



The carabiner

AT A GLANCE



Bible

Psalm 62:1–2



Topic

What I rely on



Takeaway

Checking what we “clip” our lives to



10–15 minutes



Object: a climbing carabiner, with a rope if possible



Preparation: 10 min



indoors or by the fire



Make it personal: In two sentences, share something you have experienced yourself on the topic “What I rely on”. Real stories stick best.



How the devotion works

2 min

Opening

Pass the carabiner round. Ask: Who would you trust blindly to belay you when climbing?

3 min

Bible text

Read Psalm 62:1–2: “My soul finds rest in God alone; my help comes from him. He alone is my rock, my help and my shelter – I will not fall.”

5 min

Thought

A carabiner only holds if it is closed and clipped to a solid point. Many people clip their lives to things that do not hold in the long run: success, popularity, looks, a relationship. These are good things – but as the only anchor they are too weak. David experienced that God is the fixed point that holds when everything else wobbles. Faith means clipping myself to him on purpose – again and again.

5 min

Conversation

What are you hanging on to most at the moment – and would it hold if you fell?



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Prayer to read aloud

God, you are my rock and my shelter. I admit that I often hang on to things that do not hold. Help me to fasten myself to you again and again. Thank you for holding me, even when I fall. Amen.



To think further

- What helps you not to “unclip” by accident – habits, people, prayer?
- When have you experienced God holding you?



For leaders

- Leave room for doubts and critical questions – an honest conversation matters more than a quick answer.
- As a leader, feel free to share a personal experience.
- With heavy topics, keep an eye on who is struggling and be available afterwards.



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