



The walking stick

AT A GLANCE



Bible

Isaiah 40:29–31



Topic

Keeping going on long journeys



Takeaway

God gives strength when ours runs out



10–15 minutes



Object: a walking stick or trekking pole



Preparation: 10 min



indoors or by the fire



Make it personal: In two sentences, share something you have experienced yourself on the topic “Keeping going on long journeys”. Real stories stick best.



How the devotion works

2 min

Opening

Pass the walking stick round. Ask: When does a stick help most on a hike – uphill, downhill, on a slippery path?

3 min

Bible text

Read Isaiah 40:29–31: “He gives strength to the weary and increases the power of the weak. ... Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

5 min

Thought

On long journeys it is not about speed but about endurance. A stick does not walk the path for you, but it gives support, takes the strain and prevents falls. God is a support like that: not a taxi that spares us the route, but someone who gives strength when ours runs out – in training, exams, relationships and responsibility.

5 min

Conversation

Which long stretch are you on right now – and where do you need new strength?



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Prayer to read aloud

God, you give strength to the weary. Be my support on long journeys. Give me endurance when my strength runs out. Amen.



To think further

- What are your "sticks" – people, habits, faith practices that give you support?
- How can you keep going without overdoing it?



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.