

Something beautiful happens as you delight in God: Your heart becomes increasingly aligned with His heart. What you want begins to change because you are spending time with Him. This verse is not a promise that God will simply give us everything we desire. It points to the transformation that happens when our deepest delight is in Him.

PRAYER

*Father, teach me to delight in You
above everything else. Shape my
desires until they align with Your will,
and let my greatest joy be found in
knowing and walking with You.
In Jesus' name, amen.*

REFLECTION:

Do you genuinely
delight in God's
presence, or do you
mainly seek Him for
what you want Him
to do?



Bible Reading
2 THESSALONIANS 2

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Day 251

WISDOM VS STRENGTH

"Wisdom is better than weapons of war..."
—Ecclesiastes 9:18

We often admire strength, influence, resources, and ability, but the Word reminds us that wisdom is more powerful than many of the things people naturally depend on. A person may have strength and still make poor decisions. They may have resources and still lack direction. They may have influence and still cause damage. Wisdom enables you to know what to do, when to do it, and how to do it well.

Wisdom helps you recognize that not every battle needs to be fought, not every opportunity needs to be pursued, and not every opinion needs to be expressed. This is why wisdom must be valued and pursued. Don't keep asking God for greater opportunities; ask Him for the wisdom to steward the opportunities already in your hands. Asking for wisdom above all else is wisdom in itself.

PRAYER

Father, give me wisdom to steward everything You have entrusted to me well. Help me not to rely on my strength or resources more than on Your wisdom. In Jesus' name, amen.

REFLECTION:

Is your focus on
Abba's wisdom or on
what you possess?



Bible Reading
2 THESSALONIANS 3

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UNDERSTANDING EYES

"The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints." —Ephesians 1:18

There is a kind of seeing that goes beyond what the physical eyes can perceive. Apostle Paul prayed that the eyes of the believers' understanding would be enlightened so that they could truly comprehend what God had made available to them in Christ. You can know the Word intellectually and still miss its illumination.

Spiritual understanding enables us to see our lives, our callings, our identities, and our future in the light of God's truth rather than through the limitations of our present circumstances. Never stop asking God for understanding. There are truths you may have heard many times that the Holy Spirit reveals more deeply if you yield yourself. When your spiritual eyes are enlightened, walk confidently in what He has already provided.

PRAYER

*Father, enlighten the eyes of my understanding. Help me to see clearly and understand the riches of my inheritance in Christ.
In Jesus' name, amen.*

REFLECTION:

Do you truly understand what your inheritance in Christ is?



Bible Reading
HEBREWS 1