



Open Heaven 24 October 2024 Today Devotional: TAKE A BREAK

Description

The Open Heaven 24 October 2024 devotional for today is **TAKE A BREAK**.

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

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OPEN HEAVEN 24 OCTOBER 2024 TODAY DEVOTIONAL

TOPIC: TAKE A BREAK

MEMORISE

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

Psalms 23:2

READ: Genesis 2:2-3:

² And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

³ And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

RCCG OPEN HEAVEN 24 OCTOBER 2024 TODAY MESSAGE

God rested on the seventh day of the creation week to set an example for us. He said in Exodus 23:10-11 that even the land should be cultivated for six years and then be made to rest in the seventh year.

We all need to take a break every now and then so that we can be refreshed enough to be effective at what He has called us to do.

Many people break down because they hardly take breaks. Some people have been working for years without taking any vacation. What they don't understand is that taking time to rest will help them to be more effective when they resume their work. In 1 Kings 19:1-8, Elijah had just called fire down from heaven and brought revival to the land. Then, he heard that Jezebel wanted to kill him and ran for his life. By the time he got to the juniper tree, he was tired, and in that state, he asked God to kill him. God knew that he really didn't want to die; he just needed to take a break. He made him fall asleep and sent an angel to feed him twice. After resting and eating well, he was strengthened to continue for the next 40 days.

Sometimes, the reason you feel frustrated is that you have not taken a break in a while. Just try sleeping and eating only for one day, and you will see the difference. Taking a break is not expensive. If you don't have money to travel or check into a hotel, you can go to a family member's house or any quiet place where you know that no one will disturb you, and just rest there.

You need to rest weekly and yearly also, especially after a strenuous period of work, as Elijah did in 1 Kings 18. No matter how anointed you are, as long as you are still in the flesh, you need to take a break once in a while. The only reason I have been able to host the Holy Ghost Service every month for almost 40 years is that I take breaks when necessary. After every major programme that lasts for at least one week, I take a break and get some good rest. Don't wait for a doctor to put you on bed rest because by then, it will be more expensive, and you will have no choice but to rest for a longer time than you want to.

KEY POINT

God did not create your body to work non-stop. Take a break every now and then.

BIBLE IN ONE YEAR

Luke 9-10

HYMN 29: WHEN PEACE LIKE A RIVER ATTENDETH MY WAY

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