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Held in His *Hands*

Scripture, Prayer & Encouragement for Seasons
of Waiting, Weariness & Renewal

MAVEN & MUSE®

DEVOTIONAL COLLECTION | VOLUME 01

Shanquila “Q” Sylve

A Personal Note

Welcome to Held in His Hands.

I created this devotional to offer Scripture-based comfort and encouragement, with space to hear what God has made known about His heart. My hope is that these pages help you recognize the compassion of our Heavenly Father and find courage in His faithfulness.

Whatever has brought you to these pages, there is room to begin where you are. You do not need to find perfect words or hurry through a prescribed experience. The Lord who hears your prayers welcomes an honest heart. His Word gives us a sure place to return: He is near to His people, patient in His care, and faithful to His promises.

In the chapters ahead, we will consider His nearness, the rest Yeshua offers, the peace He gives, and the hope that grows as we remember His mercy. We will read each passage within its setting and let its truth give substance to our comfort. The prayers and gentle invitations that follow are ways to remain with His Word through the day.

You may read one chapter at a time or stay with a passage for several days. There is no need to finish quickly. Read slowly, pause where you wish, and bring your own words to the Father. Even a brief prayer can be an expression of trust in His loving care.

May this book help you return to the God of Scripture, who remains faithful to His Word. May you find fresh courage to trust Him, freedom to draw near through Yeshua, and lasting encouragement in the good news of His grace.

With care,

Shanquila “Q” Sylve

Abide in His Word

Begin with Scripture

Read The Word before turning to the teaching. The passages are quoted from the King James Version. Read them aloud if you wish, and notice what they reveal about the Lord.

Seek understanding

The teaching places each passage within its setting. Follow the suggested reading into your Bible so that the verses remain connected to the message around them.

Receive encouragement

Let the Lord's compassion and faithfulness give substance to your hope. You may bring Him your requests, receive the comfort of His Word, and rest in what He has made known.

Walk in what you learn

Each chapter offers a gentle way to carry the passage into daily life. The optional question is an invitation to linger with the Scripture; you may simply sit with it or bring it into prayer.

Return and continue

There is no prescribed pace. Stay with a chapter for several days if you wish. The closing passages offer familiar places to return for comfort, prayer, and continued growth in God's Word.

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God Is Near to the Brokenhearted

THE WORD • PSALM 34:17–19 • KJV

¹⁷ The righteous cry, and the LORD heareth, And delivereth them out of all their troubles. ¹⁸ The LORD is nigh unto them that are of a broken heart; And saveth such as be of a contrite spirit. ¹⁹ Many are the afflictions of the righteous: But the LORD delivereth him out of them all.

Understanding the Scripture

Psalm 34 begins with praise and grows into an invitation to trust the Lord. Its heading remembers David's deliverance from danger. Having been heard by God, David calls others to seek Him, turn from evil, and pursue peace. His testimony becomes instruction for a life of faith.

Notice the order of these verses: God hears, God draws near, and God delivers. The righteous are not portrayed as people who never suffer. They are people whose cries reach the Lord. Nigh means near; a contrite spirit is one that is crushed or humbled. God's response is compassionate attention rather than indifference.

The promise of deliverance rests on His character. David teaches us to look beyond the pressure of the present moment to the Lord who sees His servants and redeems them. We can pray from within trouble because His care is already directed toward His people.

A Word of Encouragement

You do not have to persuade the Father that your prayer deserves His attention. This psalm gives voice to His willingness to hear. When words come slowly, you may still draw near with the confidence that He understands. Your circumstances may be unfinished, but His faithfulness remains sure. The Lord who heard David continues to care for His people. His nearness is a comfort to receive today: you may bring Him your need, rest in His compassion, and trust that your cry has not passed unnoticed.

Walking in His Word

Let the passage become a simple prayer: thank the Lord that He hears, ask for His nearness and help, and entrust your need to Him. Carry that confidence into one ordinary act of faithfulness today. Psalm 34:14 points toward peace and goodness, which may take the form of an honest word, a gentle response, or kindness offered to someone nearby.

A Prayer

Heavenly Father, thank You that You hear the cries of Your people. I draw near to You through Yeshua and ask for Your mercy, wisdom, and healing. Help me trust Your presence when I cannot yet see the answer. Teach me to turn from evil, seek peace, and walk in what is good. Let Your faithfulness give me courage to pray again and to follow You today. In Yeshua's name, Amen.

A Moment of Reflection

Which truth about the Lord in these verses will I carry into prayer this week?

For a fuller reading: Psalm 34:1–22.

Rest for the Weary

THE WORD • MATTHEW 11:28–30 • KJV

²⁸ Come unto me, all ye that labour and are heavy laden, and I will give you rest.

²⁹ Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.

Understanding the Scripture

Yeshua speaks this invitation after teaching that the Father is made known through the Son. The rest He offers is therefore personal: it is found in coming to Him, receiving His teaching, and belonging to Him. He calls those who are burdened into a relationship shaped by His grace.

A yoke directs work and provides an image of submission to a teacher. To take His yoke is to become His disciple. Meek describes His gentleness, and lowly speaks of His humility. His authority is trustworthy because His heart is good. The invitation joins rest with learning; receiving His care and following His ways belong together.

This is rest for the soul, deeper than a brief escape from responsibility. Yeshua reconciles us to the Father and teaches us to live under His gracious rule. We learn to obey from a place of belonging, trusting the Savior who calls us to Himself.

A Word of Encouragement

Listen to the welcome in this passage. Yeshua knows the Father, and He invites the weary to come to Him. You need not arrive with everything in order. His gentleness gives you reason to trust Him with the life you have today, including what remains unresolved. As His disciple, you are cared for by the One who teaches you. Rest grows within that relationship: His grace receives you, His wisdom guides you, and His good heart makes it possible to follow Him with confidence.

Walking in His Word

Return to Yeshua's invitation when the day feels hurried. You may begin with a few words: Lord, I come to You. Read Matthew 11:25–30 as time allows, noticing His gentleness and His relationship with the Father. Let one teaching of His shape your day, trusting that the Savior who calls you also cares for you as you learn.

A Prayer

Yeshua, I come because You have invited me. Thank You for making the Father known and receiving those who are weary. Teach me Your ways. Free me from the striving that tries to earn what Your grace provides, and help me follow You with a willing heart. Let the rest You give take root in my soul as I learn from You. In Your name, Amen.

A Moment of Reflection

What does Yeshua's description of His own heart teach me about following Him?

For a fuller reading: Matthew 11:25–30.

Healing in His Presence

THE WORD • PSALM 147:1–5 • KJV

¹ Praise ye the LORD: For it is good to sing praises unto our God; For it is pleasant; and praise is comely. ² The LORD doth build up Jerusalem: He gathereth together the outcasts of Israel. ³ He healeth the broken in heart, And bindeth up their wounds. ⁴ He telleth the number of the stars; He calleth them all by their names. ⁵ Great is our Lord, and of great power: His understanding is infinite.

Understanding the Scripture

Psalm 147 calls a gathered community to worship. The Lord rebuilds Jerusalem and brings Israel's outcasts home. The healing of broken hearts appears within that larger work of restoration: God attends to people whose lives have been scattered, and His people respond with praise.

The psalm moves from wounds to stars without changing its subject. The One who knows the heavens also knows His people. His power is vast, and His understanding has no limit. The image of binding wounds reveals the tenderness of His care; His greatness makes that tenderness more wonderful, not less personal.

Praise is called comely, meaning fitting or beautiful. Worship is the appropriate response to the Lord's character and works. The passage teaches us to place hope in His power and compassion together. We may ask Him for healing while trusting the wisdom of the One who understands what we cannot.

A Word of Encouragement

The Lord who names the stars also tends the brokenhearted. The psalm places His greatness and His tenderness side by side, giving us reason to bring our needs to Him without holding back. His understanding reaches beyond what you can explain, and His compassion is never careless. You may ask for healing and restoration with an open heart, trusting His wisdom with the answer. Even while you wait, His character remains a reason for hope. The One who gathers His people is attentive to those who call upon Him.

Walking in His Word

You may pray with these five verses, pausing wherever a word about God gives you comfort. Thank Him for His power and tenderness, then bring Him the healing and restoration you seek. If you pray with someone else, let the prayer express confidence in His compassion and trust in His wisdom.

A Prayer

Lord, You are great in power and tender in Your care. Thank You for gathering Your people and binding their wounds. I ask You for healing and restoration, trusting Your understanding where mine is limited. Help me recognize Your goodness and worship You with sincerity. Through Yeshua, renew my hope and teach me to receive Your mercy with a thankful heart. In Yeshua's name, Amen.

A Moment of Reflection

How does this psalm's picture of God deepen the way I pray for healing?

For a fuller reading: Psalm 147:1–20.

Peace When the Mind Is Troubled

THE WORD • PHILIPPIANS 4:6–9 • KJV

⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. ⁸ Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. ⁹ Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Understanding the Scripture

Paul writes from imprisonment to believers he loves. His instruction grows from a life sustained by Christ in real difficulty. In this passage, prayer, thought, and action are joined: bring requests to God, attend to what is true and good, and practice the teaching you have received.

Careful here means anxious or full of care. Supplication is earnest petition, and keep carries the sense of guarding. Paul directs the church toward the Father with specific requests and thanksgiving. He then calls them to discipline their attention around truth and live accordingly. The promise centers on God's peace and presence through Christ.

A Word of Encouragement

The Father makes room for every concern you bring before Him. Prayer need not begin with a calm mind; it may begin with a simple request for His help. Paul's words direct our hope toward the peace God gives through Yeshua. You are not left to produce that peace by willpower. As you return to what is true, you may entrust yourself to the Father's keeping care. His goodness is a reason for thanksgiving even before an answer becomes clear, and His presence gives you reason to pray again.

Walking in His Word

Bring one request to the Father in your own words. Alongside it, name a truth about Him for which you can give thanks. Verse 8 offers a gentle direction for your attention: return to what is true and good. Let that truth accompany one faithful response today, whether a kind word, an honest decision, or a responsibility placed in His hands.

A Prayer

Father, receive my requests and teach me to pray with thanksgiving. Guard my heart and mind through Yeshua. Let Your Word correct what is false and give my thoughts a faithful direction. Help me practice what I learn, with patience when I need to begin again. Thank You that Your peace is rooted in who You are and that I may return to You in every circumstance. In Yeshua's name, Amen.

A Moment of Reflection

Which truth from Scripture can guide both my thoughts and my actions today?

For a fuller reading: Philippians 4:1–13.

Strength for Today

THE WORD • ISAIAH 40:28–31 • KJV

²⁸ Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. ²⁹ He giveth power to the faint; and to them that have no might he increaseth strength. ³⁰ Even the youths shall faint and be weary, and the young men shall utterly fall: ³¹ but they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Understanding the Scripture

Isaiah 40 announces comfort and restoration to God’s people. Near its close, Israel fears that its way is hidden from the Lord. The answer begins with who God is: everlasting Creator, tireless in strength, beyond the limits of human understanding. His people’s trouble has not escaped His notice.

Human strength, including the vigor of youth, eventually reaches its limit. The Lord gives strength to those who wait upon Him in hopeful dependence. Soaring, running, and walking express the sustaining power He supplies. This prophetic poetry directs confidence toward God, rather than making physical stamina a measure of faith.

The promise calls weary people to look again at their faithful Creator. Waiting upon Him is active trust: seeking His Word, receiving His help, and continuing in obedience as He sustains His people.

A Word of Encouragement

The everlasting God does not grow weary in His care for His people. Your need for strength is known to Him, and you may depend on Him without pretending to be sufficient in yourself. Waiting upon the Lord means placing your hope in One whose power and compassion endure. His help may come through renewed courage, wise direction, needed rest, or the faithful care of others. You can receive that help with gratitude. The next step may be small, yet it can be taken in the company of the Lord who sustains you.

Walking in His Word

Before planning the day, linger over what verse 28 reveals about God. Ask Him for strength and wisdom for what lies before you. Receive help when it is offered, and entrust unfinished work to Him. Dependence on the Lord can shape an ordinary day as surely as an extraordinary one.

A Prayer

Everlasting Father, You do not grow weary, and Your wisdom has no limit. Thank You for seeing Your people and giving strength to the faint. Renew my hope as I wait upon You. Guide my decisions, sustain my faith, and help me receive the help You provide. Let me serve You with the strength You give, trusting Your care for today and tomorrow. In Yeshua's name, Amen.

A Moment of Reflection

What changes in my approach to this day when I begin with who God is?

For a fuller reading: Isaiah 40:1–31.

Trusting God in the Waiting

THE WORD • ISAIAH 41:8–10 • KJV

⁸ But thou, Israel, art my servant, Jacob whom I have chosen, the seed of Abraham my friend. ⁹ Thou whom I have taken from the ends of the earth, and called thee from the chief men thereof, and said unto thee, Thou art my servant; I have chosen thee, and not cast thee away. ¹⁰ Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Understanding the Scripture

The Lord addresses Israel by name before calling His people to courage. Their relationship with Him is rooted in His choosing and His covenant faithfulness. Surrounded by the fear of nations and the futility of idols, they are reminded that He has not cast them away.

The assurance in verse 10 is sustained by repeated promises of God's own action: His presence, strength, help, and upholding. His righteous right hand is an image of dependable power. Israel can look to the Lord who has committed Himself to His people.

Christian believers read this promise in its original setting and learn from the faithful character it reveals. We do not turn Israel's history into a timetable for our circumstances. We take courage in the God made known throughout Scripture and draw near to Him through Yeshua, trusting His goodness while we wait.

A Word of Encouragement

Waiting does not place your life beyond the Lord's care. The God whose faithfulness is revealed in this passage sees what you cannot yet see and remains worthy of your trust. You may come to Him without a timetable for the answer. His presence, strength, and help give substance to your hope while the future is still unclear. Through Yeshua, you may draw near to the Father and ask for what you need today. His goodness gives you room to wait honestly, pray freely, and continue with courage.

Walking in His Word

Read the passage beginning with the people God addresses in verse 8. Thank Him for the faithfulness it reveals. You may bring your request without setting a deadline for His answer, then ask for wisdom about the next faithful step. Where action must wait, prayer and worship remain ways to draw near to Him.

A Prayer

Faithful Lord, thank You for the testimony of Your steadfast care throughout Scripture. I ask for Your help as I wait. Strengthen my trust, guide my decisions, and keep me attentive to Your Word. Through Yeshua, teach me to draw near to You with confidence. Help me obey what You have made clear and entrust what I cannot yet see to Your wisdom and love. In Yeshua's name, Amen.

A Moment of Reflection

How can God's faithfulness shape the way I wait and the way I act?

For a fuller reading: Isaiah 41:1–20.

Renewed Hope and Restoration

THE WORD • LAMENTATIONS 3:21–26 • KJV

²¹ This I recall to my mind, Therefore have I hope. ²² It is of the LORD's mercies that we are not consumed, Because his compassions fail not. ²³ They are new every morning: Great is thy faithfulness. ²⁴ The LORD is my portion, saith my soul; Therefore will I hope in him. ²⁵ The LORD is good unto them that wait for him, To the soul that seeketh him. ²⁶ It is good that a man should both hope and quietly Wait for the salvation of the LORD.

Understanding the Scripture

Lamentations gives voice to grief over Jerusalem's devastation. In chapter 3, the speaker describes affliction before deliberately recalling the Lord's mercy. Hope enters the poem through remembering who God is. The sorrow is real, and so is the faithfulness being confessed.

To name the Lord as one's portion is to find one's lasting hope in Him. His goodness is the reason to seek Him and wait for His salvation. The passage does not ask us to forget what happened; it teaches us to remember something greater alongside it: God's compassion has not failed.

This is a disciplined act of faith. What we recall shapes where we place our trust. The speaker turns again toward the Lord, and the testimony of His mercy gives the next morning a reason for hope.

A Word of Encouragement

The Lord's compassion belongs to His faithful character. You can return to Him in prayer because His mercy has not been exhausted by yesterday's need.

Lamentations gives us words of hope spoken within sorrow, showing that trust can begin before circumstances are restored. The resurrection of Yeshua gives Christian hope its lasting foundation: the Savior lives, and God's restoring purpose reaches beyond what we presently see. As a new day begins, you may receive it with this assurance before you: the Lord remains good, and His faithfulness endures.

Walking in His Word

Begin the morning with verses 21–26, allowing their words about God's mercy to have your attention. Remember an account of His faithfulness in Scripture and bring it into prayer. Return to that truth as the day unfolds. Shared worship and time in His Word can help sustain your hope.

A Prayer

God of mercy, great is Your faithfulness. Thank You that Your compassion does not fail. Help me remember Your works and place my hope in You. Through the risen Yeshua, renew my confidence in Your restoring purpose. Teach me to seek You with patience, receive today's mercy with gratitude, and encourage others with the truth of Your Word. In Yeshua's name, Amen.

A Moment of Reflection

How does the Lord's enduring mercy strengthen my hope today?

For a fuller reading: Lamentations 3:19–33.

A Scripture-centered prayer

ROMANS 15:13 · KJV

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Heavenly Father, You are the God of hope. Thank You for speaking through Your Word and making Your faithfulness known. You hear Your people, give strength to the weary, and invite us to seek You with confidence.

We ask for healing and restoration in the lives of those who open these pages. Let Your compassion be known in their homes, their relationships, and their daily needs. Give wisdom for decisions, strength for obedience, and courage to receive the help You provide.

Through Yeshua, our risen Savior and great High Priest, teach us to draw near to Your throne of grace. Deepen our trust in His finished work. By Your Holy Spirit, form in us a love for truth and a willingness to live it.

When we pray, help us remember Your promises. When we wait, keep us steadfast in hope. When we receive mercy, make us generous in sharing it. Let thanksgiving grow as we learn to recognize Your goodness in the ordinary hours of our lives.

We entrust the days ahead to You, confident in Your wisdom and love. Keep our faith rooted in Your Word, our prayers open before You, and our hope alive through the power of the Holy Spirit. In Yeshua's name, Amen.

Words to return to

Return to these passages in your Bible. Read the words around them, and let their truth give direction to your prayers.

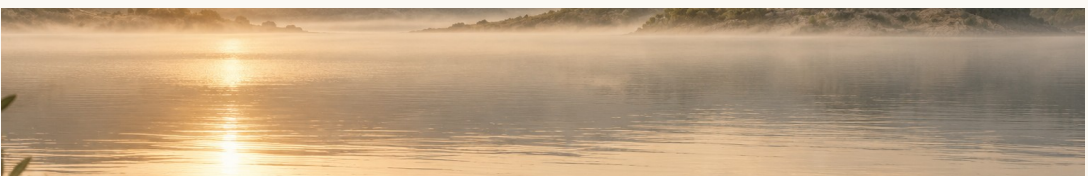
John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Hebrews 4:14–16

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

In John 14, Yeshua speaks peace to His disciples as His departure draws near. Hebrews 4 calls believers to hold fast because their great High Priest understands their weakness. Through Him, we may approach the Father's grace with confidence.



Continue in His Word

James 1:5 · KJV

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

Psalms 119:105 · KJV

Thy word is a lamp unto my feet, And a light unto my path.

Ask for wisdom

James addresses believers learning perseverance in trials. Ask the Father for wisdom to live faithfully, and approach the day willing to receive His instruction.

Read with attention

Psalms 119 celebrates the guidance of God's Word. Read a paragraph in its context. Notice what it teaches about the Lord and what faithful obedience looks like.

Pray and practice

Turn one truth from the passage into prayer. Put what you understand into practice, and return the next day to learn more. Growth in the Word is a continuing relationship with the Lord, nourished by His truth and shared in the life of His people.

Held by His faithfulness

The Lord's faithfulness is the comfort that holds these chapters together. He hears His people, draws near in compassion, and gives strength to those who wait upon Him. His Word lets us know the One to whom we entrust our lives: our Heavenly Father, whose wisdom and mercy endure.

As you close these pages, you may carry one passage with you and return to it in the days ahead. Read the surrounding chapter when you are ready. Let the wider testimony of God's works, His covenant faithfulness, and the redemption made known through Yeshua deepen your confidence in His care.

Christian hope is anchored in the Savior who died and rose again. Because of Him, we may draw near to the Father, receive mercy, and persevere in faith. We can ask boldly for healing, bring Him our unanswered questions, and trust His wisdom with what comes next. His grace gives us a welcome that remains.

May the Scriptures you have read become familiar words of comfort. May prayer remain an open conversation with the Father, and may His promises strengthen your hope through seasons of waiting, weariness, and renewal. The Lord who has made His faithfulness known is worthy of your trust today and in the days to come.

With care,

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An invitation to continue

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Resource information

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MAVEN & MUSE® Devotional Collection | Volume 01

MAVEN & MUSE® | Shanquila “Q” Sylve

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Original devotional commentary accompanies the passages. The reading references below invite study of the surrounding Scripture. Cover and water imagery were generated for this edition; the MAVEN & MUSE® logo is the existing brand asset.

SCRIPTURE SOURCES · YOUVERSION KJV

Psalms 34:17–19

Lamentations 3:21–26

Matthew 11:28–30

John 14:27

Psalms 147:1–5

Hebrews 4:14–16

Philippians 4:6–9

Romans 15:13

Isaiah 40:28–31

James 1:5

Isaiah 41:8–10

Psalms 119:105