

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 39!

As you continue this journey, spiritual growth must influence not only what you believe but also how you live. This week, I encourage you to focus much more on intentional living. What are you building with your time? What are you giving your attention to? What are you cultivating in your relationships? What are you doing with what God has placed in your hands?

Not every opportunity is part of your assignment, and not every invitation requires your response. Maturity means learning what to embrace, what to decline, what to pursue, and what to release. Living intentionally does not mean trying to control every outcome, but making choices that are aligned with God's Word and consistent with the person He is shaping you to become.

Your daily decisions matter.

The conversations you have matter.

The habits you cultivate matter.

The people you influence matter.

The way you handle responsibility matters.

The way you use your time matters.

Don't underestimate the significance of seemingly ordinary choices. A life of purpose is often built quietly through small decisions repeated consistently. Let your daily living be an expression of your walk with God.

Blessings,

Dr. Kemi Oyedepo

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Day 267

FOLLOW HARD

"My soul followeth hard after thee: thy right hand upholdeth me." —Psalm 63:8

There are seasons when following God feels easy and seasons when it requires deliberate determination. This verse describes a heart that is actively pursuing God, not casually, occasionally, or only when circumstances are favorable. To follow hard after God means to remain close to Him. It speaks of pursuit, attachment, and determination. The Psalmist was not simply interested in knowing about God; he wanted God Himself.

Notice the second part of the verse: "*thy right hand upholdeth me.*" Our pursuit of God does not mean we depend on our own strength. We pursue, but He upholds. We reach toward Him, and He sustains us. There may be moments when your faith feels vibrant and moments when you have to choose to keep going. Do not interpret weakness as failure. Keep turning toward God.

PRAYER

Father, help me to follow You wholeheartedly. When I am weak, remind me that Your hand is able to uphold me. Keep my heart close to You. In Jesus' name, amen.

REFLECTION:

What would pursuing God more intentionally look like in your present season?



Bible Reading
1 PETER 3

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Day 268

DON'T LOSE HEART

"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day." —2 Corinthians 4:16

Life can place pressure on you in ways that are visible and invisible. Your circumstances may change, responsibilities may increase, your body may experience limitations, and some seasons may leave you feeling weary. Yet this verse reminds us that what is happening outwardly does not have to determine what is happening within you. Apostle Paul says, "We do not lose heart." That is a decision.

You can acknowledge difficulty without surrendering your hope. You can recognize your limitations without allowing them to define you. You can experience weariness without concluding that God has stopped working. The reason you do not lose heart is that while the outward man is experiencing the effects of life, the inward man is being renewed day by day. Hallelujah!

PRAYER

Father, thank You for renewing me day by day. When I become weary or discouraged by what I see around me, help me remember the work You are doing within me. In Jesus' name, amen.

REFLECTION:

What evidence of
God's work within
you can you
recognize, even in a
season that may feel
difficult outwardly?



Bible Reading
1 PETER 4

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Day 269

CONTINUE IN THE WORD

"Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;" —John 8:31

There is a difference between receiving God's Word and continuing in it. It is easy to be moved by a powerful message, inspired by the Word, or encouraged during a moment of worship, but discipleship is revealed by what happens after the moment passes. Jesus said, *"If ye continue in my word."* Continuing requires consistency. It means allowing God's Word to remain relevant when it challenges you, corrects you, or asks you to change something you would rather not.

The Word is not simply information to collect. It is truth to live by. As you continue in Scripture, it begins to shape your thinking, expose wrong patterns, strengthen your convictions, and guide your choices. Don't merely ask, *"What did God say to me?"* Ask, *"Am I continuing in what He has said?"*

PRAYER

Father, help me continue in Your Word. Give me grace not only to hear truth but to live by it consistently. Let Your Word shape every area of my life. In Jesus' name, amen.

REFLECTION:

What truth has God already shown you that you need to become more consistent in applying?



Bible Reading
1 PETER 5

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Day 270

HE IS WITH YOU

"When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee..." —Isaiah 43:2

God does not promise that we will never pass through difficult places, but He promises His presence when we do. This verse makes it clear with the phrase, "*When thou passest through...*" There is movement in that statement. The difficult season is something we pass through; it is not where we will remain. There will be circumstances you cannot avoid, and there will be seasons you would never have chosen, but you are never alone.

Sometimes we ask God to remove every difficult experience, but there are moments when His greater work is to sustain us through it. He develops endurance, deepens our dependence, and reveals dimensions of His faithfulness that we might not have known otherwise. If you are walking through something difficult, be assured that He is with you.

PRAYER

Father, thank You for not allowing me to walk through difficult seasons alone. Help me remain conscious of Your presence and trust You until I come through. In Jesus' name, amen.

REFLECTION:

Do you face difficult seasons with an awareness of God's presence?



Bible Reading
2 PETER 1

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Day 271

AN UNDIVIDED HEART

"Teach me thy way, O LORD; I will walk in thy truth:
unite my heart to fear thy name." —Psalm 86:11

Knowing God's way is not enough; we must be willing to walk in it. The Psalmist's prayer begins with, *"Teach me thy way, O LORD."* He recognised that he needed God's instruction. There were things he did not know, decisions he could not navigate by his own understanding, and paths he needed God to reveal, but he did not stop at asking for direction. He said, *"I will walk in thy truth."* God's truth is meant to be lived, not merely learned.

Then he asks God to *"unite my heart."* What a powerful prayer. A divided heart can know what is right while desiring something else. It can love God while still wanting its own way. It can hear God's instruction while allowing competing priorities to influence its choices. Ask God to make your heart whole before Him. An undivided heart is one that increasingly desires what God desires.

PRAYER

Father, teach me Your ways and help me walk in Your truth. Unite my heart so that my desires, choices, and priorities are increasingly aligned with You. In Jesus' name, amen.

REFLECTION:

Is there any area of your life where your desires are divided between what you want and what you know God wants?



Bible Reading
2 PETER 2

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Day 272

ONE THING

"One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life..." —Psalm 27:4

There is something powerful about knowing what matters most to you. The Psalmist had many needs, responsibilities, battles, and uncertainties, yet he identified one desire above the rest: to dwell in the presence of God. His heart was not divided by everything competing for his attention. We live in a world that constantly encourages the pursuit of more. More achievements. More recognitions. More possessions. More experiences. More opportunities. But having many desires does not necessarily mean having a meaningful life.

Spiritual maturity is learning to simplify your desires and return to what matters most. What would change if your relationship with God became more than one priority among many? What if knowing Him, walking with Him, and enjoying His presence became the foundation from which everything else flowed?

PRAYER

Father, help me recognize what matters most. Give me a heart that desires Your presence above the things that compete for my attention. In Jesus' name, amen.

REFLECTION:

What would pursuing God more intentionally look like in your present season?



Bible Reading
2 PETER 3

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Day 273

BE STILL AND WAIT

"Be still in the presence of the LORD, and wait
patiently for him to act." —Psalm 37:7

Waiting can be difficult because we naturally want movement, answers, and visible progress. When we do not know what God is doing, the temptation is to become restless and try to make things happen ourselves. However, this verse of Scripture gives us another response: "*Be still in the presence of the LORD.*" Stillness is not inactivity; it is choosing to remain settled in God's presence instead of allowing uncertainty to drive you into anxiety or impulsive decisions.

There are times when God will ask you to act, and there are times when He will ask you to wait. Wisdom is knowing the difference. Waiting patiently does not mean that you have stopped believing. It means you trust God enough not to force what He has not yet brought to pass. And sometimes the waiting itself becomes part of what He uses to develop your faith.

PRAYER

Father, teach me to be still in Your presence and wait patiently for You. Give me grace to remain faithful while I wait. In Jesus' name, amen.

REFLECTION:

What are you
waiting for that you
need to place more
fully in God's hands?



Bible Reading
MATTHEW 1