

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

vaw
value adding woman



WELCOME TO WEEK 42!

Can you believe we have just 10 more weeks before the year ends? This journey has been so refreshing, and I am grateful that we get to continue growing together. I've stressed that spiritual growth isn't an event; it is a lifelong journey. There is always more to learn about God, more to understand in His Word, and more room for our lives to reflect His character. As we walk with God, we must be willing to outgrow old patterns of thinking, embrace the work He is doing within us, and remain teachable, even when we have walked with Him for many years.

One of the dangers of spiritual maturity is assuming that because we have been in the faith for a long time, we no longer need to be reminded, instructed, or corrected. Yet, the longer we walk with God, the more conscious we should become of our need for Him.

This week, we will reflect on what it means to grow in God: depending on His Spirit rather than our own strength, embracing the new life we have in Christ, recognising what He has made available to us, accepting that His thoughts are higher than ours, and maintaining the disciplines that keep us spiritually alert.

Don't become so familiar with spiritual things that you stop letting them transform you, and don't let yesterday's revelations replace today's fellowship with God. There is always room to know Him more deeply, walk with Him more closely, and reflect Him more faithfully.

May this be a week of fresh understanding, deeper roots, and meaningful spiritual growth.

Blessings,

Dr. Kemi Oyedepo

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

VQW
value adding woman

Day 288

NOT BY YOUR OWN STRENGTH

"Not by might, nor by power, but by my spirit,
saith the LORD of hosts." —Zechariah 4:6

There is a limit to what human strength, intelligence, experience, and determination can accomplish. While these are valuable, they cannot replace the work of God's Spirit. Zechariah delivered this message to Zerubbabel at a time when the rebuilding of the temple faced significant challenges. The task was important, the obstacles were real, and the work required more than human ability. Zerubbabel was reminded that the assignment would be accomplished not by might or power, but by His Spirit.

Sometimes, we approach our responsibilities as though everything depends on us. We plan, organise, work hard, and use every available resource, yet we forget to depend on the One who gives us strength and wisdom. Perhaps you are facing a responsibility that seems greater than your present capacity. Don't be overwhelmed by what you lack; turn your attention to God.



Bible Reading
MATTHEW 16

PRAYER

*Father, teach me to depend on Your Spirit in every area of my life, and give me the grace to accomplish Your will through Your enabling.
In Jesus' name, Amen.*

REFLECTION:

Where have you
been relying more
on your own ability
than on the help of
God's Spirit?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman

Day 289

YOU ARE BRAND NEW

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

—2 Corinthians 5:7

One of the most significant truths about salvation is that our identity is no longer defined by our past. When we come into Christ, we receive a new standing before God. We are no longer separated from Him by sin, and we begin a new life shaped by our relationship with Him. Our history may explain some of our struggles, but it cannot determine our future.

However, understanding this truth is different from living in its reality. Some believers continue to see themselves primarily through the lens of their former mistakes, disappointments, habits, or failures. Others have embraced Christ but continue to think and respond according to patterns they developed before knowing Him. We must bring everything about us into alignment with the truth of who we are in Him. This new life in Christ calls for a renewed way of thinking and living.

PRAYER

Father, thank You for the new life I have in Christ. Help me to see myself through Your truth and to let go of the patterns. In Jesus' name, Amen.

REFLECTION:

What old mindset or pattern do you need to stop carrying into the new life you have in Christ?



Bible Reading
MATTHEW 17

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman



Bible Reading
MATTHEW 18

Day 200

GIVE YOURSELF TO THE WORD

“Till I come, give attendance to reading, to exhortation, to doctrine.” —1 Timothy 4:13

Spiritual growth requires intentional attention to the Word of God. This instruction to Timothy was not to treat reading, exhortation, and sound teaching as occasional activities. He was to give attention to them. This was important for Timothy's own spiritual development and for the responsibility he carried in serving others. The principle remains relevant today. A healthy spiritual life cannot be sustained by occasional exposure to Scripture alone.

We need to read it, study it, reflect on it, and allow its truth to correct and direct us. It is possible to spend considerable time consuming information while giving very little attention to the Word that should shape our lives. Make room for the Word of God; it deserves more than the leftover moments of our attention. Be intentional about letting it shape the way you think, believe, and live.

PRAYER

Father, give me a deeper hunger for Your Word. Let Your truth shape my thinking and strengthen my walk with You. In Jesus' name, Amen.

REFLECTION:

What practical adjustment can you make to give more consistent attention to God's Word?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

VQW
value adding woman

Day 201

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 19

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?



PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman

Day 202

BE REMINDED

"Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the present truth." —2 Peter 1:12

There is a difference between knowing the truth and living by it. Peter wrote to believers who already knew the things he was teaching them. Yet, he considered it necessary to remind them. Their familiarity with the truth did not eliminate their need to hear it again. We sometimes assume that once we have learned a spiritual principle, we no longer need to revisit it. We have heard teachings on faith, forgiveness, prayer, integrity, patience, and love. We know what Scripture says, but under pressure, we can forget what we know or fail to apply it.

This is why reminders matter. A reminder is not necessarily evidence that you have failed to learn. It can be a means of keeping what you have learned active in your life. Don't be offended when you are reminded of a truth you already know. The goal is not merely to remember, but to remain established in it.



Bible Reading
MATTHEW 20

PRAYER

*Father, help me to remain teachable and established in Your truth. Keep Your Word fresh in my heart through the pressures of everyday life.
In Jesus' name, Amen.*

REFLECTION:

What truth from God's Word do you need to bring back to the forefront of your mind in this season?

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

VQW
value adding woman

Day 203

GOD'S THOUGHTS ARE HIGHER

"For my thoughts are not your thoughts, neither are
your ways my ways, saith the LORD."
—Isaiah 55:8

One of the greatest lessons from walking with God is learning that His perspective will not always agree with ours. We see what is happening around us, but God sees what we cannot see. We often evaluate situations through our present experiences, emotions, expectations, and limited understanding, but God sees beyond the boundaries of our immediate circumstances.

This is why following Him requires us to surrender our preferred explanations and remain open to His direction. We may assume that a delay means rejection, that a closed door means failure, or that a difficult season means we have been forgotten. Yet, our interpretation of a situation is not the complete picture. You can obey His Word even when you don't understand, and you can remain faithful while waiting for greater clarity. Your understanding is limited, but God's wisdom is not.

PRAYER

*Father, help me to trust Your wisdom
above my limited understanding.
When Your ways differ from my
expectations, give me a heart that still
yields to you. In Jesus' name, Amen.*

REFLECTION:

Are there areas that
require you to yield
to God's
perspective?



Bible Reading
MATTHEW 21

PRESS:

STRENGTH FOR TODAY,
HOPE FOR TOMORROW

A YEAR-LONG JOURNEY OF FAITH
FOR WOMEN

UAW
value adding woman

Day 294

ALL YOU NEED FOR GODLINESS

"According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue." —2 Peter 1:3

God has not called us to a life of godliness without making provision for our growth. Peter reminds us that God's divine power has provided what we need for life and godliness through the knowledge of Christ. This does not mean that we automatically possess every skill, answer, or resource for every earthly challenge. Rather, God has made provision for us to grow in the character and conduct to which He has called us. We sometimes focus so much on what we lack that we overlook what God has already made available.

It's important to remember that this provision does not remove our responsibility. In the verses that follow, we are called to be diligent in developing qualities that help us grow up, so we must begin to use what God has placed within our reach. You may not be where you want to be yet, but you can take advantage of what God has already made available.

PRAYER

*Father, thank You for providing what I need to grow in godliness. Open my eyes to the resources You have made available through Christ, and help me to respond accordingly.
In Jesus' name, Amen.*

REFLECTION:

What has God already provided that you need to use more intentionally in your spiritual growth?



Bible Reading
MATTHEW 22