



The rucksack

AT A GLANCE



Bible

Matthew 11:28–30 and Galatians 6:2



Topic

Carrying and sharing burdens



Takeaway

Putting down my own, helping carry others' burdens



10–15 minutes



Object: a heavily packed rucksack



Preparation: 10 min



indoors or by the fire



Make it personal: In two sentences, share something you have experienced yourself on the topic "Carrying and sharing burdens". Real stories stick best.



How the devotion works

2 min

Opening

Let someone put on the heavy rucksack. Ask: What are you carrying around at the moment that nobody can see?

3 min

Bible text

Read Matthew 11:28–30: Come to me, all you who are weary and burdened. And Galatians 6:2: Carry each other's burdens.

5 min

Thought

Jesus does not promise a life without burdens, but an "easy yoke" – carrying together. And he tells us to help carry other people's burdens. Family stress, fear of the future or mental strain are often invisible. A group where you can share this is a gift.

5 min

Conversation

What could you "put down" today with God or with someone in this circle?



The rucksack



Prayer to read aloud

Jesus, you invite the exhausted. I lay my burden down with you. Make me attentive to the burdens of others. Amen.



To think further

- How can you tell that someone is carrying a heavy burden?
- When is professional help needed rather than just friends – and where can it be found?



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.