

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 41!

As we continue this journey, I want to remind you again, that there is a point where what God is doing within you begins to show up in the way you live. Faith is more than what you believe privately; it influences how you respond publicly. It affects the choices you make, the words you speak, the way you treat people, the standards you uphold, and the courage with which you face difficult situations. This week, we will look at faith expressed through action.

There are things you will never fully learn by simply hearing about them. For example, you learn courage by stepping forward; you learn generosity by giving; you learn forgiveness by releasing an offence; you learn trust by obeying when you cannot see the outcome, and you learn perseverance by continuing when the journey becomes difficult.

God will often place you in situations where what you have learned must become what you live. These moments are not interruptions to your spiritual growth but opportunities for your growth to become evident. Don't measure your faith only by how much you know. Pay attention to what your faith enables you to do. This week, allow your faith to move beyond intention into action.

Blessings,

Dr. Kemi Oyedepo

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Day 281

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.

Bible Reading
MATTHEW 9

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?



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Day 282

YOUR WORD MATTERS

"But let your 'Yes' be 'Yes,' and your 'No,' 'No.'
For whatever is more than these is from the evil
one." —Matthew 5:37

Our words communicate more than information; they reveal our integrity. Can people trust what you say? Do you keep your promises? Do your yes and no mean what they should mean? Do you say things in the moment that you later have to explain away? As believers, we are called to be honest so that our word is dependable. We live in a world where words can be easily made and easily broken, but we must be different.

Let your yes be trustworthy. Let your no be respected. Let your words be measured, truthful, and sincere. The moment people doubt your integrity, your character and credibility will be damaged. Please know that you don't need elaborate explanations to prove your integrity. A consistent life is what gives credibility to your words and your life as Christian.

Bible Reading
MATTHEW 10

PRAYER

*Father, help me to be a person whose words can be trusted. Give me wisdom to speak truthfully, carefully, and graciously. Let my speech reflect the character of Christ.
In Jesus' name, Amen.*

REFLECTION:

Are your words and
actions consistently
aligned?



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Day 283

OVERCOME EVIL WITH GOOD

"Be not overcome of evil, but overcome evil
with good." —Romans 12:21

It is easy to be kind when people are kind to us, and it is much harder to respond with goodness when someone has disappointed, offended, or mistreated us. Apostle Paul gives us a higher standard: *do not allow someone else's wrongdoing to determine the kind of person you become*. Being wronged does not permit you to do wrong.

You can establish boundaries without doing something evil or becoming bitter; you can confront wrongdoing without becoming vindictive, and you can pursue justice without damaging your character. The goal is not to pretend that the wrong did not happen. The goal is to refuse to allow the wrong to control your heart. You may not control what someone else does, but you can choose what their actions produce in you. Today and every day after, be intentional about overcoming evil with good.

PRAYER

*Father, help me not to be overcome
by the wrongs I experience. Give me
wisdom to respond appropriately
without bitterness, revenge, or hatred.
In Jesus' name, Amen.*

REFLECTION:

What helps you still
do good even when
you have been
wronged?



Bible Reading
MATTHEW 11

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Day 284

BE STEADFAST

"Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord..." —1 Corinthians 15:58

This Christian journey requires endurance. There will be moments when you feel strong and moments when you feel tired. There will be seasons of visible progress and seasons when little seems to be changing. Regardless of the seasons that come, the instruction is clear: *be steadfast. Be unmovable. Keep abounding in the work of the Lord. Don't allow temporary circumstances to determine your permanent commitments to the work of the Lord.*

Don't let disappointment make you abandon what God has called you to do. Don't allow delay to convince you that faithfulness is pointless. Your labor in the Lord is not in vain! Every prayer matters, every act of obedience matters, every sacrifice made for God's purposes matters. You may not see the full results today, but keep going and remain grounded.

Bible Reading
MATTHEW 12

PRAYER

Father, give me grace to be steadfast and unmoveable. Help me remain faithful when the journey is difficult and remind me that my labor in You is never in vain. In Jesus' name, amen.

REFLECTION:

Where are you most tempted to give up, and what would it look like to remain steadfast?



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Day 285

COURAGE

"Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee." —Deuteronomy 31:6

Many of us will find ourselves in situations when doing what is right requires courage. You may have to stand alone; you may have to say no when everyone else is saying yes. You may have to maintain a standard that others consider unnecessary, or you may have to choose integrity when compromise appears easier. Moses reminded the people of Israel that courage was possible because God was with them.

Their confidence was not supposed to come from their own strength or ability to predict every challenge. It came from knowing that God would not abandon them. What an assurance! You don't need everyone's approval to obey God; you simply need the courage to remain faithful to what you know is right. Today, let your faith give you courage to stand for what is true, knowing you are not alone.

PRAYER

Father, give me courage to do what is right even when it is difficult or unpopular. In Jesus' name, Amen.

REFLECTION:

Where do you need greater courage?



Bible Reading
MATTHEW 13

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Day 286

LIVE WITHOUT THE NEED FOR RECOGNITION

"But when thou doest alms, let not thy left hand know what thy right hand doeth."

—Matthew 6:3

Not everything good you do needs an audience. There is a kind of generosity that thrives on recognition, and there is another kind that flows from love. Jesus challenged His followers to give without making the act of giving a performance. This reminds us that our motivation matters to God. This can be difficult, especially in this day and age when many people desire validation and recognition. This can make people do the right thing for the wrong reasons.

Many serve to be noticed, give to be praised, help so that others will remember what they did, but Jesus teaches us to value God's approval above human applause. Some of the most meaningful things you will ever do may never receive public recognition. Do them anyway, because God sees what people do not see without the audience.

Bible Reading
MATTHEW 14

PRAYER

*Father, purify my motives. Teach me to serve, give, and help others because I love You, not because I want recognition.
In Jesus' name, Amen.*

REFLECTION:

Would you still do the good things you do if nobody ever knew about them?

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Bible Reading
MATTHEW 15

Day 287

TRUSTING, EVEN WHEN AFRAID

"What time I am afraid, I will trust in thee."
—Psalm 56:3

Faith is visible when we choose to trust God in the presence of uncertainty. It is easy to say that we trust God when we understand what He is doing. The deeper expression of faith is trusting Him when we do not understand or when there are reasons to be afraid. There will be moments when you cannot see the outcome, explain the process, or predict what comes next. Yet, you can still decide where your confidence will rest.

Fear may come, but fear does not have to determine your response. The Psalmist did not say that he would never be afraid; he said that when fear came, he would still trust God. This is important because faith is not the absence of emotion; it is choosing where to place your confidence despite what you feel. Today, when uncertainty tries to overwhelm you, make a deliberate choice to trust God, and let your response to the unknown be the evidence of your confidence in Him.

PRAYER

Father, when I am faced with uncertainty, help me to trust You rather than be governed by fear. Let my confidence in You be greater than my concern about what I cannot see. In Jesus' name, Amen.

REFLECTION:

Does your trust in
God remain
unshaken even
when fear tries to
rise up?