



Held Together

For Women Who Are In The Middle Of The Mess

A 5-Minute Devotional



Opening Thought

Sometimes it's not the fall that shatters us—it's the silence afterward. The ache of wondering if anyone sees the pieces. But God has never asked us to be unbreakable. He doesn't flinch at our fragments. God's closeness doesn't wait for our healing—He meets us right in the middle of the mess.

He knelt in the garden before the cross (Luke 22:41), and He kneels with us still. He is beside us. He holds us up. He is the only one who sees our flaws and stands with us without judgment or repercussions. (Romans 3:23-24)

What you need to know, my friend, is that God never expects us to be perfect. He never asked us to hold it all together—just to let Him hold us. Being fragile, being breakable, never disqualifies us from being beloved. Do not believe the fallacies: He doesn't expect perfection, but he does invite us to keep seeking wisdom, learning how to face what's in front of us with courage and faith. As my pastor says: At the end of the day, we're all knuckleheads.



Today's Scripture

"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed."

Psalm-34:18

He doesn't pity us - He holds us steady. We just need to stop pushing Him away.



Journal Prompts

Use the space below to explore your thoughts and feelings about today's inspiration. Consider these questions:

1. What part of my heart feels tender or fractured right now?
2. Can I remember a moment when I felt God's comfort, even in the middle of my pain?
3. What would it feel like to let go of performance and just sit—with no words—in God's presence?

Journaling Space:



Scripture Reflection

Let this scripture be your mirror. As you read the verse slowly, ask: What part of me is still trying to look away? What does it mean to fix my eyes—not just glance, but stay?

Read this verse slowly three times. What word or phrase won't let go of you?

"Let us fix our eyes on Jesus, the author and finisher of our faith" ~ Hebrews 12:2



Selah Moment

Take a breath. Let the silence hold you as these words rise:

God, I am so tired of pretending to be okay. I don't want to carry this alone anymore. Thank you for being close, even when I feel far. Remind me that being held is enough--that I don't need to have it all together, because You already do. Amen

Notes:



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