

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 40!

Forty weeks into this journey, you have encountered many reminders of who God is, what He has promised, and what it means to walk with Him. As we have established, spiritual growth is not measured simply by how much of the Word you have encountered. It is also seen in what the Word is producing within you. This week, we turn our attention to the life that flows from within. Your inner life matters. Your thoughts, motives, convictions, and responses all influence the way you live.

What is happening within you will eventually find expression in your words, choices, relationships, and priorities. Abba is more interested in what is within than outward activity. He wants to shape your heart. There are things that only He can develop in you such as deeper trust, humility, greater compassion, a more settled confidence in His faithfulness, and a heart that remains tender toward Him.

Sometimes you may wish God would change your circumstances when He is working on something deeper within you. Sometimes the greatest evidence of growth is not that your situation has changed, but that you are responding to the situation differently.

This week, pay attention to the work God is doing beneath the surface, and allow Him to renew what has become weary, restore what has been broken, strengthen what has become weak, and awaken what may have become dormant.

Blessings,

Dr. Kemi Oyedepo

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Bible Reading
MATTHEW 2

Day 274

HE WILL PERFECT ALL

"The LORD will perfect that which concerneth me:
thy mercy, O LORD, endureth for ever: forsake not
the works of thine own hands." —Psalm 138:8

There are things about your life that remain unfinished. Plans are still developing, prayers are still being answered, and your character is still being formed. Some situations have not yet reached the outcome you hoped for, but unfinished does not mean abandoned. The Psalmist expressed confidence that God would perfect what concerned him. This confidence was rooted not in the certainty of circumstances but in the enduring mercy of God.

You may not be able to complete everything at once, and you may not even understand how some pieces will come together, but you can trust the God who is still working. Do your own part faithfully, then allow Him to do what only He can do. You do not have to force every outcome. Some things require patience because God is still perfecting them.

PRAYER

Father, thank You for the work You are doing in my life. Help me trust You with the things that remain in progress. In Jesus' name, amen.

REFLECTION:

What unfinished area of your life do you need to trust God with more completely?

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Day 275

TEACH ME TO DO YOUR WILL

"Teach me to do thy will; for thou art my God:
thy spirit is good; lead me into the land of
uprightness." —Psalm 143:10

Knowing God's will is not simply about receiving information; it is about being willing to follow what He reveals. This prayer is profound: *"Teach me to do thy will."* It is the recognition that obedience requires learning. Sometimes we know what God says but struggle with how to apply it. Sometimes His direction challenges our preferences. Sometimes obedience requires us to release something we would rather hold.

Ask Abba not only to show you His will but to teach you how to walk in it. A teachable heart does not insist on having its own way, but it remains open to correction, direction, and adjustment. God's Spirit leads us toward what is right. Let Him lead you.

Bible Reading
MATTHEW 3

PRAYER

*Father, teach me to do Your will. Give
me a heart that is willing to follow
Your direction even when it differs
from my preference.
In Jesus' name, amen.*

REFLECTION:

Are you genuinely
ready to follow God
as He leads?



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Day 276

HE HEALS THE BROKEN

"He healeth the broken in heart, and bindeth
up their wounds." —Psalm 147:3

Not every wound is visible. Some wounds are carried quietly; some disappointments are never discussed, and some losses leave marks that other people cannot see. But the good news is that God sees what is hidden, and He does not despise our broken places. He is able to heal what has been wounded and restore what has been damaged. Healing does not always happen instantly. Sometimes God works gradually, bringing understanding, comfort, strength, and restoration over time.

Don't be ashamed of the places where you have been hurt, offended or disappointed. Bring them to God. You can acknowledge the wound while trusting the One who heals. Before Him, you don't have to pretend that something did not affect you; He cares about your emotions and well-being, and He desires to bring healing to your heart.

Bible Reading
MATTHEW 4

PRAYER

*Father, I bring every wounded place
of my heart before You. Heal what
needs healing, restore what has been
damaged, and help me trust You with
the process. In Jesus' name, amen.*

REFLECTION:

Is there an area of
your heart that you
need to give God
room to heal?



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A NEW HEART

"A new heart also will I give you, and a new spirit will I put within you..." —Ezekiel 36:26

God is interested in transformation at the heart level. External changes can be impressive, but lasting transformation begins within. Abba does not merely want to modify your behavior; He wants to shape your heart. A new heart changes everything! It changes what you desire; it changes what you tolerate; it changes how you respond, and it changes what you value. Perhaps there are things you have tried to change through willpower alone; it's time to lean into God.

Sometimes what is needed is not simply greater effort but deeper surrender to God. Give Him access to your heart. Let Him soften what has become hard. Let Him remove what no longer belongs. Let Him develop in you what reflects Christ. The work God does within you will eventually become visible in the way you live.

PRAYER

Father, give me a heart that is increasingly responsive to You.

Remove what needs to go and develop within me the character that reflects You. In Jesus' name, amen.

REFLECTION:

What change do you
need God to make
within you?



Bible Reading
MATTHEW 5

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Day 278

HE REJOICES OVER YOU

"The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy..." —Zephaniah 3:17

There are moments when you may become more aware of your shortcomings than of God's love. You remember mistakes, you notice weaknesses, you compare yourself with others, or you wonder whether you are doing enough. However, the Word reminds us that God is not distant from you. He is in your midst. His presence is not merely an idea; He is the mighty God who saves, strengthens, and remains with His people.

You don't have to spend your life trying to earn God's attention through performance. Walk with Him from a place of belonging. Let His love become the foundation from which you serve, grow, and obey. When you understand that you are loved by God, you deliberately stop allowing human approval to determine your worth.

Bible Reading
MATTHEW 6

PRAYER

Father, thank You for Your presence and Your love. Help me live from the security of knowing that I belong to You. In Jesus' name, amen.

REFLECTION:

Do you truly
understand the
worth of Abba's love
for you?



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Day 279

PEACE IN THE STORM

"And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm." —Mark 4:39

The disciples were in a storm, but Jesus was in the boat. That distinction matters, because the presence of a storm does not automatically mean the absence of God. There may be circumstances in your life that feel beyond your control. You may not know when the situation will change or how the outcome will unfold, but you must never forget that Jesus remains Lord even when the environment around you becomes unsettled.

Sometimes He calms the storm; sometimes He strengthens you through it. Either way, your confidence must remain in Him. Don't allow the noise around you to become louder than your confidence in God. The One who spoke peace to the sea is still Lord over your life. Hallelujah!

Bible Reading
MATTHEW 7

PRAYER

Father, when life becomes stormy, help me remember that You are with me. Speak Your peace into my heart and give me grace to always trust You. In Jesus' name, amen.

REFLECTION:

What storm are you facing that needs to be surrendered to the authority of Christ?



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Day 280

OUR BEING IS IN HIM

“For in him we live, and move, and have our being...” —Acts 17:28

Our relationship with God is not meant to be compartmentalized. He is not simply part of our life; our entire life exists in Him. From work to our relationships to our decisions, dreams, and responsibilities, everything belongs within the reality of our relationship with God. When we understand this, it changes how we approach everyday life. Work will be seen as an opportunity to show faithfulness; relationships will be seen as great opportunities to demonstrate love; responsibilities will become opportunities to practice stewardship, and challenges will become opportunities to trust.

Your daily life can become an expression of your awareness of God. Instead of waiting for a spiritual moment to walk with Him, you carry the manifestation of His presence into everything you do. That is the true mark of a believer!

Bible Reading
MATTHEW 8

PRAYER

Father, help me recognize Your presence in every area of my life. May my work, relationships, decisions, and everyday choices reflect that I belong to You. In Jesus' name, amen.

REFLECTION:

Do you live with a consciousness of God's presence?

