

An artistic illustration of a Black woman in profile, facing right. She wears a golden crown and a white, flowing robe with a gold sash. Her eyes are closed, and she has a serene expression. The background is a deep purple night sky with a bright, glowing sun or moon on the right side, surrounded by stars and soft, wispy clouds. The overall mood is peaceful and majestic.

PUT ON YOUR STRENGTH

A 5-DAY DEVOTIONAL FOR WOMEN
BUILDING, BIRTHING, AND BECOMING

DEBOLA ATOYEBI

**Put On Your Strength: A 5-Day Devotional for Women Building,
Birthing, and Becoming**

by Debola Atoyebi

Preface

Dear Sister,

In a world that demands much from women—emotionally, spiritually, and physically—many of us find ourselves exhausted, overwhelmed, or simply unsure of the next step. We carry the weight of expectations and dreams, yet the strength to rise, build, birth, or become can often feel just out of reach.

This devotional is a sacred invitation. A moment to pause, gather strength, and align your heart with heaven's purpose. It is rooted in the theme of the Hadassah Women's Conference—"Put on Your Strength"—because now more than ever, it's time to rise in the strength God provides.

May these five days stir something deep in you: a holy resolve to build again, birth destiny, and become all He's called you to be.

A handwritten signature in black ink, appearing to read "DebolA", with a stylized flourish at the end.

With love and strength,
Debola Atoyebi

How to Use This Devotional

- Begin each day with prayer, inviting the Holy Spirit to speak to you.
- Read the scripture and devotional message slowly and meditatively.
- Speak the declarations and decrees aloud, releasing God's word over your life.
- Reflect using the Activation Questions.
- End each day with a prophetic word or closing charge to carry you forward.

You may want to journal after each devotional or share your reflections with a prayer partner. However you journey through it, be expectant, strength is coming.

Day 1: Wake Up and Wear Strength

Scripture: Isaiah 52:1 – 'Awake, awake; put on thy strength, O Zion.'

God is calling you to rise—not just from sleep, but from stagnation, fear, weariness, and spiritual dormancy. This is not the season to remain under the weight of past disappointments or unhealed wounds. Heaven is issuing a call to shake off the dust (Isaiah 52:2), stand tall in truth, and step into your divine identity.

There is a strength already woven into the fabric of who you are—but you must choose to put it on. Just like a royal garment, strength doesn't cling to you automatically; it must be intentionally worn. Cast off every identity rooted in weakness, shame, or delay. Exchange them for garments of power, dignity, and purpose.

You are not helpless. You are not invisible. You are not behind time.

You are a daughter of Zion, summoned to arise.

Strength is your mantle. Authority is your inheritance. Glory is your portion.

This strength is already yours. It's in your identity as a daughter of the Most High. You were never meant to live in cycles of helplessness or fear. Take off the garments of shame and defeat, and robe yourself with the strength of heaven.

Heaven is waiting for your yes. The strength to rise is here, put it on.

Prayer:

Lord, awaken my spirit. Help me cast off every garment of despair, discouragement, or fear. I choose to wear strength. I declare that I am rising, not by my power, but by Yours.

Declarations and Decrees

Declare boldly:

- 1. I arise and shine, for my light has come and the glory of the Lord rises upon me. — **Isaiah 60:1***
- 2. I shake off the dust of delay, despair, and defeat. I put on strength and beauty as garments. — **Isaiah 52:1-2***
- 3. I am clothed with strength and dignity; I face the future with confidence and faith. — **Proverbs 31:25***
- 4. The Lord is my strength and my song; He has become my salvation. I will not fear, for He is with me. — **Exodus 15:2, Isaiah 41:10***
- 5. I decree that I will not live beneath my calling. I walk in the fullness of my inheritance — **Romans 8:17***
- 6. I break agreement with every lie that says I am weak or unqualified. I align with heaven's truth: I am chosen, empowered, and anointed — **2 Corinthians 12:9-10***
- 7. I decree that this is my season of strength. I will not faint; I will run with grace, soar with faith, and stand firm with purpose — **Isaiah 40:31***

Activation Questions:

- What 'garments' (mindsets, fears, patterns) do you need to take off in this season?
- What does strength look like for you practically in this season?

Prophetic Word / Closing Charge:

Daughter, the strength you need has already been deposited. Rise, take your place, and watch Me empower your every step. You are not empty—you are fully armed.

Day 2: Strength to Build Again

Scripture: Nehemiah 2:18 – 'Let us rise up and build. So, they strengthened their hands for the good work.'

“Let us rise up and build.”

These were not just words in Nehemiah’s day—they are a prophetic summons for our time. God is calling women to build again—not from the convenience of strength already made perfect, but from the inner resolve that says, “I believe in what God has put in me—even when the ruins look overwhelming.

You’ve been through the tearing down but now comes the building up. Every God-given vision needs the strength to be built—whether that’s a business, a ministry, a home, or your personal life.

You may be staring at broken walls—shattered dreams, delayed vision, strained relationships, or a soul weary from long battles. But just like Nehemiah, you are called to **build in the face of opposition** and **rise in the midst of rubble**. Building takes courage. It takes a heart that is set—not on what is missing, but on who is sending you.

God gives **grace to the builder**, wisdom for the architect, and strength to the labourer. He has not asked you to build alone. The Holy Spirit is your foreman, your supplier, your master planner. Your job is not to know every step—it is to take the next obedient one. **Lay the brick. Say the yes. Strengthen your hands.**

This is your season to build your prayer altar again.

To rebuild broken emotional foundations.

To lay spiritual structures that generations will walk through.

To pick up your tools and say, *“I refuse to leave what God started in ruins.”*

What was delayed will now be done with speed.

What looked impossible will be built by grace.

The ruins of past seasons are becoming the **launchpads of legacy**.

Prayer:

Father, give me the wisdom, tenacity, and clarity to build according to Your blueprint. Where I have grown tired, breathe new life into me.

Declarations and Decrees:

Declare aloud with faith:

- 1. I arise with the strength of God to build what heaven has assigned to me — **Nehemiah 2:18***
- 2. My hands are blessed to build. I am not paralyzed by fear, nor am I held hostage by delay — **Psalms 90:17, Isaiah 41:10***
- 3. The same God who gave Noah a blueprint, who gave Moses a pattern, and Nehemiah favour, is working through me — **Exodus 25:40, Genesis 6:14, Nehemiah 2:8***
- 4. I decree that every enemy of my assignment is silenced. No Sanballat or Tobiah will hinder my progress — **Nehemiah 4:1-3, Isaiah 54:17***
- 5. Every tool I need—spiritual, financial, relational—is being supernaturally supplied. I lack nothing— **Philippians 4:19, 2 Corinthians 9:8***
- 6. I build with purpose. I build with purity. I build with power. What I lay my hands upon shall prosper — **Jeremiah 1:10, Haggai 2:9***
- 7. This is my builder's season. I rise, I work, and I finish strong—with joy and excellence — **Zechariah 4:9-10, 2 Chronicles 15:7***

Activation Questions:

- What project, vision, or purpose have you delayed that needs rebuilding?
- What practical steps can you take to begin again?

Prophetic Word / Closing Charge:

The season of hesitation is over. You are anointed to build. The favor that rested on Nehemiah now rests upon you. Pick up your tools—it's time to build.

Day 3: BIRTHING

Scripture: Isaiah 66:9 – 'Shall I bring to the point of birth and not cause to bring forth?'

God does not begin what He will not complete. If you are carrying a divine promise, a vision, a dream, or a calling—it was never meant to die in the womb of delay, discouragement, or spiritual warfare. You have been in gestation, not abandonment.

For too long, you've felt the weight of a promise inside you with no visible progress. You've questioned whether the contractions of your pain were signs of miscarriage or momentum. But hear the Word of the Lord: You are not overdue; you are in divine timing.

This is your birthing season.

The enemy tried to convince you that you were too old, too late, too weak, or too broken. But like Sarah, Elizabeth, and Mary, you are positioned to carry something that will shift generations. Heaven is backing your push. Now is not the time to retreat. Now is the time to posture yourself in the Spirit, press through in prayer, and push with purpose.

You will not suffer spiritual miscarriage.

You will not abort your destiny.

You will not deliver stillborn dreams.

What God placed in you will be birthed in full strength and divine timing.

This is not just about one goal or assignment. It's about legacy—the lives that will be impacted when you step fully into what you were created to release.

This is your birthing room. It may be messy. It may feel overwhelming. But strength is rising. Call upon your midwife — the Holy Spirit — to help you push. Let the midwives arise. Let the contractions intensify. Let the birthing chambers be filled with praise, not panic.

The crown is showing. It's time to push

Prayer:

Lord, I come into agreement with heaven's timing. Help me birth what You have placed in me. I will not grow weary in labor.

Declarations and Decrees:

I will birth. I will not abort. My promise will live.

Speak boldly and with faith:

- 1. I am a carrier of purpose and promise. What God placed in me will not die prematurely — **Isaiah 66:9***
- 2. I decree strength in the birthing place. I will not be weary; I will not faint. I push with power — **Isaiah 40:29-31***
- 3. Every voice of delay, fear, and sabotage is silenced. My womb is aligned with heaven's timetable -- **Ecclesiastes 3:1-2, Psalm 138:8***
- 4. Like Hannah, I will birth what I prayed for. Like Mary, I will steward what was supernaturally conceived — **1 Samuel 1:27-28, Luke 1:38***
- 5. No spiritual miscarriage. No abortion of destiny. I carry to term and deliver in power — **Exodus 23:26***

6. *My spiritual midwives are arising—helpers, intercessors, and resources are positioned around me — **Isaiah 60:4-5***
7. *I decree that my birthing season will bring forth joy, legacy, and divine manifestation — **John 16:21, Isaiah 66:8***

Activation Questions

- What have you been carrying in your spirit that feels overdue?
- What fears have kept you from pushing forward?
- Write down one area where you feel God is asking you to ‘birth’ something new.

Prophetic Word / Charge

You are not barren — you are fruitful. The seed of greatness within you will not die in the womb of waiting. Push again. Believe again. For surely, the Lord will cause you to bring forth.

Day 4: BECOMING

Scripture: Judges 6:14 – 'Go in this thy might... have not I sent thee?'

Go in this thy might... have I not sent thee?" — Judges 6:14

Becoming is rarely glamorous. It's the hidden journey of God shaping you in obscurity before He reveals you in power. God does not speak to us based on how we see ourselves—He speaks to us according to how He made us. When God called Gideon, he was hiding in fear, disqualified by his own internal dialogue and external conditions. Yet God's voice pierced the cave of insecurity and declared: "You are a mighty man of valour."

In the same way, heaven is calling you out of hiding. This is your season to become—not based on public approval, but by divine design. You may feel overlooked, underqualified, or too broken by past mistakes, but God is not consulting your feelings to determine your future.

Becoming is a journey, not a destination. It is the process of shedding lies, breaking old mindsets, and walking boldly into your God-given identity. It is about silencing the voices of the past and agreeing with what the Father has already spoken.

He says you are chosen.

He says you are strong.

He says you are sent.

And if He has sent you, you cannot be stopped.

Don't wait to feel ready—go in this your might. Go with your scars. Go with your questions. Go with trembling hands if you must, but GO. Heaven's seal is already on you. The world doesn't need another version of someone else—it needs the becoming of YOU.

Prayer:

Father, strip away false identities. Help me see myself through Your eyes. I receive strength to become everything You've destined me to be.

Declarations and Decrees:

I am becoming. I am bold. I am sent. I will not retreat.

Speak these out loud over yourself:

- 1. I am who God says I am. I may feel weak, but I go in His strength —
Judges 6:14, 2 Corinthians 12:9*
- 2. I shake off every false identity and robe myself in divine calling —
Isaiah 61:3, Romans 8:30*
- 3. I am not what I've been through. I am not what they called me. I am
what God declared over me — **1 Peter 2:9, Jeremiah 1:5***
- 4. I decree that I will no longer hide. I am rising with clarity, confidence,
and courage — **Isaiah 60:1, Psalm 18:29***
- 5. My past does not define me. My mistakes do not disqualify me. I am
becoming everything God wrote — **Philippians 1:6, Psalm 139:16***
- 6. I go in this my might. I will not delay. I will not disobey. I will fulfil my
assignment — **Hebrews 10:35-36***
- 7. This is my becoming season. I walk in divine confidence, supernatural
wisdom, and unshakable purpose — **Proverbs 3:26, Ephesians 2:10***

Activation Questions

- Where have you been hiding out of fear or insecurity?
- What has God repeatedly affirmed about your calling that you struggle to believe?
- Write down who God says you are — and declare it daily.

Prophetic Word / Charge

You are coming out of hiding. Your strength is being activated. God is dressing you in boldness. You will no longer shrink when you should rise. Go — for He has sent you.

Day 5: Strength to Finish

Scripture: 2 Timothy 4:7 – 'I have fought the good fight, I have finished the race, I have kept the faith.'

The Finisher's Anointing

Starting is exciting. But finishing? That takes strength, discipline, and divine tenacity. Many begin, but few finish. Even fewer finish strong. Yet God's desire for you is not just to run — but to complete your race with joy. Paul wrote these words not from the comfort of success, but from the grit of endurance. His journey was filled with trials, beatings, imprisonments, betrayals, and lonely nights—but he did not quit. He knew his crown wasn't just for starting, but for finishing.

You too have a race set before you (Hebrews 12:1–2). Whether you're raising children, building a ministry, restoring your marriage, leading a business, recovering from pain, or walking through healing—God is giving you strength to finish well

This is not the time to faint. Not the time to turn back. Not the time to compare your pace with others. Heaven rejoices not just in progress, but in perseverance. And He who began this good work in you will bring it to completion
(Philippians 1:6).

Let this day be a line in the sand—the moment you choose to press forward with fire in your belly and faith in your eyes. You will not die with your dreams still inside you. You will not expire in the wilderness. You will enter your promised land, and you will do it strong.

You are not finishing with fumes—you're finishing with fire.

Prayer:

Jesus, I want to finish strong. Keep me anchored in faith, focused in purpose, and fiery in spirit.

Declarations and Decrees:

I finish well. I will not faint. I will see the end of what God began in me.

Speak these boldly over your life:

- 1. I carry the finisher's anointing. I will finish my race with fire and faith —
2 Timothy 4:7, Philippians 1:6*
- 2. Every divine assignment over my life will be completed in Jesus' name —
John 17:4, Acts 20:24*
- 3. I will not be weary in well-doing. I will reap because I will not faint —
Galatians 6:9*
- 4. I break the power of delay, discouragement, and defeat. I rise in strength
and strategy — Isaiah 40:29–31, Psalm 18:32*
- 5. Every project, vision, dream, and assignment God has given me will be
finished to His glory — Ecclesiastes 7:8, Zechariah 4:6–9*
- 6. I finish with grace. I finish with peace. I finish with fruit that remains —
John 15:16, Isaiah 26:12*
- 7. As this devotional ends, I receive fresh oil for my next season. I will not
retreat—I will advance! — Psalm 92:10, Job 17:9*

Activation Questions

- What does ‘finishing strong’ look like in your current season?
- Are there areas you’ve abandoned out of weariness that God is calling you to return to?
- Ask God for a fresh perspective on what it means to finish your race with joy.

Prophetic Word / Charge

You are not finished — but you will finish. Your hands will complete what your heart conceived. God is giving you final lap strength. Keep going. Your crown awaits.

Final Prayer & Encouragement

Heavenly Father, thank You for awakening me to the strength You have already deposited within me. Let the words, decrees, and scriptures from this devotional become living waters that refresh and empower me and every woman who reads them. May this devotional not end with these pages but become a fire that fuels new journeys, new dreams, and divine birthing. Help me and everyone who reads this devotional to finish strong in this season. Help me to walk in strength, victory, and purpose. Seal every word, every prayer, and every revelation in my heart. In Jesus’ name, Amen.

With Love

Dear Daughter of God, you are not who the world says you are. You are who HE says you are—strong, chosen, appointed, equipped. This is not the end—this is a beginning. Stay anchored in God’s Word. Stay yielded to His Spirit. There is more ahead, and your best is yet to come. Go forth and put on your strength.

