



Vegetables instead of the king's table

AT A GLANCE



Bible

Daniel 1:8–16



Topic

Your own identity in a foreign environment



Takeaway

Not letting yourself be bent out of shape



8 minutes



Object: a plate of vegetables



Preparation: 5 min



indoors or outdoors



Make it personal: In two sentences, share something you have experienced yourself on the topic "Your own identity in a foreign environment". Real stories stick best.



How the devotion works

1 min

Opening

Put the plate in the middle. Ask: When did you last say "no" when everyone else said "yes"?

2 min

Bible text

Read Daniel 1:8–16. Daniel and his friends live at the Babylonian court. They are given new names and food from the king's table. Daniel politely asks for vegetables and water – and after ten days they are doing better than everyone else.

3 min

Thought

Daniel does not rebel loudly; he finds a wise, respectful way to stay true to his convictions. We also live in environments that want to shape us: trends, expectations, peer pressure. The question is not whether we adapt, but where we draw the line.

2 min

Conversation

Where do you refuse to be bent out of shape?



Vegetables instead of the king's table



Prayer to read aloud

God, you know my name, even when others call me something else. Give me wisdom and courage to stay true to myself. Amen.



To think further

- What is the difference between adapting and giving up your own identity?



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.