

THE
SPIRITUALLY
EMPOWERED
WOMAN

Being empowered is a fundamental requirement for any tangible progress and fulfillment of any set responsibility.

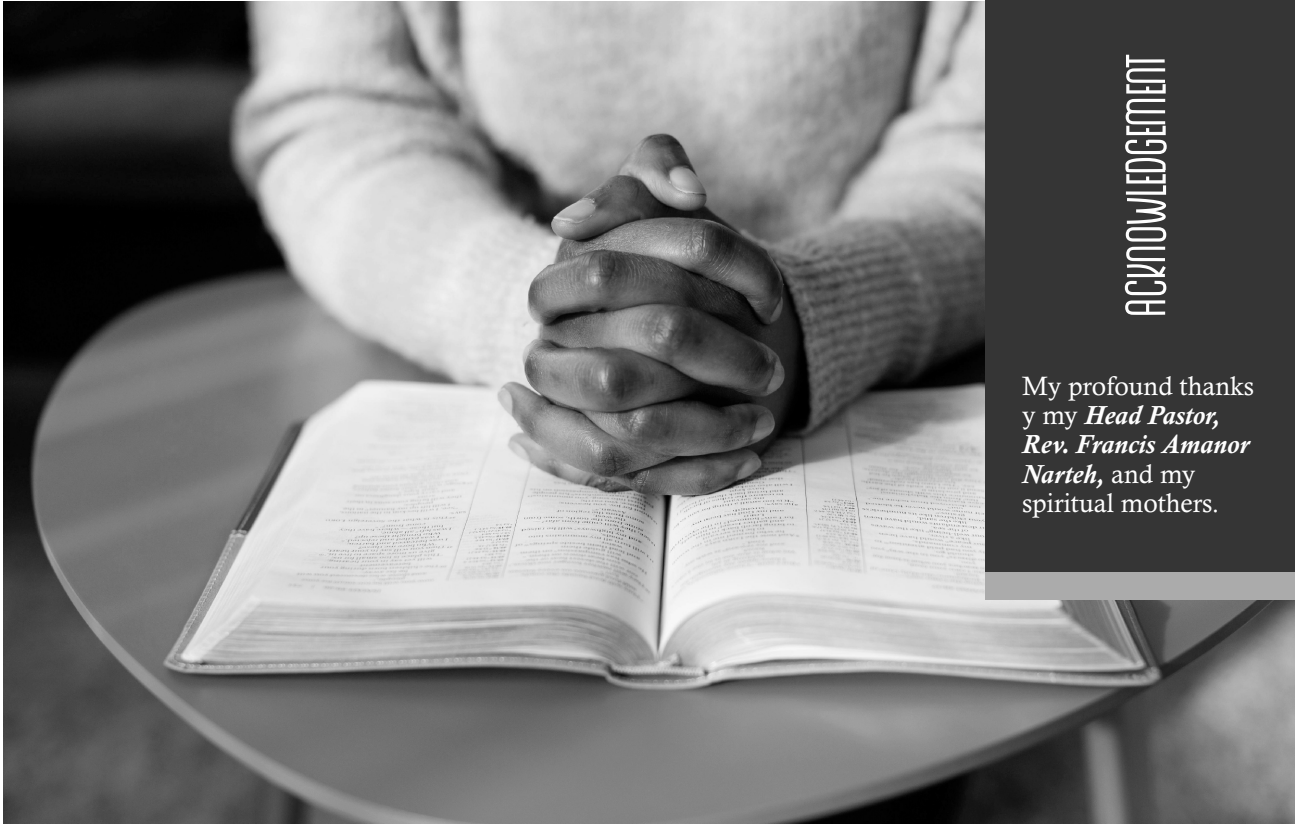
It is an exciting and a great privilege and honor for me to add my voice of endorsement and commendation to this insightful piece of material authored by Sheila Addo, on the *Spiritually Empowered Woman*, which subject is of utmost necessity in our world today where women are marginalized. It is representative of a milestone in the exploration of the subject of empowerment with exclusive reference to women.

The *Spiritually Empowered Woman* stands out as not just a compilation of information, but a deep exploration the need for women to be empowered, what it means to be empowered, how to be empowered, the advantages of being empowered, and the key agent of spiritual empowerment. It is edge cutting educative and prolific resource that defines the true content and ingredients of empowerment.

The author Shiela Addo is herself a testament of an empowered woman, who has a huge experience and expression of empowerment. She carries an enviable endowment of both physical and spiritual empowerment.

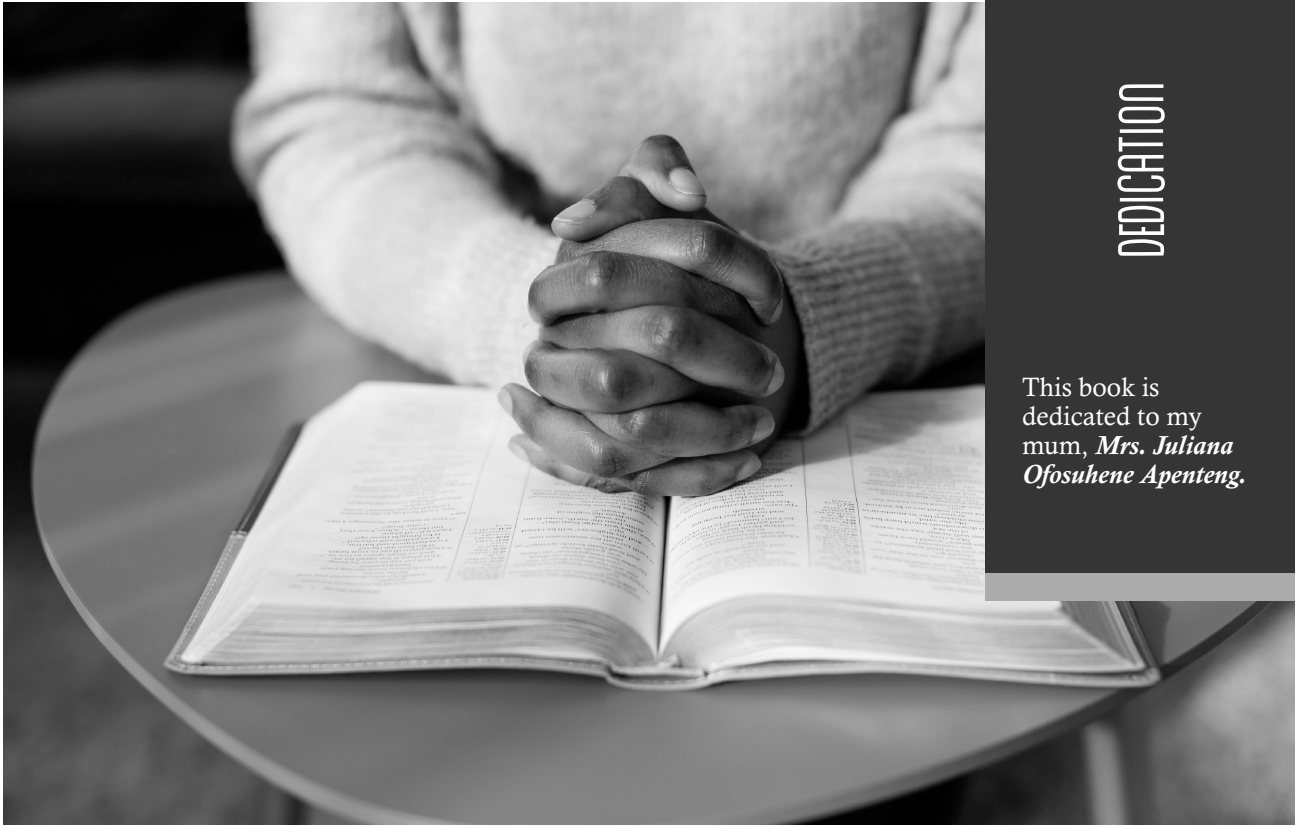
This document is a must read resource and I am confident that it will resonate deeply with readers from all walks of life, particularly the marginalized women who desire empowerment.

Rev. Francis Amanor Narteh
Senior Pastor,
Calvary Baptist Church - Adenta



ACKNOWLEDGEMENT

My profound thanks
y my *Head Pastor,*
Rev. Francis Amanor
Narteh, and my
spiritual mothers.



DEDICATION

This book is
dedicated to my
mum, *Mrs. Juliana
Ofosuhene Apenteng.*



CONTENT



WHAT IS SPIRITUAL EMPOWERMENT

CHAPTER 1

The greatest desire of every government in Africa is to empower women to enable them improve their livelihood. This prevents women from indulging in unhealthy practices like prostitution in their bid to earn a living. To empower women, tools or materials are provided for them. These may include education and physical materials like sewing machines, hair dryers and so on, so they can work and earn a living. When a woman is empowered, she feels liberated, life becomes easy for her, she is confident and many more. An empowered person is enabled to change situations.

Spiritual Empowerment deals with God giving an individual grace. This grace enables the individual to have the power to change situations in his life and the lives of others. Divine grace is the tool and by it the following can be done:

- *to see visions*

- *to hear God speak to you clearly*
- *to sense things happening in the present and things yet to come.*
- *to tame one's tongue*
- *to be prayerful*
- *to live a righteous life*

Spiritual Empowerment unlike physical empowerment is given only by God. You cannot buy the tool "grace" with money, it has to come from God.

Spiritual Empowerment therefore is easy to obtain, since you do not need physical cash to buy, neither do you need to "climb " to a higher level of education in order to reach there. It is also easy to achieve because our God is loving and He gives freely.

In the same way as physical empowerment, the power translated through the tool, "grace" that is given to an individual in order to be empowered spiritually, can be used to do so many things. It can meet both spiritual and physical needs. This means that spiritual empowerment goes beyond physical empowerment.

A woman can discern what is about to happen to her child if God grants her the grace to serve. She can therefore pray to avert it or take the necessary steps to avert it. No physical tool can help a woman achieve this. That is why as women, we need to yearn to be spiritually empowered.

One day, I had a message from my son, that he had fever and I should pick him early after he had finished writing his Basic Education Certificate Exams. I therefore left the office early to go home and cook for the family, before I pick him up. I wanted to make this preparation because my two other sons needed to take supper. I wanted to ensure that, in case their "brother" is "detained" at the clinic, there would be food available for them to eat, that is in case, I kept very long. I had gone home and have started cooking when suddenly God spoke to me, 'You are delaying'. I quickly put the fire off and run for my car key. I went to pick up my son from the school to the clinic. When we arrived his temperature had risen to 39°C. I could have lost my son, if God had not given me the grace to hear Him and act promptly.

Beloved, many are the blessings we receive when we allow God to empower us spiritually, as women. Many are the dangers, we "jump over", when we are spiritually empowered.

Women are also given great responsibilities, and if we are spiritually empowered we can play

our role with ease and we can achieve a lot. Our numerous responsibilities, including carrying babies in our womb, can be achieved easily when we are spiritually empowered. In all my pregnancies, I laid my hands on my stomach and I prayed for my children in my womb. I spoke into their lives whilst they were in my womb.

It is great to be spiritually empowered, especially when you are a married woman. One day I was thinking about my husband's close friendship with a lady, then God spoke to me about the issue. God said, "no woman can take your marriage from you, you are a woman of value, why are you afraid? Ever since I heard that from God, I have never been bothered about any close friendship, my husband may have with any lady. Many women have suffered mental disorders and some have died because of unnecessary worry about their husband's close association with other women. I do not have such problems, because, God empowered me spiritually to hear Him speak clearly on my marriage, "No woman can take your marriage from you', He said.

Esther was spiritually empowered by God. God gave her the grace to save the entire Jews when Haman plotted against them. God gave her clear directions that could prevent Haman's diabolic plan from coming into fruition. Esther 4:16-17, "Go and assemble all the Jews who can be found in Susa and fast for me. Don't eat or drink for three days, night or day, I and my

maidens will fast as you do. After that, I will go to the King, even though it is against the law, and if I perish, I perish. This direction was received from God. God may not have spoken to her verbally but it was a clear direction she received from God. No Jew was killed because, Esther was empowered spiritually by God to save the Jews.

Every role or responsibility God gives us can be effectively fulfilled, if we are spiritually empowered. God can clearly give you directions, by speaking to you, by giving you the grace to see visions, by enabling you to sense, by giving you the grace to be prayerful, by giving you the grace to live a righteous life, and by giving you the grace to tame your tongue.

The means of spiritual empowerment is grace, which is obtained from God. It is given freely without any conditions and to anyone who so desires it, women inclusive.



WHO IS A WOMAN

CHAPTER 2

A woman is an adult human being classified as a female with features of same. Before adulthood, a female child or adolescent is referred to as a girl. Typically, a woman is of the female sex, inherits a pair of x chromosomes, one from each parent, and a fertile woman is capable of pregnancy and giving birth, from puberty up till menopause.

According to the Bible, a woman is a female person created in God's image, equal in value to men, and with a variety of roles and responsibilities. Many women were able to make great impact, others could not.

One key way to be able to make an impact as a woman in your life and in the lives of others is to be spiritually empowered. Women like Rachel, Diana, Tamar were faced with awful tragedies

because they were not spiritually empowered. Rachel died prematurely through childbirth, Genesis 35:16-20. Rachel stole his father's idols and the husband made a statement, anyone these idols is found with will die. Genesis 31:32 reads. Anyone with whom you find your gods shall not live. Rachel's husband, Jacob had made a negative confession and Rachel whose heart had followed smaller gods and was not spiritually empowered, perhaps had to be caught up with such a diabolic negative confession. When a woman is spiritually empowered she can foresee trouble ahead through God speaking to her directly, seeing it in a vision or even sensing it.

In Genesis 25:22, Rebecca enquires from the Lord, after she felt the children in her womb were struggling in a way, that she sensed was not normal. Children always move in the womb but this was not ordinary and she sensed, it was not an ordinary movement, it was a "struggle". She enquired from the Lord and God spoke to her. Genesis 25:22 reads, "But the children inside her struggled with each other, and she said," why is this happening to me? So, Rebekah went to enquired of the Lord. Genesis 25:23- And the Lord said to her," Two nations are in your womb, and two people within shall be divided: the one shall be stronger than the other," the older shall serve the younger". Rebecca knew the destiny of her children before she delivered them.

Rebecca was not a prophet, she was an ordinary woman but God spoke to her and, empowered her for His plan for her children to come to pass.

A woman has the following great responsibilities:

- *A woman carries a child in her womb and delivers her*
- *A woman builds the family together*
- *A woman causes the family to grow*
- *A woman trains the children*
- *A woman works to provide support for her family*
- *A woman is sometimes a leader of her church, a deaconess, a worship leader, a children's service teacher*

These are great roles of women.

A woman carries a child in her womb and delivers her.

The nine months journey of carrying a baby in the womb is very enjoyable, but also tough. It starts with morning sickness, desire to eat continuously. Every woman's story is different and whatever the case is, every unbearable situation can be taken care of easily, if you are spiritually

empowered as a woman. During my second pregnancy, I had a little bleeding in the first trimester. I built my faith through prayer and I was able to sustain the pregnancy. God empowered me spiritually with the grace of prayerfulness. Every morning, I laid my hands on the baby and I prayed for him. The great responsibility God has given women to carry pregnancy for nine months can be done easily when the woman is spiritually empowered.

A woman builds the family together:

I have taught my children to be one. I used a simple method, this was Prayer. I prayed a common prayer for all of them every day. Another method I used is when I finished cooking, I ask the first person who dishes his food to call the rest of his brothers before he starts eating. I have used several methods to bring my family together. In their infancy stage, at 2pm every afternoon, we held hands together and we joined live worship on the radio. All these ideas were given by God and I was empowered spiritually to build my family together. The grace to build the family together can be achieved to the glory of God when a woman is spiritually empowered.

A woman causes the family to grow.

The growth of the family depends on so many things.

One of the most important things a woman does for her family to grow is to pray for the family. When God empowers you spiritually to be prayerful, you can pray into the life of every individual of the family and you will see it coming to pass. God can also speak to you directly about each child's needs both spiritual and physical.

One day, God gave me a direction concerning one of my children. He was not growing as he should. God told me, I needed to see to it that, he finished his supper before I left to evening meetings. The truth was that, he was eating just a little of the food given him for supper. It was also possible he was not even taking his lunch at school or probably just a little but, God told me if I will only ensure he finishes every food given to him for supper, I would see improvement in his growth. So I sat with him anytime he took his supper ensuring he ate everything in his bowl. This made me late for evening meetings, because he took a long time to finish his food, but it was a direction from God. Within a month, my son's height shot up and he gained weight. He is now a very handsome, tall young man. I was empowered as a woman to receive direction clearly from God.

A woman trains the children

Most women spend more time at home with their children than the men. Women have the greater opportunity to train the children in the Lord. I deliberately decided to work at home as a nursery school teacher and a proprietress so that, I could train my children and give them a firm foundation in the Lord. There are so many other means of getting enough time for your children to train them in the Lord. As a woman, you may have to cut down some of your meetings at least on weekends and train your children. I am blessed with three sons. Although they are boys, I have trained them to cook simple foods like rice, stew, frying of fish, toasted bread with egg and many more. I tell them, when you marry, help your wives when necessary at the kitchen. Sometimes, I put them on my program and I make them participate in quizzes, also as guests on the program, so that I can train them in the Lord. God empowers women spiritually with clear direction from Him in order to train their children.

A woman works to provide support for her family

In our present era, many women are working very hard to support the family. I would like to encourage every woman to have a source of income. "Housewives" may also work from home and sell things online. You can also buy shares and get the interest to support yourself and your family. It is a joy to see many women selling on "table tops" to make a living, something a lot of

men may not be willing to do. Women are blessed with great ideas to make a living. I remember at a point in time, I had to sell devotionals I have written to parents when I went to pick up my children from school, in order to make a living. There are many opportunities available for women to work to support their family.

A woman is sometimes a leader of her church

Women are great with church leadership. My church is blessed with women who are deaconess and they are great at their service for the Lord. Most women are children service teachers and they are wonderful on how they guide children through the word of God.

I serve as a worship leader for my church. God has empowered me spiritually such that, I always need to get the right songs from Him that can make the necessary impact in the lives of His people, and also glorify God.



WHAT DOES IT MEAN FOR A WOMAN TO BE SPIRITUALLY EMPOWERED

Spiritual empowerment of a woman simply means God giving a woman a tool in the form of grace to perform certain functions, in order to fulfil her destiny in life. We have already discussed that this grace comes in several forms:

The Grace to hear God speak to you clearly.

It is with joy, when you can hear God speak to you clearly about situations and gives you clear direction. I have heard God speak to me on several occasions and I see it as a blessing. Sometimes He advises me, He also encourages me, and He tells me what is existing in my marriage, and many more. It will amaze you to know that God will be willing to speak to you if only you develop a close relationship with Him in "purity" and obedience. The grace to hear God speak to me has helped me overcome great challenges. I have also enjoyed a lot of success because I could hear from Him.

Sometimes, you may not hear God audibly but He still speaks to your heart and the hearing of your spirit. I organize musical concert every year in my church. There are times God gives me clear direction or instructions of what I can do to make the program successful. On one such occasion, God told me to go to a particular place and pray every day, a week before the program.

I always want to put great importance on everything God speaks to me. I keep everything He tells me and I remember every time. This is because it can save me from trouble and it can bring me great blessings. I pray that, God empowers you spiritually, so that you can fulfil your dreams in life as He speaks to you clearly on your future.

In Exodus 3:5, God spoke to Moses clearly, "Do not come any closer," God said, "Take off your sandals for the place where you are standing is a Holy ground. God spoke to Moses clearly and gave him clear instructions. Sometimes in our journey in life, God can give us clear instructions by speaking to us. This can help us achieve our purpose in life.

One day, when I was going to bed, God spoke to me clearly," if you eat well, you will receive this particular blessing", when God mentioned the blessing, I was overjoyed. Since that time, I

started eating well, so that could achieve the blessing. Until then, I had a bad eating habit, this could have landed me in great danger, but God's clear direction averted the situation. Only few people hear God speak to them clearly. However, it is a gift God can give to everyone.

In 1Samuel 3:11-14, God spoke to Samuel about what He was going to do in Israel and to particularly Eli and his sons. God can speak to you clearly as a spiritually empowered woman concerning your children. Unlike Eli's children, yours will be a positive information in Jesus name. It is therefore necessary that we allow God to empower us spiritually as women so that we do not miss this grace.

Elisha instructed the widow to borrow as many vessels as possible from her neighbors. She poured small oil in each of the vessels. Each of them remained full, 2Kings 4:2-7. Elisha was spiritually empowered to receive clear direction from God, as to what the widow should do in order to appropriate that miracle. He may not have heard God audibly but he received the instruction from God in his innermost mind.

One day, I wanted to receive something from God. I was in the midst of a prayer meeting and

God told me to go and put money at the altar in order to receive that miracle. I did not hear God speak to me audibly, but I received information in my "innermost" mind. God also told me the amount of money to use to sow the seed. Again, I did not hear Him speak to me audibly, but I received the information from Him in my innermost mind. Anyone who stay close to God in prayer and in holiness can always receive information from Him through the "innermost" mind.

I pray that every woman who reads this book will not miss clear instruction from God either by hearing His voice audibly or by receiving information through their innermost mind.

The grace to see visions

One grace God gives women, when He empowers them spiritually is the grace to see visions. God can communicate to you about the future when you see visions. You do not necessarily have to be a prophet before God can speak to you about the future.

One day I sat in my office, very sad after someone treated me badly. As I pondered over the

incident, God suddenly open my eyes and I saw the generation after my children, I was very excited and since that time I have never worried about the treatment again.

I had several challenges when I was writing my second book, Children Devotional Guide, volume 2. One afternoon, I decided to spend time to pray after work. Whilst I was praying, I saw the book in a vision, when I saw it, I knew I would finish the book and indeed I finished it. The vision of the book completed, was God speaking to me that He would give me the grace to complete the book. The vision saved me from worry and uncertainty.

Whenever God gives you the grace to be empowered spiritually to see visions, you overcome unnecessary worry, sadness and pain. This is because sometimes God can show you the end stage of situations. When He shows you, and it is positive, you become assured of victory when it is negative, you can pray to avert it.

The grace to sense

When you walk closely with God as a woman in humility and obedience to Him, when

something evil is about to happen to you, He can "notify" you in the spiritual realm by making you sense it in your spirit. This enables you to pray and avert that occurrence. God can also relay an information to you by making you sense it in your heart.

One can sense he has good health. It is an information God is giving you. You can dress up, ready for a journey and immediately you can sense there would be an accident on the way. This will mean, you would have to either stop the journey or pray to avert it. Sensing is always an information God wants to relay to His children. It is great to have the grace to sense. It can help you avoid so many troubles as a woman.

Many years ago, I sensed I was going to die the following year, on the 31st night of a particular year. I did not pray about it, I was very new to "sensing". A few months after I entered into the new year, I fell seriously sick and for months I struggled with my health. I later shared with someone who was supporting me in prayer for God to heal me. He then told me, God gave me the grace to know it earlier so that I could pray to avert it. That was why I sensed it.

I believe when we walk closely in obedience with God as women and in holiness, He will give

us the grace to sense anytime, there is a danger ahead. Acts 20:22-23, says, and now compelled by the spirit, I am going to Jerusalem, not knowing what will happen to me there. I only know that in every city, the Holy Spirit warns me that prisons and hardships are facing me. Paul was able to sense that there will be prison and hardship ahead of him before he would even enter the city. God had empowered Paul so he could sense danger ahead. Therefore, he knew how to live his life when he journeyed to such cities.

The grace to tame your tongue

I had a very strange experience sometime ago. I was about to make a statement and suddenly an Angel of God held my lips and prevented me from opening my mouth to make the statement. Proverbs 18:21 talks about the power of the tongue. God empowers us spiritually so that we do not ruin the life of our children and others by speaking carelessly into their lives. The ability to control your tongue is a great weapon. It can bring a lot of fruitfulness in your life, when you are careful with the choice of statements that comes out of your lips. The tongue can also be used for positive impacts. When we speak positively as people who walk closely with God in obedience and in purity, our statements can make great impacts. Proverbs 18:21 states, "Death and life are in the power of the tongue, and those who love it will eat its fruit."

The encounter of seeing an Angel of God close my lips, just when I was about to make a statement. This made me know that indeed there is power in our tongue. It has made me become careful of what comes out of my mouth. I learnt this directly from God.

As women, we have the power to ensure that the destiny God has designed for us and our children becomes a possibility. This can happen if we allow God to empower us spiritually so that, we speak positively into the lives of our children and ourselves. Again this can be a reality if we allow God to empower us spiritually by giving us the grace to tame our tongue.

The grace to be prayerful

I decided to go out every Sunday in the week to a place to pray. One day, I felt tired of this routine prayer schedule. The moment I said it in my heart, I am tired, God told me to look at something, what I saw was a Muslim boy, a worker of my mother praying in the "hot" afternoon, he was performing ablution. When God used a Muslim to advise me, I decided in my heart, " I will never stop". I have continued up to now. When God empowers a woman spiritually, He gives her the grace to be prayerful. Through prayer one can see visions. Sometimes, God speaks or gives answers when you pray. Prayerfulness brings a lot of breakthrough in the lives of people. The Bible says that, "Therefore confess your sins to each

other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective, James 5:16. 1Thessalonies 5:16-18 says, " Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

The ability of a woman to be prayerful helps her to achieve a lot of blessings.

The grace to live a righteous life

The Bible says that all have sinned and come short of the glory of God, Romans 3:23. Indeed no one is faultless. However, God can empower an individual to be able to avoid sin. God can clearly advice or warn you about a sin you are prone to fall into. A Pastor friend of mine wanted to give me something very expensive. The day he showed me what he had to offer me, I found myself shaking my head, in disinterest. After the incident, I kept on asking myself, why I did not accept it. It seems I had been very foolish. Then I realized that it was God who empowered me with the grace to say no and avoid falling, perhaps into sin. I have come to realize that God can empower women to give them grace to live a righteous life. Sin will no longer be attractive to you, no matter how good it is packaged.



WHICH WOMAN QUALIFIES TO BE SPIRITUALLY EMPOWERED

1. Any child of God can be spiritually empowered: The greatest requirement God wants from every child of His, is to accept Jesus Christ as Lord and Savior. God then expects this individual to dedicate himself fully to a close walk with Him in purity and in obedience to Him.
2. Anyone who show true love to people: The greatest commandment God taught His children is love. John 13:34-35 says, A new commandment, "I give to you" that you love one another, 'just as I have loved you", you have also to love one another. Whenever an individual is filled with love and show true love to people, God gets closer to such people. Love attracts God. God blessed me with a spiritual gift and what He told me after giving me the gift, was to love people. God will always give you

instruction concerning people and if you do not have love for people, you might never do it. Therefore, God will always empower people who show true love to others.

3. Anyone who has great burden to pray for people: Prayer is one of the greatest keys that solves many problems in the lives of people. I have been burdened to pray for people on several occasions, even when they were not aware. I pray every day into the lives of people. God requires an individual to be prayerful so that, He can use him or her as a channel to solve problems in the lives of people.
4. Someone who show concern for the plights of others: Galatians 2:9-10 reads, and when James and Cephas, and John who seemed to be pillars, perceived the grace that was given to me, they gave the right hand of fellowship to Barnabas and me, that we should go the gentiles and they to the circumcised. Only, they asked us to remember the poor, the very thing I was eager to do. Giving to the poor, showing concern towards the needs of others attracts God. This is because when God empowers an individual spiritually, it is to serve and solve the problem of others



THE IMPORTANCE OF BECOMING SPIRITUALLY EMPOWERED

It helps you to avoid unnecessary trouble

When you are spiritually empowered, God can clearly prompt or warn you about a danger ahead in order to avoid it. One day, I was about to join a public transport, when God spoke to me to stop. I quickly changed my mind and waited for the next vehicle. I had to obey the instruction God had given me, to avoid perhaps an accident.

It helps you to live long

The Bible says that, the Righteous will live long, Proverbs 16:31. When a woman is spiritually empowered, her steps are always ordered by the Lord. There is the grace to live a righteous life when you are spiritually empowered because, sometimes God can warn you about the possibility of falling into sin, so that you avoid it. Thus, you live in clear obedience to Him. So, from the context of Proverbs 16:31, when you are spiritually empowered you have the grace to

live long, because God gives you the grace to live a righteous life and the righteous according to His word, will live long.

It brings favor from God

God empowered Joseph to receive clear instructions from Him, through a dream, as to what to do, so that there will be food in Egypt, in spite of the famine. Joseph had favor from God. He was made the governor of Egypt by Pharaoh, although he was once a servant and a prisoner. This happened because he was spiritually empowered.

It attracts favor from men

When you are spiritually empowered it attracts favor from men. Men show kindness to you. Esther was spiritually empowered, she had favor from King Xerxes, after God gave her the direction to fast, including all the Jews in Susa. In Esther 4:15, Esther received clear direction from God. After the fast, she had the opportunity to present her petition to the King. The King was ready to do anything she wanted. Haman who plotted to destroy the Jews was hanged. The Jews were never killed. This was indeed a great favour.

It helps you to excel in your field of operation

Every field of operation a woman finds herself, she can excel, if she prays into it. Every field of operation of a woman can also thrive well if she tames her tongue, and do not speak negatively to cause retrogression, especially when there are challenges in the field. If she makes positive confession of progression it will surely happen. When we become spiritually empowered, God gives us this grace: The grace to be prayerful and the grace tame our tongue. This enables us to excel.

You easily overcome obstacles.

An obstacle is anything that prevents one from progressing. An obstacle can be serious financial challenge, ill health and many more. God provides clear direction as to how these things can be improved in an individual's life, if spiritually empowered.

One-day God told me, I should never come to the church without an offering. He told me this would prevent me from ill health. Since that time, I always make sure I put money in the offering bowl whenever I go to church.

Obstacles of financial challenges can also be overcome when we constantly pay our tithes. Malachi 3:10 reads; ***“Bring the whole tithe into the storehouse,*** that there may be food in my

house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it” .

You exhibit resilience

Resilience is the capacity to withstand or recover quickly from difficulties.

Women face grate challenges. These challenges include marital issues. When we are spiritually empowered as women, God gives us the grace to be prayerful. The more we pray about our challenges, God gives us resilience. We are able to recover easily from the pain. God also gives us the grace to tame our tongue so that we do not speak negatively when we are sad or depressed due to the challenges we may be facing. This enables us to experience God’s victory quickly.



SUSTAINING SPIRITUAL EMPOWERMENT

CHAPTER 6

Have a constant prayer life

Prayer is the form of communication with God. The more you pray, the more you become "in tuned" with the Holy Spirit. Your ability to hear God and receive clear instruction becomes enhanced. You can see visions through prayer, especially when you have a constant prayer life. Pray consistently every day and spend enough time praying. Have a prayer room, if possible or get a place of prayer. I have a place of prayer, which I visit once every week to pray. At home, I have a particular place I constantly spend time to pray. In my bedroom, I constantly go on my knees beside my bed and pray. A constant prayer life can sustain spiritual empowerment.

Have a constant Bible study life

It is good to have morning devotion every day. However, a special Bible study time when you can spend enough time to read several chapters in the Bible and take notes is very necessary. I

read about four chapters of the Bible each day. Reading enough chapters of the Bible everyday helps you to be rich in the word of God and helps you build a fruitful prayer life, where you can quote scriptures to support your prayer points. You also get clear direction from God in decision making from the word of God. God does not only speak audibly to His children, but sometimes He communicates with us through His word. You avoid unnecessary mistakes in life when you are rich in the word of God. This is because the word of God instructs us on how to live our lives.

I would like to advice women, do not spend all your time, "making up" your face, polishing your nails, dressing up for work and spend just few minutes to read the word of God and take notes. Let your Bible study time be your priority. God loves it when we pray and we remind Him of His promises for us in His word.

Let your giftings be constantly beneficial to the body of Christ

When God gives you the grace to become spiritually empowered, make sure you are constantly active in the work of God. If you can sing, do so constantly, if you can pray, join the intercessory group in your church to pray for people. If you can usher, do so. Let your giftings be a blessing to your church always. When you are very active in service for God, it draws blessings from Him and you grow more in the Lord.

Train yourself to serve God faithfully with your tithes and offerings

When you are empowered spiritually, you need to train yourself to give your tithe consistently. One day, God told me to increase my tithe and He told me a certain blessing it was going to attract. I was going to give offering at church one day, and it was coins. God told me, it was not good enough. Since that time, I have trained myself to give good offering and a very good tithe. When you are spiritually empowered, learn to give your best, when it comes to tithe and offering.

Righteous living through constant obedience to God:

Righteous living is one of the important things to do when you become spiritually empowered. In most times, God will give you clear instructions. Do your best to obey, sometimes it will come in the form of warning, obey it. Do your maximum best to live a life that honors God. God loves the righteous and He is always close to them.



THE DANGERS OF A WOMAN NOT BECOMING SPIRITUALLY EMPOWERED

When a woman is spiritually empowered, God gives her the grace to hear Him clearly and take instructions from Him, the grace to see visions, the grace to sense, the grace to be prayerful, the grace to tame her tongue and the grace to live a righteous life.

When a woman is not rich in these qualities spiritually, **THE ENEMY CAN BLOCK HER BLESSINGS.** Some of the blessings we ask from God, sometimes require clear directions from God. Noah received clear instructions from God in the building of the ark in order to receive the blessing of protection against the flood over his family.

God gave me a clear direction as to how I could increase my customer base. He showed me a particular position to fit my signboard. Right after doing that my customer based increased. If you cannot take clear instructions from God, you can even miss the right job. The devil will block your blessings.

You can fall into unnecessary trouble

When you are able to easily obey God, take clear instructions from Him, you will escape a lot of trouble. Sometimes carefully obeying God's instructions attracts His glory on your life. This glory becomes a, "mark" on you and it can enable you to escape a lot of troubles.

A couple of times in my life, food vendors refused to sell food to me, although I had money to pay and they were serving others with the same food.

On one such occasion, the seller spoke to me softly so that no one could hear, "It is yesterdays food". The food was a left over from the previous day. She was selling it to others, but was not ready to sell it to me. I could have developed a stomach upset, diarrhea or any disease if she had sold it to me. If you do not allow God to empower you spiritually as a woman, you can fall into unnecessary trouble.

You can be unfruitful when you are not spiritually empowered

My first musical concert was successful, but the auditorium was not full. When I was preparing for my second musical concert, God gave me a direction to do. God told me to wake up at a certain time in the night every day and pray into the program. I obeyed and on the fourth night, I saw successful in the spiritual realm in the form of a vision, while I was praying.

The whole auditorium was full and the program was very successful. The ministry has become fruitful ever since. When you fail to become spiritually empowered, you will be spiritually unfruitful.

You may not be able to save your loved ones

One of the greatest benefits of becoming spiritually empowered is your ability to save your family and loved ones through the directions God gives you in prayer.

One day, I went to pray at a retreat center. I prayed for a relative who was sick, God showed me a leaf in a vision as I prayed for him. When I returned, I was working in my laboratory when a patient (an elderly man) came with the same sickness. I asked him how he had managed it. He told me, his daughter buys him a "tea" from the United Kingdom. I therefore decided to purchase some of the tea he had for my relative, who was sick. It was then that I realized the leaf, I saw in the spiritual realm or in the vision at the retreat center while I was praying, was the plant the tea was made from. When you are not spiritually empowered as a woman, you might not be able to save your loved ones in difficult situations, especially, in sickness.



WOMEN IN THE BIBLE WHO WERE SPIRITUALLY EMPOWERED

MIRIAM

Miriam was one of the greatest women in the Bible. Miriam was so empowered that she could make possible through God's wisdom and grace for Moses, her brother to be handed over to his biological mother. This was an era when baby boys were being killed by King Pharaoh. Miriam was empowered to save Moses life. Moses was nursed by his biological mother until he was grown enough to be handed over to Pharaoh's daughter to be adopted, Exodus 2:7-10. Miriam was spiritually empowered. She received clear directions from God and she adhered to them. She waited patiently at the river side until the King's daughter came to take her bath. She suggested the idea of getting a woman to nurse Moses for the King's daughter which she agreed. These were all clear directions from God. Through this, the whole Israel was saved.

DEBORAH

Deborah was a strong woman. She was both a prophet and a judge. Deborah was the wife of Lappidoth and was leading Israel at a time, when they were been oppressed by Jabin, King of Canaan. She held court under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim. The Israelites went to her for their disputes to be settled (Judges 4:5). God gave her clear instructions such as, she went for Barak, son of Abinoam from Kedesh in Naphtali, and said to him, "The Lord, the God of Israel commands you, "Go, take with you ten thousand men of Naphtali and Zebulun and lead them up to mount Tabor. I will lead Sisera, the commander of Jabin's army with his chariots and his troops to the river Kishon and give him into your hands.

Deborah was a brave woman. Barak was not ready to go to the war unless, Deborah accompanied him, and she did. God used Deborah to save the Israelites. She settled disputes to create peace. She was spiritually empowered by God to do this.

ESTHER

Queen Esther was a great young woman who took specific instructions from God to save the

Jews. Haman plotted to destroy the Jews but Esther, spiritually empowered, received clear instructions from God which enabled her to save the Jews. Esther sent a reply to Mordecai, "Go, gather together all the Jews who are in Susa and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do, when this is done I will go to the King, even though it is against the law, and if I perish, I perish, Exodus 14:15-16. Esther received that specific instruction from God. God gave Esther confidence to go and see the King and present her petition. She had favor from the King. The entire Jews would have been annihilated without clear direction from God to Esther.

LYDIA

Philippi was the leading city of the district called Macedonia. Paul and his companions went to preach in this city. On the Sabbath, they went outside to find a place of prayer. They sat down and spoke to the women at the river and one of the women was Lydia, from the city of Thyatira, a dealer of purple cloth. After the Lord opened Lydia's heart to accept the message Paul had preached, she got baptized. Through Lydia, the entire household got baptized, Acts 16:15. Lydia was spiritually empowered to convert all her entire household to the Lord.

She was also able to persuade Paul and his companions to stay in her house. It takes a special grace to get one's entire household to be baptized. Lydia was spiritually empowered.

PRISCILLA

Priscilla was a worker in Christ Jesus, like Paul. It got to a time, she had to risk her life for Paul. Paul described Priscilla as a co-worker in Christ. It means Priscilla also shared the word of God with people and helped with the ministry (1 Cor. 16:19). This was a time where you could easily be jailed or killed for sharing the gospel. It takes a woman who has been spiritually empowered by God to take up such a responsibility.



HOW CAN YOU BECOME SPIRITUALLY EMPOWERED

SUMMARY

1. Accept Jesus Christ as your Lord and Saviour, if you have not done so.
2. Plan a period of time you will spend praying alone and adhere to it.
3. Decide on a period of time you will study the Bible on your own and adhere to it.
4. Identify your God-given gift and use it in the service of God
5. Strive to live a life that honors God.
6. Pray earnestly to God to empower you spiritually.



PHYSICAL EMPOWERMENT

CHAPTER 10

PHYSICAL EMPOWERMENT

I cannot end this book without discussing how a woman can be physically empowered. All over the world efforts have been made to ensure that women are empowered physically especially in Africa.

Women are encouraged to seek higher educational levels in order to occupy certain positions in the society. These women are sometimes given scholarships. Loans are also made available to women to ensure that they set up business that can help them get money to take care of their homes and themselves. These are all various forms by which women are empowered physically.

Women are also given physical equipments like sewing machines, hair dryer in order to undergo vocational training. This may include learning how to sew, hair dressing, catering and

many more. When a woman gets the opportunity to go through any of these; opportunities to seek higher education, physical money given in the form of loan, vocational training, she gains financial independence.

She is empowered to be able to provide her own needs and also take care of her family. This is physical empowerment.

Some of the reasons why women are empowered physically include:

1. To be productive:

This means that the woman can achieve a lot by working hard. This can benefit the entire community in which she lives. For example, if a woman decides to start a daycare in her living room, it can develop into a school. If she works hard and this can be of great benefit to an entire community.

2. To be financially independent:

One of the greatest rewards of a woman becoming physically empowered, is to obtain enough money through the education, vocational training or a form of loan given to start a business. When a woman has a good source of income the woman becomes financial independent. She

may not have to depend on her husband to make a living.

3. For expansion:

When a woman is physically empowered, there is always expansion. A woman may start her business as a retailer, gradually she becomes a wholesaler. A woman may start a little restaurant but gradually she may open many branches.

Businesses are meant to be expanded in order to bring more income. When businesses are expanded, more people will be employed and so many people benefit from it.

It also spread knowledge especially when it is a vocation, since other people may learn it and start up their own business. For example soap manufacturing.

4. To support the family:

A woman is empowered physically in order to support the family. In African setting, many husbands give their wives money to start a business. This is not to enrich yourself as a woman but also to support your family. The woman is suppose to take up a responsibility in the home and support the family. When a woman is physically empowered, it eases the financial burden

on the family. Children are well provided for and the necessary education are given them. If the woman supports the husband financially at home, the extended family can also be supported, for example, nephews, nieces and many more.

5. To contribute to the society

When a woman is physically empowered, she gains knowledge, she gains skills and she is likely to become financially successful.

All these achievements can help a woman to contribute to the society. If a woman is financially successful, she can support an orphanage. She can build schools, hospitals and many more for her society. She can use her knowledge to transform the lives of many other women in the society by training them. Women who are physically empowered are also supposed to advice and give inspirational talks to younger women to enable them to also become physically empowered.

HOW CAN YOU BECOME PHYSICALLY EMPOWERED AS A WOMAN.

1. Seek knowledge

This can be done by furthering your education as a woman. The higher your educational level, the greater the chances of your income becoming increased. It can be tiring but it is worth it. You can also gain knowledge by allowing yourself to be trained.

2. Seek assistance:

There are many sources of getting money to start a business and to be empowered physically. One can seek for a loan from the bank or a credit union. One can also seek help from friends, who perhaps are rich. We need to be courageous when we need to take this step, in order to be empowered physically.

3. Spend time to commit your future plans unto god's hand through prayer

Whatever decision you would want to take in life in order to be physically empowered as a woman, you need to commit this into God's hands through prayer. Spend enough time to pray about it before you take the necessary step. God will give you favour in the sight of any individual, you may wish to seek help from.

4. Seek practical experience in your field

One way we can become physically empowered is by seeking to become very skillful in our field. If it is catering, you need to learn more new methods and it is the same with every profession you may find yourself in. You need to undertake short courses where possible. You may also go to a friend in the same profession and learn from the individual.



DEVOTIONAL

A 30 DAY JOURNEY TO SPIRITUAL EMPOWERMENT



DAY 1

TOPIC: GOD FIGHTS OUR BATTLES

BIBLE PASSAGE: EXODUS 14:14

"The Lord will fight for you, you need only to be still".

The King of Egypt had given the Israelites the permission to leave Egypt. They had been granted freedom. Obviously, there was joy in their heart. However, after they set off, the King of Egypt, Pharaoh and his officials changed their mind because they believed they were going to lose the services of the Israelites. They therefore, pursued them. The Israelites upon seeing them coming after them became terrified. Moses answered the people, '***Do not be afraid, stand firm and you will see the deliverance the Lord will bring to you today.*** The Egyptians you see today, you will never see again.

We are faced with numerous battles as women, sometimes you see another woman running after your marriage and you become terrified. Sometimes, the devil may hit your child with a sickness and you become terrified. These are just few of the battles we go through as women. Our responsibility is to be still and put our trust in the Lord. God will fight your battles for you and you will see the challenges no more. It may take some time, but be hopeful in prayer and believe the

good Lord will show Himself strong. God knows how to stop the battles that pursue you. Build your faith and continue steadfast in prayer. God will fight the battle for you. **Practical steps to take:**

- *List all your battles*
- *Go on your needs everyday and present them to God in prayer*
- *Speak positively about how you want God to turn the battles around*
- *Build your faith*
- *Wait patiently for God to fight those battles*

PRAYER: Father Lord, I present my battles before you, give me victory in Jesus name, Amen!!

DAY
2

TOPIC:
GOD BRINGS RELIEF WHEN THERE IS TROUBLE

BIBLE PASSAGE: 2 THESSALONIANS 1:6

"God is just, He will pay back trouble to those who trouble you and give relief to you who are troubled and to us as well".

Paul wrote a letter to the church of Thessalonians and thanked them for how their faith was growing. He was also happy about their perseverance and faith in all the persecutions and trials they were enduring.

Trials can be part of human journey in life. Trial is a test of our faith that involves experiencing trouble or adversity, it is a way in which God draws people to Himself. Trials helps us to grow, when they come our way. We spend a lot of time to pray and this builds our relationship with God our Father. Trials come in so many forms in a woman's life.

When your husband turns his back against you, it is a trial. Spend more time in prayer, this will build your relationship with God. Occupy yourself with service in the house of God. This will help you grow more in the Lord. Attend church meetings regularly, this will help you grow more in the Lord. In God's own time, as you persist in prayer, God will pay back trouble to those who trouble

you. God will bring you relief from all the pain, you were going through. God will fill your heart with joy again. Encourage yourself anytime people are troubling you because one day, the situation will change.

Many women have suffered mockery in the hands of people as a result of childlessness. However, those who persist in prayer and release this trial before God one day gets a relief.

PRAYER: Father God, I depend on you to bring a relief in this situation, Amen!!

DAY
3

TOPIC:
GOD HAS THE CAPABILITY
OF HANDLING YOUR BATTLES

BIBLE PASSAGE: 2 CHRONICLES 20:15

""The Battle is not yours but God's""

King Jehoshaphat received bad news. A vast army was coming against him. He therefore enquired of the Lord and declared a fast for all Judah. In 2 Chronicles 20:12, He declared his total reliance and faith in God. He told God, "We do not know of what to do, but our eyes are on you".

We need not be afraid when we are faced with all kinds of battles as women. We need to release the battle to God and fully rely on Him to resolve our problems. God has the capacity of handling our battles. Spend quality time in prayer and not complaining, God will surely do it.

PRAYER: Father, I release my battles to you. My eyes are on you, glorify Yourself. Amen!!



DAY 4

TOPIC: **GOD GIVES STRENGTH TO DO EVERYTHING**

BIBLE PASSAGE: PHILIPPIANS 4:13

"For I can do everything through Christ, who gives me strength".

In Philippians 4:12, Paul mentioned that he knows what it is to be in need, 'and I know what it is to have plenty. I have learnt the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Then he added, "I can do all this through Him who gives me strength.

We go through so many situations as women, sometimes bad. God will give you strength as a woman to live up with every situation.

When there is poverty or strong financial challenges in our homes, God will give us the strength to endure. We need to draw strength from God, through prayer in every situation.

PRAYER: Father God, I present every challenging situation before you, give me strength to endure it.



DAY
5

TOPIC:
GOD REVENGES ON OUR BEHALF

BIBLE PASSAGE: ROMANS 12:19

"Do not take revenge but leave room for God's wrath, for it is written, it is mine to avenge, I will repay says the Lord".

In our journey of life as women, many people may offend us, sometimes our husbands may offend us so badly. There are times friends may also offend us. Let us not do anything evil in trying to pay them back, instead let us release the issue to God through prayer and relax in the Lord. We need to encourage ourselves that, God at the right time will avenge for us. Sometimes the temptation to revenge is very strong, however let us focus more on the love of God for us, His faithfulness towards us and move forward in life.

I have come to realize that sometimes, what we plan to use as revenge against people who offend us, might not be appropriate to change the situation or the individual. Let us therefore leave revenge to God, so that we may see positive results.

PRAYER: Father, I present every bad situation before you, give me grace not to pay back anyone who is responsible. Avenge at your own time. Amen!!



DAY 6

TOPIC: **FORGIVING EACH OTHER**

BIBLE PASSAGE: COLOSSIANS 3:13

"Bearing with one another and if one has a complaint against another forgive each other, as the Lord has forgiven you, so you also must forgive."

Unforgiveness is not only wrong in the sight of God but it may also have other consequences. It builds anger and bitterness in our heart which may cause health challenges. When your husband, children, friends offend you, do your best to forgive. Forgiveness attract blessings from the Almighty God. Forgiveness attracts favor from God. God loves people who truly forgives.

If we can move forward in life as women and do what God require from us, we may have to put unforgiveness behind us. Let us remember that God forgave us our sins and we need to do the same for others.

PRAYER: Father, give me the grace to forgive anyone who has offended me in Jesus name. Amen!!



DAY 7

TOPIC:

GOD WILL COMPLETE EVERY GOOD WORK IN YOU

BIBLE PASSAGE: PHILIPPIANS 1:6

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus".

Paul wrote to the believers in Philippi, he prayed for them and was always filled with joy, because of their partnership in the gospel and encouraged them to be confident, that God who had began a good work in them would bring it onto completion.

Whatever service we are rendering for God as women, let us work hard at it, let us do it with all our heart. The good Lord who has started a good work in us will bring it to completion. We will finish our purpose for which God brought us on this Earth.

There are so many ways we can render services in the house of God as women. We may choose to sing, join the prayer warriors, usher, evangelize and many more.

Apart from the church, we can also do a lot in our community. We can evangelize and give to the poor.

PRAYER: Lord Jesus, whatever I have started for you, help me complete my purpose on this earth. Amen!!



DAY 8

TOPIC:

WITH GOD WE ARE ASSURED OF THE FUTURE

SCRIPTURE: PROVERBS 31:25

"She is clothed with strength and dignity and she laughs without fear of the future".

We all desire to have a bright future. We all hope the future brings good success, this can only happen when we walk with God and we release our future into his hands. When we walk closer with God in obedience to Him, He clothes us with strength and dignity. Strength to endure whatever challenges that the future may bring. If we clothed ourselves with dignity as women, and we do not mess up with our body, through adultery, fornication and unhealthy relationship with men, we also do not mess up with our character by indulging in cheating others, gossiping and so many corrupt lifestyles, God will protect us and preserve our lives.

We will be completely assured of the future and we will surely laugh without any fear of what the future holds for us.

PRAYER: Lord, please keep my future safe in you. Amen!!



DAY 9

TOPIC: GOD REWARDS OUR CONFIDENCE

BIBLE PASSAGE: HEBREWS 10:35-36

“So do not throw away your confidence, it will be richly rewarded. You need to persevere, so that when you have the will of God, you will receive what He has promised”.

As women, we can be filled with confidence to do a lot for the Lord. Confidence to share Christ with others, to teach our children the word of God and help them thrive, and to also do service for God. Our faith can also be our source of confidence. Through faith we can build our marriage, we can build our home, and we can do exploits for the Lord.

We need to have the spirit of perseverance, if we want to build our confidence to do great service for the Lord. This is because, sometimes there may be challenges, but we should not throw away our confidence. We need to build our faith and press on. We will be rewarded by God.

We need to endure in our Christian life in the face of challenges. We should not allow marital issues to make us stray from the faith. We need to build our confidence and do more for the Lord, even in the midst of challenges.

***PRAYER: Father, please help me build my confidence in my service for you.
Amen!!***



**DAY
10**

**TOPIC:
GOD, OUR HELPER**

BIBLE PASSAGE: HEBREWS 13:6

"So we say with confidence, " The Lord is my helper, I will not be afraid. What can mere mortals do to me " .

We go through life journey as women, sometimes having people who fight against us. Sometimes we experience this in our workplaces, people we may not know may fight against us because of certain positions we have.

We need not be afraid of our enemies because God is our helper. When we go to our God and we present our problems before Him, He will help us break through all the schemes and plans of our enemies.

When we cry onto God for help, He will hear us. He will make sure we overcome our enemies and be victorious.

PRAYER: Father, take away fear from me, give me confidence to believe you will help me against my enemies. Amen!!



DAY 11

TOPIC:
HONOURING GOD WITH OUR BODIES
BIBLE PASSAGE: 1 CORINTHIANS 6:19-20

*"Do you not know your bodies are temples of the Holy Spirit, who is in you, who you received from God ".
You are not your own, you were bought at a price. Therefore, honor God with your bodies.*

Our bodies should be kept well, since they are the temple of the Holy Spirit. We need to honor God with our bodies, we need to keep our bodies from sexual immorality. We need not to bleach our skin to destroy our bodies. We need not worry excessively to put our bodies into mental retardation as women. We need to also clothe our bodies with dresses that are decent in order to give honor to our God. We also do not have to overwork ourselves as women, so that we fall into consistent sicknesses and destroy our bodies.

Let us keep our bodies clean and spiritually whole in order to honor God.

PRAYER: Father, help me honor you with my body. Amen!!



DAY
12

TOPIC:
GUARDING OUR HEART

BIBLE PASSAGE: PROVERBS 4:23

"Above all also, guard your heart, for everything you do flow from it".

We need to guard our heart against sin. Hatred, deceitfulness, anger can all come from the heart, if we do not guard it. Unwholesome thought, unhealthy imaginations may all come from our heart, if we do not guard it.

When we guard something, we protect it from infiltration of unwanted or evil materials. We therefore, need to guard our hearts against evil things.

If we walk in close obedience with God by guarding our hearts, He will grant us every heart desire.

PRAYER: Father, help me guard my heart in Jesus name. Amen!!



DAY 13

TOPIC: **TAKING REST**

BIBLE PASSAGE: MARK 6:31

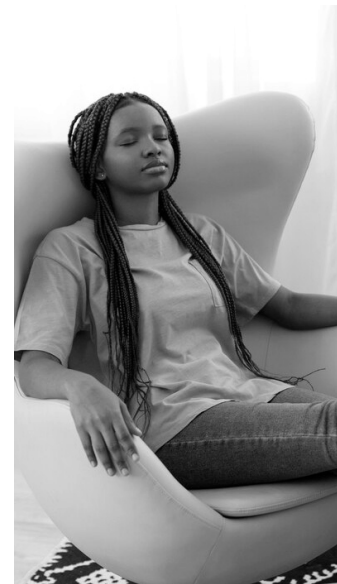
Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, come with me by yourselves to a quiet place and get some rest ”.

Rest is very important. Having enough rest can prevent diseases like high blood pressure. When you take enough rest, you avoid depression. You are able to interact well with your children and build a good family bond. After a hard day's work, we need to take sometime off and rest.

We can listen to music, or even take a stroll. Jesus knew the essence of rest and encouraged His disciples to do so. Let us take some days off from work, within the year and give our body rest.

Rest activates the mind. It helps us to think effectively and become more productive.

PRAYER: Father, give us the grace to give ourselves enough rest, so that we protect ourselves and be productive Amen!!



**DAY
14**

**TOPIC:
DON'T NEGLECT YOURSELF**

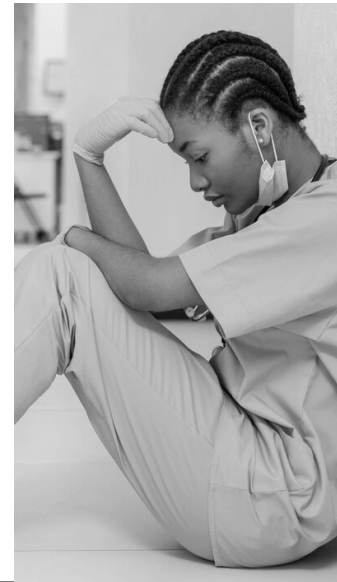
BIBLE PASSAGE: LUKE 10:27

"He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and all your mind, and love your neighbor as yourself".

An expert in the law stood up to test Jesus. He asked Jesus what he must do to inherit eternal life, Jesus replied, " what is written in the law ", then this man, who was an expert in the law knew it and he answered Jesus, love your neighbor as yourself.

Do not let us neglect ourselves, it is good to take care of our husbands and children, but we should also pay attention in taking good care of ourselves as women, if in seeking the well being of our family by performing certain duties at home, we get extremely tired, we need to pray carefully about it and seek help. We need to love our children as we love ourselves. We should not let the care we are giving them make us stress ourselves. We will end up developing sicknesses and would not have the strength and good health we need. If our strength fails as women, our entire family will be affected. Let us therefore love ourselves.

PRAYER: Father, give me the grace not to neglect myself, but to love others as myself. Amen!!



**DAY
15**

**TOPIC:
BEEN PRAYERFUL**

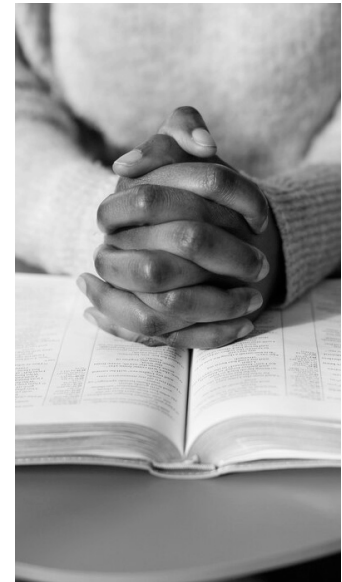
1 THESSALONIANS 5:17

"Pray without ceasing"

Paul encouraged the Thessalonians to be joyful always and also pray continually. Prayer is our weapon as women. We can destroy every plot of the enemy against our children, our families, ourselves by using the weapon, *prayer*. When you pray continuously you can win every battle that may hit your marriage. Get a solitary place where you can spend sometime to pray. Wake up in the night and pray, make sure you spend some time to pray every day.

Through prayerfulness, God can reveal a lot to you through visions. Through prayer, God can speak to you clearly. Build a solid prayer life as a woman.

PRAYER: Father, give me the grace to be prayerful. Amen!!



DAY
16

TOPIC:
REJOICE ALWAYS

1 THESSALONIANS 5:16

"Rejoice always "

Science have shown that happy people are generally healthier and more resilient to stress. Happy people can also live longer life. We need to live long to take care of our children. We need to live long to fulfil our purpose on this earth. We need to live long to fulfil our dreams of great academic excellence and expansion of our business. Let us fill our hearts with joy always by listening to music and interacting with friends. We can dance during the praise and worship time in our church services and fill our hearts with joy.

Let us cultivate the habit of laughing frequently instead of getting angry. God bless you that, you will fill your heart with joy.

May you live long to fulfil your dreams as you fill your heart with joy.

PRAYER: Father, help me to rejoice always. Amen!!



DAY
17

TOPIC:
BE PATIENT WITH THE LORD

BIBLE PASSAGE: PSALM 37:7

"Be still before the Lord and wait patiently for Him, do not fret when people succeed in their ways, when they carry out their wicked schemes."

Every woman desire to succeed. Every woman has plans concerning her children, career and many more. Sometimes you may see others rising above you, sometimes you may see others having more material gain, than you. In all these, you need to be still before the Lord and wait patiently for Him. Present your issues to God in prayer every day. Build up your faith and be content with what God has given you.

One day, your heart desire will be granted by God. Never be envious of the people who succeed through corrupt ways. Live a life Holy before God.

PRAYER: Father, please give me the grace to wait patiently for You. Amen!!



**DAY
18**

**TOPIC:
GOD WILL FIGHT YOUR BATTLES FOR YOU.**

BIBLE PASSAGE: JEREMIAH 1:19

"They will fight against you, but will not overcome you, for I am with you and will rescue you," declares the Lord ."

Sometimes when our challenges are overwhelming, we feel imprisoned, there seem to be no way out. People may fight against you, but they will not overcome you. We need to assure ourselves that, no matter the trap we find ourselves in as women, whether it is a terrible marriage, an unprofitable business, a difficult child we are raising, God can rescue us. God assures us that, He is with us in every challenging situation. Therefore, there is hope for victory.

We need to build our faith that, we are coming out of every form of imprisonment. God will surely rescue us and we will overcome our enemies. Just hold on to prayer.

PRAYER: Lord God, rescue me from the hands of my enemies. Amen!!



DAY
19

TOPIC:
YOUR SEASON WILL COME

BIBLE PASSAGE: ECCLESIASTES 3:1

"For everything, there is a season and a time for every purpose under the heaven".

I believe we have a lot of expectations as women. We also have a lot of heart desires. All these can become fruition in God's own time. There is a season for every purpose under the heaven. Sometimes challenges may hit us. We should not lose hope, but rather believe a season of joy, hope, and happiness would also come. Let us always have a positive expectation even when the future looks bleak.

Let us also be patient when we cry onto God for certain 'door openings' and blessings. When the season is right, God will show Himself strong. God bless you for waiting for your season of greatness.

PRAYER: Father, in your own time, show Yourself strong in my situation. Amen!!



DAY
20

TOPIC:
HAVE FAITH IN GOD

BIBLE PASSAGE: PSALM 31: 24

"So be strong and courageous, all you who put your faith in the Lord".

The greatest thing we need in our walk with the Lord is *faith*. In every situation, we need to put our hope in the Lord. When we put our hope in the Lord, we need to be strong and courageous. We need to be strong when we are faced with marital issues. We need to be strong when we are faced with strong challenges in our career. We need to place our hope in the Almighty God, that He will turn 'situations around'. We can build strength to face challenges in our marriage, our career, our finances through prayer. Let us put fear behind us and release the future into God's hands.

God can fully be relied on, and He does not fail. Let us build our faith in the Lord.

PRAYER: Father God, build my faith in you. Amen!!



DAY
21

TOPIC:
SEE THROUGH LIFE BY FAITH

BIBLE PASSAGE: 2 CORINTHIANS 5:7

"For we walk by faith and not by sight".

Faith is very important and needs to play a major role in our daily lives as women. We need to see through life by faith.

Faith is being assured of something you hope for. There are a lot of heart desires we have as women. The desire to see our children reach higher heights in life, the desire to see our businesses expanding, the desire to obtain good positions in our work places. All these can be achieved, if we build a strong faith in the Lord. We should not look at the little money in our hands, the lack of resources, but rather look up onto God, who is our provider.

We only have to build our faith and look up onto God. He will surely grant us our heart desire. Let us walk by faith and not by sight.

PRAYER: Father, grant me grace to walk by faith. Amen!!



DAY
22

TOPIC:

GOD WILL FIGHT THOSE WHO FIGHT AGAINST YOU

BIBLE PASSAGE: ISAIAH 54:15

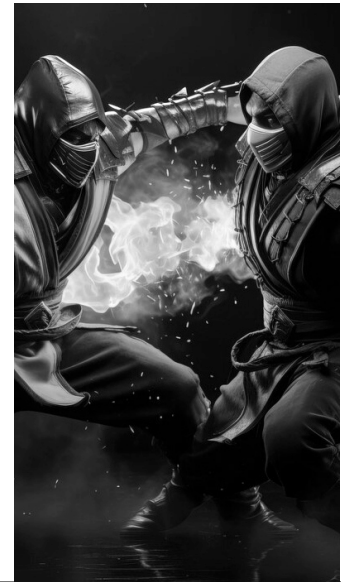
"If anyone stirs up strife, it is not from me, whoever stirs up strife with you shall fall because of You".

Sometimes we encounter people in life who dislike us. These people may pick up bitter disagreement with us. We should not fight back. We need to know that, God has our well being at His heart.

HE will cause our enemies to fall so that we can achieve our purpose on this earth.

Our enemies will be defeated and we will have our peace. Anyone who seek our downfall, will be put to shame. Anyone who seek our failure will be disgraced.

PRAYER: Father, cause those who strife against me fall. Amen!!



DAY
23

TOPIC:
BUILD UP YOUR FAITH
BIBLE PASSAGE: HEBREWS 11:1

"Now faith is the assurance of things hoped for, the conviction of things not seen".

We can achieve anything we want to achieve as women, if we build our faith in the Lord. This is because there is nothing impossible for God to do.

He only requires us to have trust in Him. We can build our faith by being prayerful, by speaking positively, by learning the scriptures and using them in our prayers. We should build our faith by reminding ourselves of our testimonies. Our past testimonies have the capacity to build our faith.

Whatever we are hoping to receive from God, we need to be assured that, God is capable of doing it.

PRAYER: Father, build my faith in You. Amen!!



DAY
24

TOPIC:
GOD EMPOWER US AS WOMEN

BIBLE PASSAGE: 2 TIMOTHY 1:7

"For the spirit God gave us, does not make us timid, but gives us power, love and self - discipline "

We need to be very courageous as women. Whatever gift God has given us, we need to rise up and use it for His glory. He never gave us the spirit of timidity. God has given us power to achieve every purpose for which He brought us on this earth.

The spirit God gave us, also gives us love and self -discipline. When we show love to people, it attracts God's blessings. When we are self -disciplined, we keep ourselves from sin, and we build intimacy with God. Let us not be timid as women but do our best to be courageous to achieve our purpose on earth.

PRAYER: Father, empower me, help me to be courageous and be filled with love and self-discipline. Amen!!



DAY
25

TOPIC:
KEEP THE WORD OF GOD
BIBLE PASSAGE: JOSHUA 1:8

"Keep this book of the law always on your lips, meditate on it' day and night, so that you may be careful to do everything written in it. Then we will be prosperous and successful".

One of the greatest keys to a successful Christian life is the study of the word of God. The devil can never deceive you if you are filled with the word of God. Whenever, your prayers are rich with the word of God, it brings great favor from God.

We will be prosperous and successful, if we study the word of God. We can also avoid negative confessions that may bring curses in our lives, if the word of God is continually on our lips.

We do not have to only study the word of God, but we also have to strive to obey it. Careful obedience to God's word brings great blessings.

PRAYER: Father, help me study your word and keep it. Amen!!



DAY
26

TOPIC:

KEEPING GOD'S WORD IN OUR HEARTS

BIBLE PASSAGE: PROVERBS 3:1-2

"My son, do not forget my teaching but keep my commands in your heart".

God's word is very important in building our growth in the Lord. We need to make time and study it. We need to keep the word in our heart. Anytime we are faced with challenges as women, we need to hold on to God's word. We need to encourage ourselves with God's word and move forward.

God's word can be a source of hope for us. God's word can be a source of strength when we are discouraged.

Let us study the word of God consistently and keep it in our heart.

PRAYER: Lord, help me keep Your word in my heart. Amen!



DAY
27

TOPIC:
COMMIT EVERYTHING YOU DO TO THE LORD

BIBLE PASSAGE: PROVERBS 16:3

"Commit to the Lord whatever you do, and He will establish your plans".

We may have several plans as women. Our plans can only become fruition when it is established by the Lord. Therefore, we need to consider every step we want to take in prayer, so that it will be established by God.

The bringing up of our children should be committed to the Lord. We need God to give us grace as women to raise our children in the fear of God. We need to commit the work of our hands to the Lord.

Proverbs 10:22 says that, "the blessings of God maketh man rich and He adds no sorrow". When we commit the work of our hands to the Lord, He establishes it with His blessings.

PRAYER: God, establish my plans by Your power and grace. Amen!!



DAY
28

TOPIC:
YOU WILL FIND SATISFACTION IN ALL YOUR TOIL
BIBLE PASSAGE: ECCLESIAES 3:13

"That each of them may eat and drink and find satisfaction in all their toil – this is the gift of God".

Sometimes, we work extremely hard as women in order to take care of our children, ourselves and our entire family. We will not die prematurely for another woman to enjoy the fruit of our labor.

God will keep us with His grace and might. We will find satisfaction in all our toil.

We should consistently pray to God to preserve our lives and keep us in good health as women. We will surely live long to enjoy the fruit of our labour.

PRAYER: Father, keep me, let me find satisfaction in all my toil



DAY
29

TOPIC:
PUT YOUR TRUST IN THE LORD

BIBLE PASSAGE: PROVERBS 3:5-6

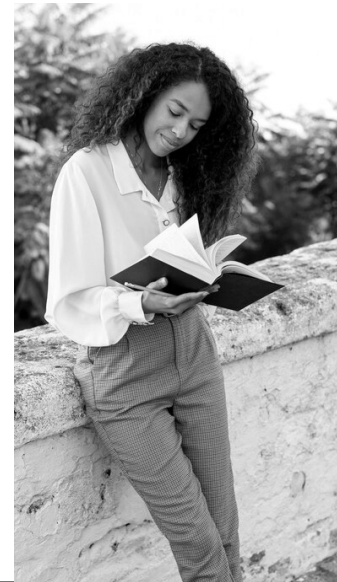
"Trust in the Lord with all your heart, do not rely on your own intelligence. Know Him in all your paths, and He will keep your ways straight".

Our intelligence may fail us. When we use our human strategies, make our plans and try to be successful with our own strength, we may fail.

Let us put our complete trust in the Lord. Let us rely on Him solely to order our steps. Through this, our life's journey will be meaningful and we will obtain great success.

Let us seek the face of God in every decision we intend to take. Let us take God's guidance seriously in our journey through life.

PRAYER: Father, I put my trust in You, guide me and give me great success. Amen!!



DAY
30

TOPIC:
PUT YOUR TRUST SOLELY IN GOD

BIBLE PASSAGE: PSALM 56:3

"When I am afraid, I put my trust in You".

Sometimes, fear tries to grasp us as women. When there is financial crisis, we need to put our complete trust in the Lord. We need to be courageous and face the challenges we go through as women with prayer.

When we are faced with marital issues, we do not have to be afraid. We need to release the issue before God. God is ready to fight our battles for us. If we completely release it into His hands and put our trust in Him. Anytime we are afraid, let us put our trust in the Lord. He is able to do everything.

PRAYER: Father, thank you that you are always with me. I put my trust in You. Amen!!

