

Open Heavens 8 May 2026 Devotional & Commentary

Description

The Open Heavens 8 May 2026 devotional for today is **SECRETS TO LONGEVITY V**.

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 7 May 2026 Devotional**



OPEN HEAVENS 8 MAY 2026 TODAY DEVOTIONAL

TOPIC: SECRETS TO LONGEVITY V

MEMORISE

To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.
Isaiah 28:12

READ: 1 Kings 19:4-8

4 But he himself went a dayâ??s journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.
5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.
6 And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

7 And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee.
8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

RCCG OPEN HEAVENS 8 MAY 2026 TODAY MESSAGE

Today, as I continue to discuss the secrets to longevity, I will highlight the importance of recharging your physical batteries.

Your physical batteries must not be neglected, as you need them to succeed in your spiritual assignments. For example, Moses had a spiritual assignment to lead the Israelites out of captivity and take them into the Promised Land. While this assignment was primarily spiritual, it also had a lot of physical demands on him, and he would have failed woefully if he hadnâ??t heeded Jethroâ??s counsel, which saved him from wearing himself out before his time. He was overworking himself and ignoring the need to refuel his physical batteries by taking rests when required (Exodus 18:13-26).

Tomorrow, I will discuss more about taking rests.

Another way to refuel your physical batteries so you can endure and succeed in the path that God has set before you is by eating right and at the right time.

In 1 Kings 18-19, Elijah had used his spiritual batteries to call down fire from heaven, call down rain, and outrun the kingâ??s chariot. All those exploits must have depleted both his physical and spiritual batteries because when he heard that Jezebel was after his life, he took to his heels. He ran for three days and nights, then asked God to take his life. He fell asleep right where he made the request, and thankfully, God sent an angel to wake him and feed him twice, so he could refuel and successfully complete the long journey he had ahead of him.

I wonder what would have happened if the angel hadnâ??t woken Elijah, and Jezebel had caught up with him while he was exhausted and asleep.

Many people with glorious destinies have found themselves sleeping until Jezebel caught up with them and killed them because they had neglected their bodies, and it failed them at a critical time.

By Jezebel in this context, I am referring to sin. For instance, if a married man fasts so much that he neglects his sexual needs and does not get intimate with his wife for a long time, his body could revolt due to suppressed sexual desires when he is alone on a trip. This could lead him to commit a sexual sin that can put an abrupt end to his spiritual journey.

Beloved, you must learn to relax your body and cater to its needs according to Godâ??s will at different times, so you can enjoy longevity and run your race successfully.

KEY POINT

You must not neglect your body if you want to remain on course and fulfil Godâ??s will for your life.

BIBLE IN ONE YEAR

2 Chronicles 1-4

Open Heavens HYMN 33: GUIDE ME, O THOU GREAT JEHOVAH!

OPEN HEAVENS DEVOTIONAL 8 MAY 2026 COMMENTARY

Here is the detailed commentary and interpretation for todayâ??s devotional.

MEMORISE: Isaiah 28:12

â??To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.â?•

This verse reveals Godâ??s heart for human limitation. He offers rest for the weary and refreshing for the exhausted. But the tragedy is that His people refused to listen. They pushed past their limits, ignored their need for rest, and paid the price. God does not see rest as weaknessâ??He prescribes it as medicine. The refusal to rest is not strength; it is disobedience.

BIBLE READING: 1 Kings 19:4-8

This passage records one of the most vulnerable moments in Elijahâ??s life. After the triumph on Mount Carmelâ??fire from heaven, the defeat of the prophets of Baal, the end of the drought, and outrunning Ahabâ??s chariotâ??Elijah received a death threat from Jezebel. The mighty prophet ran for his life. After a dayâ??s journey into the wilderness, he sat under a juniper tree and asked God to take his life. Exhausted and depressed, he fell asleep. An angel touched him twice, providing freshly baked bread and water. Elijah ate, slept again, ate again, and was strengthened for a forty-day journey to Mount Horeb. This passage demonstrates that **spiritual giants also have physical limits, and God honors those limits by providing rest and nourishment.**

The Secret of Recharging Your Physical Batteries

In todayâ??s devotional, **Pastor E.A. Adeboye** (Daddy Adeboye) continues his series on longevity and finishing well. He has covered hiding, fighting, running, and spiritual refueling. Today he addresses an often-neglected area: **recharging your physical batteries.** You cannot complete your spiritual assignment if your body fails you. Many with glorious destinies have crashed because they neglected their physical needs.

Moses: Overworking Himself to the Point of Collapse

The devotional points to Moses as a cautionary example. Moses had a massive spiritual assignmentâ??leading Israel out of Egypt and through the wilderness. But the assignment also carried massive physical demands. He was judging the people from morning until evening, with lines forming around him all day long.

He was overworking himself and ignoring the need to refuel.

His father-in-law Jethro observed this and gave a crucial warning: â??The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself aloneâ?• (Exodus 18:17-18).

Jethroâ??s counsel was not spiritualâ??it was practical. He told Moses to delegate and to rest. Moses listened, and he was saved from wearing himself out before his time.

The devotionalâ??s point is clear: You can have a divine assignment and still destroy yourself through neglect of your physical limits. God did not design you to work 24/7. Night follows day for a reason.

Elijah: Exhausted and Ready to Die

The Bible reading gives us an even more dramatic example. Elijah had just experienced the highest spiritual high of his life. Fire fell from heaven. The people cried, â??The LORD, He is God!â?• He outran a chariot. He was at the peak of prophetic power.

Then Jezebel sent a death threat, and Elijah ran. He ran for a day into the wilderness, sat under a juniper tree, and prayed to die.

How did the mighty prophet get here? The devotional explains: â??All those exploits must have depleted both his physical and spiritual batteries.â?•

Elijah had used everything he had. His body was empty. His spirit was drained. He was not a cowardâ??he was exhausted. And exhaustion distorts your perception. When you are physically depleted, every problem looks like the end of the world.

God did not rebuke Elijah. He did not call him a failure. He sent an angel with freshly baked bread and water. He let Elijah sleep. Then He fed him again. Only after refueling did Elijah have the strength for the forty-day journey to Mount Horeb.

The angelâ??s intervention teaches us: God cares about your physical needs. He will provide rest and nourishment when you are empty. But you must receive it.

The Danger of Neglecting Your Body

The devotional issues a sobering warning: **â??Many people with glorious destinies have found themselves sleeping until Jezebel caught up with them and killed them because they had neglected their bodies, and it failed them at a critical time.â?•**

By â??Jezebel,â?• Daddy Adeboye means sinâ??specifically the sins that come when your body revolts against neglect.

He gives a specific example: A married man fasts so much that he neglects his sexual needs. He does not get intimate with his wife for a long time. His body, created by God with natural desires, becomes suppressed. Then he travels alone, and those suppressed desires erupt at the wrong time with the wrong person. A moment of sin ends a lifetime of ministry.

This is not an excuse for sin. But it is a recognition of reality. God created you as a physical being with physical needs. When you ignore those needs, you create dangerous pressure in your life.

- You need sleep. Without it, your judgment fails.
- You need food. Without it, your strength fails.
- You need rest. Without it, your endurance fails.
- You need intimacy within marriage. Without it, temptation finds an opening.

How to Refuel Your Physical Batteries

1. Take Rest When Required
Exodus 18 is the model. Moses was judging from morning to evening, and Jethro said, â??You will wear away.â?• Delegation is a form of rest. So is stopping work at a reasonable hour. So is taking a day off. God built a Sabbath into creation. He did not need rest, but you do.

2. Eat Right and at the Right Time
The angel did not give Elijah a spiritual visionâ??he gave him bread and water. Physical nourishment came before spiritual revelation. You cannot pray effectively when your blood sugar is crashing. You cannot minister effectively when your body is starving.

3. Do Not Let Fasting Become Self-Destruction
Fasting is a spiritual discipline, but it is not meant to destroy your body. Jesus fasted 40 days, but He was led by the Spirit. He did not fast 40 days every week. Use wisdom. Prolonged fasting without proper hydration or medical oversight can damage your health and shorten your race.

4. Cater to Your Bodyâ??s Legitimate Needs According to Godâ??s Will
The devotional is careful to say â??according to Godâ??s will.â?• This means:

- Sleep is legitimate. Laziness is not.
- Food is legitimate. Gluttony is not.
- Marital intimacy is legitimate. Adultery is not.
- Recreation is legitimate. Worldliness is not.

God gave you a body. He expects you to care for it. When you do, your body serves your assignment. When you donâ??t, your body becomes a liability.

The Balance Between Spiritual and Physical

Some believers think that spiritual zeal requires neglecting the body. They believe that sleeping less, eating less, and working more is a sign of holiness.

This is not from God. Jesus slept in the boat during a storm. He ate with sinners and tax collectors. He attended a wedding feast. He knew that the physical is not evilâ??it is created by God.

The same God who gave you a spirit gave you a body. He expects you to steward both.

What Happens When You Refuel

When you properly recharge your physical batteries:

- **Your judgment remains clear** because exhaustion is not clouding your mind.
- **Your resistance to temptation is stronger** because you are not running on empty.
- **Your endurance increases** because you have reserves to draw from.
- **You finish your race** because your body lasts as long as your assignment.

Conclusion: Donâ??t Let Your Body Fail You

Moses needed Jethroâ??s counsel. Elijah needed an angelâ??s meal. You need to learn the same lesson.

You may have a glorious destiny. You may have a powerful assignment. But if your body fails you at a critical moment, you may not reach your finish line.

Rest is not weakness. Eating is not worldliness. Caring for your body is not selfishness. It is wisdom. It is stewardship. It is obedience to the God who made you physical.

Do not let Jezebel catch you sleeping because you refused to refuel.

Pray this:
â??Father, forgive me for neglecting the body You gave me. I have pushed past my limits, ignored my need for rest, and treated my physical needs as unimportant. Help me to find the balance between spiritual zeal and physical wisdom. Teach me to rest when I am weary, to eat when I am hungry, and to care for the temple of Your Spirit. Let my body serve my assignment, not sabotage it. In Jesusâ?? name, Amen.â?•

Action Steps:

- **Assess your rest:** Are you getting enough sleep? If not, adjust your schedule. Sleep is not optional.
- **Assess your eating:** Are you skipping meals, eating poorly, or fasting without wisdom? Make changes.
- **Assess your workload:** Are you delegating like Moses learned to do? Or are you trying to do everything yourself?
- **Check your marriage (if married):** Are you neglecting intimacy with your spouse? Address it before it becomes a vulnerability.
- **Listen to your body:** Physical exhaustion, chronic fatigue, or constant illness may be signs that you are not refueling properly. Take them seriously.

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