



When everything gets too much

AT A GLANCE



Bible

1 Kings 19:1–8



Topic

Exhaustion and God's care



Takeaway

God cares for body and soul – and asking for help is strong



8 minutes



Object: a piece of bread and a bottle of water



Preparation: 5 min



indoors or outdoors



Make it personal: In two sentences, share something you have experienced yourself on the topic "Exhaustion and God's care". Real stories stick best.



How the devotion works

1 min

Opening

Put the bread and water in the middle. Ask: What do you need when you are completely worn out?

2 min

Bible text

Read 1 Kings 19:1–8. After the great victory on Mount Carmel, Elijah is threatened and flees into the desert. He is at the end of his strength, sits down under a broom bush and says to God: "I have had enough." Then he falls asleep. An angel wakes him, brings bread and water and says: "Get up and eat, for the journey is too much for you."

3 min

Thought

Even a great prophet can be exhausted and discouraged. God does not scold him or give him a sermon. First he provides sleep, food and drink – and only then does the journey go on. Sometimes the most spiritual thing you can do is rest and let yourself be helped.

2 min

Conversation

What "fills you up" again when you are empty?



When everything gets too much



Prayer to read aloud

Father in heaven, sometimes everything is too much for me.
Thank you that you do not leave me alone then. Give me rest,
strength and people who help me. Amen.



To think further

- How can you tell that everything is getting too much for you?
- If you feel like this for a long time: talk to someone you trust – parents, a leader or another trusted person. Asking for help is not a sign of weakness.



For leaders

- Never put young people on the spot: ask open questions, nobody has to answer.
- Let one of the young people read the Bible text aloud.
- Encourage them to say the prayer themselves – the written prayer gives confidence.



Section: Well-known Bible stories. You will find matching group meetings and more devotions at scouts-cloud.com.