

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 38!

As we journey along, I want you to understand that there is a difference between being encouraged by God and being established in Him. Encouragement can lift you in a difficult moment, but spiritual maturity teaches you how to remain steady when the moment passes. As you already know, this Christian journey includes seasons of change, uncertainty, waiting, responsibility, disappointment, and so many unexpected opportunities.

We can never know what is coming next, but we know the One who holds our future, hallelujah! Stability does not come from having predictable circumstances; it comes from having an unwavering confidence in God. This steadfastness is developed over time and through our repeated choices to trust God, obey His Word, and remain faithful to our assignment.

There may be moments when you are tempted to measure your progress by how quickly things are changing around you, but remember that God is also doing a work within you. He is developing endurance, strengthening your convictions, deepening your roots, and teaching you to remain faithful regardless of circumstances.

Do not despise the ordinary seasons because some of the most important things God develops in us happen quietly, in consistency, with patience, discipline, and perseverance.

Blessings,

Dr. Kemi Oyedepo

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Day 260

PURSUE ABBA WHOLEHEARTEDLY

"But my soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips: When I remember thee upon my bed, and meditate on thee in the night watches." —Psalm 63:5-6

A strong relationship with God is not sustained by occasional moments of attention; it grows when your heart continually turns toward Him. The Psalmist's words reveal a heart that had learned to seek God even in difficult circumstances. His surroundings did not determine the direction of his heart. He remembered God, He meditated on Him, He praised Him, and His attention kept returning to the One who mattered most.

Make room for God intentionally, and remember His faithfulness in season and out of season. The more you intentionally turn your heart toward Him, the more aware you become of His presence. You do not pursue God only when you need something from Him. You pursue Him because He is worthy of your heart.

PRAYER

Father, help me to seek You wholeheartedly. Let my thoughts, desires, and attention continually turn toward You. Draw my heart closer to You each day. In Jesus' name, amen.

REFLECTION:

What can you intentionally change this week to give God greater attention?



Bible Reading
HEBREWS 9

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Day 261

GOD SEES IN SECRET

"They encourage each other to do evil and plan how to set their traps in secret. "Who will ever notice?" they ask." —Psalm 64:5

People can make plans in secret, have conversations you never hear, and make decisions without your knowledge. There are things happening around you that you may never see or understand, but nothing is hidden from God. This verse describes people who believed they could quietly plan evil without being seen. Their confidence was misplaced because God's knowledge reaches beyond what is visible to us.

This is important to remember when you feel overlooked or unfairly treated. You do not have to know every conversation that takes place behind your back. You do not have to investigate every motive. You do not have to carry the burden of making sure every hidden thing is exposed. Live honestly before Abba, and keep your integrity intact. God sees!

PRAYER

Father, help me to trust You with what I cannot see or control. Keep me from becoming consumed by hidden things, and help me walk in integrity before You. In Jesus' name, amen.

REFLECTION:

Don't fret when it looks like others are against you. God is for you!



Bible Reading
HEBREWS 10

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Day 262

WHEN YOUR STRENGTH IS NOT ENOUGH

"My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever."
—Psalm 73:26

There are times when your own strength reaches its limit. You may become physically tired, emotionally weary, or uncertain about how to continue. God does not pretend that these moments do not exist. Here, the psalmist acknowledges his weakness but does not stop there. He declares, "*God is the strength of my heart.*" This is an important distinction. Faith does not mean pretending that you never struggle; it means knowing where to turn when you do.

We were never designed to carry every responsibility through our own strength. There are burdens you must release to God, decisions for which you need His wisdom, and seasons in which His grace must sustain you. When your strength feels insufficient, do not conclude that you are finished. Return to God. He is your portion forever.

PRAYER

*Father, when my strength fails,
remind me that You remain my
strength. Help me depend on You
rather than on myself.
In Jesus' name, amen.*

REFLECTION:

What area do you
need to depend fully
on God's strength
rather than your
own?



Bible Reading
HEBREWS 11

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Day 263

FIX YOUR HEART

"He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD." —Psalm 112:7

You cannot control every report you will hear, every change that will occur, or every situation that will arise, but you can determine where your heart is anchored. The psalmist describes a person whose heart is fixed. This does not mean that this person never encounters troubling circumstances. It means that those circumstances do not determine the foundation of their trust. A fixed heart is not an unfeeling heart. It is a heart that has settled where its confidence belongs.

If your confidence depends entirely on circumstances remaining favourable, peace will always be fragile, but when your trust is rooted in God, you can face uncertainty without allowing uncertainty to govern you. This kind of stability develops through knowing God and remembering His faithfulness. Stay anchored!

PRAYER

*Father, establish my heart in You.
When challenges come, help me
remain anchored in Your faithfulness.
In Jesus' name, amen.*

REFLECTION:

Replace any feelings
of fear with a heart
fixed on the Lord.



Bible Reading
HEBREWS 12

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Day 264

CHOOSE THE BETTER

““And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things.” —Luke 10:41

In this scripture, Martha was busy serving Jesus, yet Jesus pointed out that she had become “*careful and troubled about many things.*” Her activity was not wrong, but something had become disordered within her. It is possible to be busy doing good things while neglecting what is most important. There will always be something that needs your attention, but if you are not intentional, constant activity can crowd out quietness, prayer, the Word, meditation, and genuine fellowship with God.

It’s important to note that Jesus was not condemning service. He was drawing Martha’s attention back to priority. Spiritual maturity requires us to recognize that everything cannot have equal access to our time and energy. You must learn to choose what matters most, and focus on it.

PRAYER

Father, help me recognize what truly matters. Keep me from becoming so occupied with many things that I neglect the one thing that should remain central—my relationship with You. In Jesus' name, amen.

REFLECTION:

What is receiving
more of your
attention than
fellowship with
Abba?



Bible Reading
HEBREWS 13

PRESS:

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VQW
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Day 265

HOLD FAST

"Let us hold fast the profession of our faith without
wavering; (for he is faithful that promised;)"

—Hebrews 10:23

Faithfulness becomes especially meaningful when circumstances give you reasons to waver. It is easy to hold confidently to God's promises when everything appears to be working in your favor. The real test comes when you have waited longer than expected, when the answer has not come, or when circumstances seem inconsistent with what you believe. This verse gives us a reason to remain firm: *"for he is faithful that promised."*

Our confidence is not based on how quickly circumstances change; it is based on the character of the One who made the promise. You may not understand the timing; you may not see the complete picture, but uncertainty does not make God unfaithful. Keep holding on to what God has revealed, keep walking in obedience, and keep your heart anchored on His character.

PRAYER

Father, help me hold firmly to my faith without wavering. When I don't understand what You are doing, remind me that You are faithful. In Jesus' name, amen.

REFLECTION:

What truth about God do you need to hold on to firmly in this season?



Bible Reading
1 PETER 1

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Day 266

BUILD YOURSELF UP

"But ye, beloved, building up yourselves on your most
holy faith, praying in the Holy Ghost,"

—Jude 1:20

Your spiritual strength requires intentional development. Just as physical strength is built through regular exercise, spiritual strength grows through consistent fellowship with God, prayer, His Word, and obedience. This verse speaks about *"building up yourselves."* This reminds us that spiritual growth requires participation. God supplies His grace, His Spirit, His Word, and His presence, but we must respond by taking responsibility.

You cannot expect yesterday's spiritual discipline to sustain today's challenges indefinitely. You need fresh encounters with God's Word; you need prayer, you need worship, and you need to remain connected to Him. Most critically, you need the Holy Spirit! Do not wait until you are spiritually depleted before strengthening yourself. Build before the pressure comes. Take advantage of the Helper given to you.

PRAYER

*Father, help me become intentional
about building my spiritual life and
strengthen my faith consistently with
the help of the Holy Spirit.
In Jesus' name, amen.*

REFLECTION:

Are you deliberate
about building up
yourself with the
help of the Holy
Spirit?



Bible Reading
1 PETER 2