

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 37!

How are you doing so far? I want you to know that as you continue through this journey, God doesn't just want you to know His Word but to understand it, apply it, and allow it to shape the way you live. Your spiritual growth requires learning to see beyond what is visible, into what is deeper. God wants you to understand His character, His purposes, your identity, your calling, and the season you are in.

Sometimes the greatest need is not more information, but a deeper understanding of what God has already revealed. We will continue to dig much deeper into the importance of wisdom, discernment, teachability, and spiritual perception. As I've reminded you often, don't become so familiar with the Word that you stop allowing it to speak to you or change you.

A very well-known or familiar Scripture can reveal something new when your spirit is open, and you receive it with humility. As you journey through this week, ask God to sharpen your understanding and help you recognize what matters, discern what requires your attention, and respond wisely to what He places before you.

May you not simply accumulate knowledge, but grow in wisdom, and may the truth you receive continue to transform the way you live.

Blessings,

Dr. Kemi Oyedepo

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Day 253

HUMILITY BEFORE HONOUR

"The fear of the LORD is the instruction of
wisdom; and before honour is humility."
—Proverbs 15:33

One of the greatest barriers to growth and honour from God is the assumption that we already know enough. When a person becomes resistant to correction, instruction, or counsel, they limit their own development. Humility keeps our hearts open, and it helps us listen without becoming defensive and receive correction without seeing it as rejection. Abba can use different people and different experiences to teach us, so be open and be humble.

Sometimes instruction will confirm what you already know. At other times, it will challenge you to reconsider your approach. If the fear of the Lord is truly within us, we will remain ready to yield and follow every instruction He gives us. Please note that you do not become wiser by always being right. You become wiser by being willing to learn.

PRAYER

Father, give me a humble and teachable heart. Help me receive instruction and correction with humility, and let honour be my portion. In Jesus' name, amen.

REFLECTION:

Is the fear of the
Lord truly in your
heart?



Bible Reading
HEBREWS 2

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Day 254

PRAYER

PROVE EVERYTHING

"Prove all things; hold fast that which is good."

—1 Thessalonians 5:21

Please note that not everything that sounds right is right, and that is why spiritual maturity requires discernment. You must learn to examine what you hear, what you believe, and what influences your decisions rather than accepting everything simply because it sounds convincing. The Word of God provides the standard by which we must evaluate teachings, advice, and perspectives.

What agrees with God's truth should be embraced, while what contradicts it should not be given authority over our lives. This discernment is important because we are surrounded by many voices. Before you accept anything, learn to pause, examine, pray, and compare what you hear with the Word. Then, when you recognize what is good and true, hold on to it.

*Father, help me recognize the truth,
identify error, and evaluate everything
through the light of Your Word.
In Jesus' name, amen.*

REFLECTION:

What voices or
influences currently
have the greatest
impact on your
thoughts?



Bible Reading
HEBREWS 3

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Day 255

LISTEN BEFORE YOU SPEAK

"He that answereth a matter before he heareth
it, it is folly and shame unto him."
—Proverbs 18:13

Wisdom knows how to listen, and listen well!
It's easy to form conclusions quickly,
especially when emotions are heightened.
Many of us have been there; we hear part of a
story, make an assumption, and respond
before we understand what has actually
happened, but the Word warns against such
behaviour. Listening requires patience and
resisting the urge to interrupt, defend
yourself, or immediately explain your position.

It means allowing someone to finish and
making an effort to understand before
deciding how to respond. This applies to
relationships, leadership, family, and everyday
interactions. Sometimes the information you
need to respond wisely is found in what you
would have missed if you had spoken too
quickly. You don't always need the fastest
response, but the wisest one.

PRAYER

*Father, help me become a better
listener. Give me patience to hear
before responding and wisdom to
understand before concluding.
In Jesus' name, amen.*

REFLECTION:

Do you tend to listen
to understand or
listen mainly to
prepare your
response?



Bible Reading
HEBREWS 4

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Day 256

DON'T BE HASTY

"He that believeth shall not make haste."
—Isaiah 28:16

There are moments when pressure can make us feel that we must act quickly, but wisdom knows the value of waiting. Haste can cause us to overlook important details, respond emotionally, or move ahead of God's timing. Waiting does not mean doing nothing. It can mean gathering information, praying, seeking counsel, and allowing your emotions to settle before making a decision.

Some opportunities require a quick response, but many important decisions deserve careful consideration. Do not allow urgency to silence wisdom. When you are unsure, it is better to pause and seek God than to rush forward simply because of pressure. Too many people are still recovering from the negative consequences of moving too fast. The one who believes remains calm and only moves when Abba gives the green light.

PRAYER

*Father, give me wisdom to know
when to move and when to wait.
Keep me from making decisions out
of pressure or fear.
In Jesus' name, amen.*

REFLECTION:

The next time you
need to make a
critical decision,
refuse to be hasty.



Bible Reading
HEBREWS 5

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Day 257

VALUE COUNSEL

"Without counsel purposes are disappointed: but in the multitude of counsellors they are established."
—Proverbs 15:22

There is something I often say about counsel: Prayerfully seek godly counsel. Why? You don't know everything, and you were never designed to carry everything by yourself. There is wisdom in seeking counsel, particularly when decisions carry significant consequences. A trusted, godly perspective can help you see what you may have overlooked and challenge assumptions you may not realize you are making.

Seeking counsel is not a sign of weakness. It is a sign that you value wisdom more than your pride. Please note, however, that wisdom also requires discernment about whom you allow to advise you. That is why I emphasize GODLY, because not every voice should have access to your life. Look for people whose lives demonstrate wisdom, integrity, godliness, and sound judgment.

PRAYER

Father, surround me with wise and godly counsel. Give me discernment to recognize trustworthy voices and humility to receive instruction when I need it. In Jesus' name, amen.

REFLECTION:

Who are the wise and trustworthy people you can turn to when you need counsel?



Bible Reading
HEBREWS 6

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Day 258

UNDERSTAND THE TIMES

"And of Issachar, which were men that had understanding of the times, to know what Israel ought to do." —1 Chronicles 12:32

Knowing what to do requires understanding the times. The men of Issachar were described as people who understood the times and knew what Israel ought to do. Their understanding gave them the ability to respond appropriately. This is an important lesson for us. You may know what you can do, but wisdom helps you determine what you should do and when you should do it.

Not every opportunity is your assignment, and not every open door requires you to walk through it. Every good thing is not necessarily the right thing for you in a particular season, no matter how right it may look. It is so critical that we always ask God for discernment to recognize what each season requires. This approach eliminates battles we don't need to be in, in the first place.

PRAYER

*Father, give me understanding of the times and wisdom to know what I should do in each season.
In Jesus' name, amen.*

REFLECTION:

What does this season of your life require from you?



Bible Reading
HEBREWS 7

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Day 259

THE DEPTH OF GOD THROUGH THE SPIRIT

"For the Spirit searcheth all things, yea, the deep things of God." —1 Corinthians 2:10

There are many things about Abba that the human mind alone cannot fully discover. Education can increase your knowledge, experience can increase your understanding, and wise counsel can help you make better decisions, but spiritual depth requires the illumination of the Holy Spirit. God has given us His Spirit so that we can understand the things He desires us to know.

The Holy Spirit does not merely give us information; He helps us perceive spiritual realities and recognize God's purposes. This is why our relationship with the Holy Spirit matters. We need more than human reasoning to navigate a life that has spiritual dimensions. Take time to listen, pray for understanding, and allow the Word of God to shape your thinking. There are depths of Him that He wants to reveal to us as we walk with Him, and lean into His Spirit.

PRAYER

*Father, open my understanding to the deep things You want me to know.
Help me become increasingly sensitive to Your voice and responsive to Your leading. In Jesus' name, amen.*

REFLECTION:

Are you making enough room in your life to listen to the Holy Spirit?



Bible Reading
HEBREWS 8