



Light that gives itself

AT A GLANCE



Bible

Matthew 5:14–16; Luke 5:16



Topic

Self-giving and self-care



Takeaway

Giving light costs energy – and needs times to recharge



10–15 minutes



Object: two candles: a new one and one almost burnt down, matches



Preparation: 10 min



indoors or by the fire



Make it personal: In two sentences, share something you have experienced yourself on the topic "Self-giving and self-care". Real stories stick best.



How the devotion works

2 min

Opening

Light both candles. Ask: What has the short candle already been through – and what is its "price" for giving light?

3 min

Bible text

Jesus says: "You are the light of the world. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." A candle gives light by burning itself down. That is a powerful picture of self-giving: whoever leads, helps and serves gives something of themselves.

5 min

Thought

But a candle burning at both ends is soon used up. Of Jesus it is said: "He often withdrew to lonely places and prayed." Even he needed to withdraw. Self-giving and self-care are not opposites. Whoever wants to shine for the long haul must know where their strength comes from – and may set limits.

5 min

Conversation

Where are you burning for others right now – and where might you be burning at both ends?



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Prayer to read aloud

Jesus, you are the light of the world. Let me shine for others – and show me when I need to recharge with you. Amen.

To think further

- How do you notice that you are giving more than you are recharging?
- What is your “source of strength” when things get a lot?

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.