

Open Heavens 20 May 2026 Devotional & Commentary

Description

The Open Heavens 20 May 2026 devotional for today is **DIVINE HEALTH**.

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

- **Read:** **RCCG Open Heavens 19 May 2026 Devotional**



OPEN HEAVENS 20 MAY 2026 TODAY DEVOTIONAL

TOPIC: DIVINE HEALTH

MEMORISE

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2

READ: Isaiah 55:10-11

10 For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:
11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

RCCG OPEN HEAVENS 20 MAY 2026 TODAY MESSAGE

Psalm 105:37 tells us that when the Israelites were leaving Egypt, not a single one of them was feeble, meaning that the young and old were healthy and strong. Those who had suffered in the hands of the taskmasters suddenly became strong and healthy as they ate the Passover meal and prepared to leave Egypt. If God divinely healed people who had been constantly beaten and maltreated before they came out of slavery and kept their feet from being swollen for 40 years in the wilderness (Deuteronomy 8:4), He can grant you divine health as well.

No matter how long a person has been ill or how severe the sickness is, God can heal the person completely. In John 5:5-2, it took only one word from Jesus to heal a man who had been sick for 38 years in an instant. Psalm 107:20 tells us that when God sends His word, healing and deliverance follow.

Sicknesses and diseases cannot stand the power of Godâ??s word. When He sends His word, it never returns to Him without accomplishing what He has sent it to do. Todayâ??s Bible reading tells us that just as rain and snow come upon the earthâ??s surface to water it and make it fruitful, Godâ??s word always prospers wherever He sends it.

A word from Jesus was enough to heal a noblemanâ??s son in John 4:46-54. Jesus spoke the word where He was in Cana of Galilee, and the boy was instantly healed far away in Capernaum. Godâ??s word cannot be hindered by space or time or slowed down in any way.

In Matthew 8:5-13, all that was required to heal a centurionâ??s grievously ill servant was a word from Jesus. The Syrophoenicianâ??s daughter also experienced miraculous and instant deliverance when God released His word over her situation (Mark 7:24-30).

Godâ??s word spoken through His servants and believed in faith can bring healing to the sick.

However, His word, as it is written in the Bible, is also more than enough to bring a fellow healing if he or she believes.

Beloved, if you have any sickness in your body, the word of God has provided for your healing already â?? all you need to do is believe. Beyond believing God for healing, however, He wants you to live in divine health, as echoed by Apostle John in todayâ??s memory verse. Again, all you need to do is believe in His word.

I pray that you will never experience any form of sickness henceforth, in Jesusâ?? name.

KEY POINT

Beyond trusting God for healing, also trust Him for divine health.

BIBLE IN ONE YEAR

Ezra 8-10

Open Heavens HYMN 25: THE GREAT PHYSICIAN NOW IS NEAR

OPEN HEAVENS DEVOTIONAL 20 MAY 2026 COMMENTARY

MEMORISE: 3 John 2

â??Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.â?•

This verse reveals Godâ??s heart for His children. The Apostle John expresses Godâ??s desire for believers to prosper in every areaâ??spiritually, physically, and materially. The phrase â??above all thingsâ?• indicates priority. God is not indifferent to your health. He is not detached from your physical well-being. He wants you to be healthy just as your soul prospers. Your spiritual health and physical health are meant to move together.

BIBLE READING: Isaiah 55:10-11

â??For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.â?•

This passage uses the imagery of rain and snow to describe the effectiveness of Godâ??s word. Just as rain never falls without watering the earth and producing fruit, Godâ??s word never goes out without accomplishing its purpose. When God sends His word to heal, it heals. When He sends it to deliver, it delivers. The word does not return empty. It prospers in the thing for which it was sent.

Divine Health: Godâ??s Original and Ongoing Plan

In todayâ??s devotional, **Pastor E.A. Adeboye** brings a message of hope and wholeness. He moves beyond healingâ??which is the restoration of healthâ??to **divine health**, which is the uninterrupted enjoyment of health. God does not only want to heal you when you are sick; He wants to keep you from sickness altogether.

The Israelites: A Nation Without One Feeble Person

The devotional opens with a staggering testimony from Psalm 105:37: when the Israelites left Egypt, **not a single one of them was feeble.** Hundreds of thousands of peopleâ??men, women, children, the elderlyâ??all strong, all healthy.

Think about what this means. These people had been slaves. They had been beaten by taskmasters. They had been overworked and underfed. Their bodies should have been broken. Their health should have been destroyed.

But they ate the Passover meal, and something happened. God divinely healed them before they left Egypt. The ones who had suffered in slavery suddenly became strong and healthy.

And the miracle did not stop there. Deuteronomy 8:4 says that for forty years in the wilderness, **their feet did not swell, and their clothes did not wear out.** Forty years of walking through desert terrain, and their bodies were preserved.

If God could do that for Israel, He can grant you divine health as well.

Healing Is Instantaneous for God

The devotional points out that no matter how long a person has been ill or how severe the sickness is, God can heal completely and instantly.

The man at Bethesda (John 5:5-9): 38 years of sickness ended in a moment with one word from Jesus. Not a process, not a gradual recoveryâ??instantaneous.

The noblemanâ??s son (John 4:46-54): Jesus spoke the word in Cana, and the boy was healed in Capernaumâ??miles away. Godâ??s word is not hindered by space or time.

The centurionâ??s servant (Matthew 8:5-13): Jesus did not even go to the house. He simply spoke, and the servant was healed.

The Syrophoenicianâ??s daughter (Mark 7:24-30): Jesus spoke a word from a distance, and the demon left the girl.

What do all these have in common? The word of God was spoken, and healing followed. No delay. No partial improvement. Complete and instantaneous restoration.

The Power of Godâ??s Word Over Sickness

The Bible reading from Isaiah 55 establishes a principle: **Godâ??s word never returns void.** When He sends it, it accomplishes what He pleases and prospers in the thing for which He sent it.

- If God sends His word to heal, it heals.
- If God sends His word to deliver, it delivers.
- If God sends His word to restore, it restores.

Sickness and disease cannot stand against the power of Godâ??s word. They have no choice but to obey. The same voice that spoke light into darkness can speak health into your body.

How to Receive Healing and Divine Health

The devotional gives a clear path for receiving healing:

1. Believe That Healing Is Already Provided
The word of God has already provided for your healing. Isaiah 53:5 says, â??By His stripes we are healed.â?• Past tense. The provision was made at the cross. Healing is not something you beg God to doâ??it is something you receive by faith.

2. Receive Godâ??s Word
Psalm 107:20 says, â??He sent His word, and healed them.â?• The word of God carries healing power. When you read the Bible, you are not just reading ancient historyâ??you are receiving medicine for your soul and body. Proverbs 4:22 says Godâ??s words are â??life unto those that find them, and health to all their flesh.â?•

3. Speak Godâ??s Word Over Your Body
The centurion understood authority. He said to Jesus, â??Speak the word only, and my servant shall be healed.â?• You have the same authority. Speak Godâ??s word over your body. Say, â??By His stripes, I am healed.â?• Say, â??The Lord is my healer.â?• Say, â??I will not die but live.â?•

4. Believe Beyond Healing to Divine Health
The devotional challenges believers to move from healing to divine health. Healing is the restoration of health after sickness. Divine health is the prevention of sickness altogether.

3 John 2 expresses Godâ??s desire: â??I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.â?•

This means:

- Your spiritual health and physical health are connected.
- As you grow spiritually, God wants your body to reflect that growth.
- Sickness is not Godâ??s will for youâ??health is.

What Divine Health Looks Like

Divine health does not mean you never feel tired or never experience physical challenges. It means:

- You are not subject to chronic illness.
- Your body is resilient and recovers quickly.
- You are not dependent on medication to function.
- Your health does not limit your ability to serve God.
- You finish your race strong, not broken down.

The Israelites wandered for 40 years, and their feet did not swell. That is divine health.

How to Position Yourself for Divine Health

1. Believe Godâ??s Word Over Medical Reports
Medical reports are informationâ??they are not final authority. Godâ??s word is final authority. When the report says one thing and Godâ??s word says another, believe Godâ??s word.

2. Feed on Godâ??s Word Daily
Proverbs 4:20-22 gives a prescription: â??Attend to my words; incline thine ear unto my sayingsâ?¦ they are life unto those that find them, and health to all their flesh.â?• Daily Bible reading is preventive medicine.

3. Live a Holy Life
Sin opens the door to sickness. Not every sickness is caused by sin, but some are. When Jesus healed the man at Bethesda, He warned him: â??Sin no more, lest a worse thing come unto theeâ?• (John 5:14). Obedience protects your health.

4. Pray for Your Health Daily
Do not wait until you are sick to pray about your health. Pray daily for divine health. Thank God that you are not sick. Declare that sickness has no place in your body.

5. Trust God, Not Just Medicine
Medicine is a gift from God, but medicine is not God. Trust God first. Use wisdom, but do not put your faith in pills and procedures. Put your faith in the Healer.

Conclusion: Believe and Be Whole

The devotional ends with a powerful prayer: **â??I pray that you will never experience any form of sickness henceforth, in Jesusâ?? name.â?•**

This is not just a nice sentimentâ??it is a declaration of Godâ??s will. God wants you healthy. God wants you whole. God wants you to finish your race strong, not bedridden.

- Healing is provided.
- Divine health is available.
- Godâ??s word never fails.
- All you need to do is believe.

Do not settle for managing sickness. Believe for healing. Believe for divine health. Believe that the same God who kept Israelâ??s feet from swelling for 40 years can keep you healthy all the days of your life.

Pray this:
â??Father, I thank You that You sent Your word and healed me. I thank You that by the stripes of Jesus, I am healed. I do not beg for healingâ??I receive what You have already provided. I believe for more than healing; I believe for divine health. Let no sickness have dominion over me. Let my body be healthy as my soul prospers. I receive Your word as medicine to all my flesh. In Jesusâ?? name, Amen.â?•

Action Steps:

- **Identify any area of sickness or weakness in your body:** Speak Godâ??s word over that area today. Declare, â??By His stripes, I am healed.â?•
- **Memorize Proverbs 4:20-22:** Write it down and repeat it daily. Let it be your prescription for divine health.

- **Examine your soulâ??s prosperity:** Is your soul prospering? Are you growing in faith, love, and obedience? Your physical health is connected to your spiritual health.
- **Pray for divine health daily:** Do not wait until you are sick. Pray every day, â??Father, thank You for keeping me healthy today.â?•
- **Believe before you see:** Do not wait for symptoms to change. Believe Godâ??s word now. Your faith is the substance of things hoped for, the evidence of things not yet seen.

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