



The power bank

AT A GLANCE



Bible

Mark 6:30–32



Topic

Recharging with God



Takeaway

Whoever keeps giving needs times to recharge



8 minutes



Object: a power bank, a phone with low battery and a charging cable



Preparation: 5 min



indoors or outdoors



Make it personal: In two sentences, share something you have experienced yourself on the topic "Recharging with God". Real stories stick best.



How the devotion works

1 min

Opening

Show the phone with an almost empty battery. Ask: How do you feel when your battery is at 3 per cent – your phone's and your own?

2 min

Bible text

The disciples come back from a tiring mission and tell Jesus everything. So much is going on that they do not even have time to eat. Jesus says: "Come with me to a quiet place and get some rest." Then they leave by boat.

3 min

Thought

School, appointments, group chats, expectations – our battery drains quickly. Jesus himself again and again takes time for silence and prayer. Recharging means taking breaks, sleeping, switching off and spending time with God. Whoever only gives and never recharges will run empty sooner or later. Plug the phone into the power bank: charging only works when there is a connection.

2 min

Conversation

What really recharges your battery – and what drains it?



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Prayer to read aloud

Jesus, sometimes my battery is empty. Show me where I can recharge, and help me to take time for rest and for you. Amen.



To think further

- When did you last have a real break without a screen?
- What could a daily “charging time” with God look like for you?



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: Object lessons. You will find matching group meetings and more devotions at scouts-cloud.com.