

Open Heaven 10 July 2025 Today Devotional & Commentary

Description

The Open Heaven 10 July 2025 devotional for today is AVOID GLUTTONY.

This is a daily devotion written by Pastor E. A. Adeboye, General Overseer of the Redeemed Christian Church of God (RCCG).

- Read: [RCCG Open Heaven 9 July 2025 Devotional](#)
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OPEN HEAVEN 10 JULY 2025 TODAY DEVOTIONAL

TOPIC: AVOID GLUTTONY

MEMORISE:

For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.
Proverbs 23:21

READ: Romans 6: 12-14

12 Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

13 Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

14 For sin shall not have dominion over you: for ye are not under the law, but under grace.

RCCG OPEN HEAVEN 10 JULY 2025 TODAY MESSAGE

Gluttons are people who love food and are enslaved to overeating such that they become the devil's prey. In Christianity, a fellow is either a soldier for Christ or prey to the devil.

The flesh and the spirit are constantly at war (Galatians 5:17), and only soldiers – those who live a life of discipline – can win.

Therefore, as a Christian, you should always be spiritually alert; if you're a glutton, you'll likely be spiritually dead because you'll find it difficult to discipline yourself to fast. In Matthew 6:16, Jesus said, "...when ye fast.." He said 'when', not 'if', implying that every Christian is expected to fast. Also, there is a level of spiritual authority that can only be attained when fasting is added to prayer (Matthew 17:14-21).

Apart from the spiritual dangers of gluttony, gluttons also endanger their physical health.

Proverbs 23:2 says that those who are controlled by their appetites should put a knife to their throats because they are trying to kill themselves.

God didn't design your body to eat too much food. You shouldn't eat until your stomach is overly filled. Overeating makes you weak and gives your body extra work in digesting the excess food.

Years ago, some scientists performed an experiment with two groups of rats. They fed the first group excessively, and before long, they became very fat. They fed the second group with just the right amount of food they required. After a while, they injected both groups of rats with a disease. All the overfed rats died, while the rats in the second group survived. Your body is stronger and can fight diseases better when you eat moderately and correctly.

Christians who are really serious about their destiny don't eat every day. Despite my age, I still fast because I want to finish strong. In 1984, I was on a 40-day fast, lying weak on my prayer mat, when someone came in, saw me, and asked, "What else are you looking for in life that is making you fast this much?" That was many decades ago; look how far I have come since then.

Beloved, if you have surrendered your life to Christ, rest assured that God wants you to live an impactful and fulfilling life. You are a soldier for Christ, so you must exercise self-control with all things (1 Corinthians 9:25). To enjoy this life, you cannot be a glutton. Soldiers have a regulated diet and hence, must exercise self-control with food for their own good.

OPEN HEAVEN 10 JULY 2025 PRAYER POINT

Control your appetite so you can fulfil your destiny.

BIBLE IN ONE YEAR

Ecclesiastes 1-4

HYMN 34: YIELD NOT TO TEMPTATION

OPEN HEAVEN DEVOTIONAL 10 JULY 2025 COMMENTARY

MEMORISE: Proverbs 23:21

“For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.”

This verse starkly warns against the dangers of **lack of self-control**, particularly with food and drink. Gluttony, like drunkenness, leads to **spiritual, physical, and even financial decline**.

BIBLE READING: Romans 6:12-14

“Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof... but yield yourselves unto God, as those that are alive from the dead.”

Paul’s message is clear: **Christians must not let bodily appetites dominate them**. We are called to **submit our flesh to God’s Spirit**, not vice versa.

The Spiritual and Physical Dangers of Gluttony

The devotional presents gluttony as **a form of slavery to the flesh** that weakens both spiritual and physical health.

1. Gluttony = Spiritual Weakness

- **Fasting is Non-Negotiable for Christians**
 - Jesus said *“when you fast”* (Matthew 6:16), not *“if”*—meaning **self-denial is expected** of believers.
 - **Matthew 17:21** – Some spiritual battles **require fasting** for victory.
- **A Glutton Cannot Fast Effectively**
 - Overeating **dulls spiritual sensitivity** (1 Peter 5:8).
 - Example:
 - **Esau** traded his birthright for food (Genesis 25:32), showing how appetite can **override destiny**.

2. Gluttony = Physical Destruction

- **Proverbs 23:2** – *“Put a knife to thy throat, if thou be a man given to appetite.”*

- Overeating is **slow suicide**—it strains the heart, weakens immunity, and shortens lifespan.
- **Scientific Proof**
 - The rat experiment in the devotional mirrors modern research: **obesity increases disease risk**.
 - **1 Corinthians 6:19-20** – Our bodies are **God’s temples**; we must care for them.

3. Gluttony = Wasted Destiny

- **Proverbs 23:21** links gluttony to **poverty** (not just financial but also spiritual barrenness).
 - **1 Corinthians 9:27** – Paul disciplined his body **lest he become disqualified**.
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How to Overcome Gluttony

1. **Start Fasting Regularly**
 - Begin with **short fasts** (e.g., skipping one meal) and increase gradually.
 2. **Eat Mindfully**
 - Stop eating **before feeling stuffed** (Ecclesiastes 10:17).
 3. **Replace Food with Spiritual Disciplines**
 - When cravings hit, **pray or read Scripture** instead.
 4. **Accountability**
 - Share your struggle with **a mature believer** (James 5:16).
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Conclusion: You Are a Soldier, Not a Slave

Ask yourself:

- *“Does food control me, or do I control my appetite?”*
- *“When was the last time I fasted for spiritual breakthrough?”*

Action Step:

- **Commit to a weekly fast** (even if just one meal) to **strengthen your spirit**.

Gluttony is **not a minor sin**—it’s a **gateway to spiritual defeat**. But through **self-control and fasting**, you can live as **Christ’s disciplined soldier**, ready for battle and destiny!

“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.” (Romans 14:17).

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