

Open Heavens 18 July 2026 Today Devotional & Commentary

Description

The Open Heavens 18 July 2026 devotional for today is DELIVERANCE FROM SPIRITUAL BURDENS.

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 17 July 2026 Devotional**



OPEN HEAVENS 18 JULY 2026 TODAY DEVOTIONAL

TOPIC: DELIVERANCE FROM SPIRITUAL BURDENS

MEMORISE:
If the Son therefore shall make you free, ye shall be free indeed.
John 8:36

READ: Mark 1:23-27

23 And there was in their synagogue a man with an unclean spirit; and he cried out,
24 Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art, the Holy One of God.
25 And Jesus rebuked him, saying, Hold thy peace, and come out of him.
26 And when the unclean spirit had torn him, and cried with a loud voice, he came out of him.
27 And they were all amazed, insomuch that they questioned among themselves, saying, What thing is this? what new doctrine is this? for with authority commandeth he even the unclean spirits, and they do obey him.

RCCG OPEN HEAVENS 18 JULY 2026 TODAY MESSAGE

While my mother was still alive, I went to visit her on one occasion, and a man was brought to me so I could pray for him. The man told me he needed help, but when I looked at him, I could not see anything visibly wrong with him. When he saw the puzzled look on my face, he told me, â??Watch.â?• He dug into his hair and brought out a cockroach. He said, â??Iâ??m not a magician. Iâ??m only showing you the kind of spiritual affliction I have.â?• He dug his fingers into his hair again and brought out another kind of insect. Then he asked me to listen closely as he brought his arm near my ears. When he did that, I began to hear the sound of motorcycles revving.

After all these, I asked him to surrender his life to Jesus, and he did. Then, I cried to the Great Deliverer to intervene in his situation, and he left. Two weeks later, I returned to see my mother, and the man came back to see me. This time, he was rejoicing because he had been completely delivered. His skin glowed, and he looked radiant. I decree that if you are carrying any form of spiritual burden, you are set free henceforth, in Jesusâ?? name.

Spiritual burdens come in different forms, some of which include oppressions, addictions, suppressions, and demonic possessions. Todayâ??s Bible reading tells us the story of a man who was possessed by a demon. When he saw Jesus in the temple, the unclean spirit in him cried out, â??Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art, the Holy One of God.â?• Immediately, Jesus rebuked the unclean spirit and cast it out of the man. We do not know how long the man had been in that situation; however, when he encountered Jesus, the spiritual burden he was carrying was instantly lifted.

Beloved, are you carrying a spiritual burden? Are you battling addictions or demonic oppression? I want you to know that Jesus, the Burden Bearer, can lift that burden off your shoulders. All you need to do is honour His invitation in Matthew 11:28. I pray that the Burden Bearer will remove any form of spiritual burden that is in your life or the lives of your loved ones today, in the mighty name of Jesus.

PRAYER POINT

Father, please destroy any plan of the devil to place a spiritual burden on me and my family, in Jesusâ?? name.

BIBLE IN ONE YEAR

Isaiah 12-14

Open Heavens HYMN 8: I Need Thee Every Hour

OPEN HEAVENS DEVOTIONAL 18 JULY 2026 COMMENTARY

MEMORISE: John 8:36

> *â??If the Son therefore shall make you free, ye shall be free indeed.â?•*

This verse is Jesusâ?? declaration of complete and permanent liberation. Daddy Adeboye anchors todayâ??s devotional on this text because it reveals that true freedom comes only through the Son.

BIBLE READING: Mark 1:23-27

This passage records Jesus casting out an unclean spirit in the synagogue at Capernaum. A man with an unclean spirit cried out, *â??Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art, the Holy One of God.â?•*

The Man Who Brought Insects from His Hair

1. A Disturbing Encounter

> *â??While my mother was still alive, I went to visit her on one occasion, and a man was brought to me so I could pray for him. The man told me he needed help, but when I looked at him, I could not see anything visibly wrong with him.â?•*

The man appeared normal. No visible affliction. No physical deformity. Yet he was suffering deeply.

> *â??When he saw the puzzled look on my face, he told me, â??Watch.â?? He dug into his hair and brought out a cockroach. He said, â??Iâ??m not a magician. Iâ??m only showing you the kind of spiritual affliction I have.â?? He dug his fingers into his hair again and brought out another kind of insect. Then he asked me to listen closely as he brought his arm near my ears. When he did that, I began to hear the sound of motorcycles revving.â?•*

What the Man Demonstrated	What It Revealed
Cockroaches coming from his hair	A spiritual infestation manifesting physically
Another insect	Multiple unclean spirits
Motorcycle sounds from his body	Demonic noises, internal torment

This was not a medical condition. This was not a psychological disorder. This was a spiritual burdenâ??demonic oppression manifesting in visible, audible, tangible ways.

2. The Encounter with the Great Deliverer

â??After all these, I asked him to surrender his life to Jesus, and he did. Then, I cried to the Great Deliverer to intervene in his situation, and he left.â?•

Step	Action
1	The man surrendered his life to Jesus
2	Daddy Adeboye cried out to the Great Deliverer
3	The man left (no immediate spectacle)

â??Two weeks later, I returned to see my mother, and the man came back to see me. This time, he was rejoicing because he had been completely delivered. His skin glowed, and he looked radiant.â?•

Before Deliverance	After Deliverance
Insects coming from his hair	Skin glowing, radiant
Motorcycle sounds from his body	Rejoicing, joyful
Desperate, needing help	Completely delivered

â??I decree that if you are carrying any form of spiritual burden, you are set free henceforth, in Jesusâ?? name.â?•

Forms of Spiritual Burdens

â??Spiritual burdens come in different forms, some of which include oppressions, addictions, suppressions, and demonic possessions.â?•

Type of Spiritual Burden	Description	Examples
Oppression	Demonic pressure, harassment, attack from outside	Feeling weighed down, constant fear, nightmares, depression
Addiction	Compulsive behavior that controls the will	Substance abuse, pornography, gambling, alcohol
Suppression	Inner torment, crushing of the spirit	Suicidal thoughts, hopelessness, heaviness
Demonic possession	The demon dwells within, controlling the person	Multiple personalities, supernatural strength, speaking in voices not their own

Not every mental or emotional struggle is demonic. But some are. And for those, human therapy, medication, or willpower alone will not suffice. Only the Burden Bearer can set the captive free.

The Man in the Synagogue: Demonic Confrontation

â??Todayâ??s Bible reading tells us the story of a man who was possessed by a demon. When he saw Jesus in the temple, the unclean spirit in him cried out, â??Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art, the Holy One of God.'â?•

The Demonâ??s Response	What It Reveals
â??Let us aloneâ?•	Demons do not want to be disturbed by Jesusâ?? presence
â??What have we to do with thee?â?•	There is no fellowship between light and darkness
â??Art thou come to destroy us?â?•	Demons know Jesus has authority to destroy them
â??I know thee who thou artâ?•	Demons have knowledge; they know Jesus is the Holy One

James 2:19 â?? *â??Thou believest that there is one God; thou doest well: the devils also believe, and tremble.â?•*

Demons believe in God. They know Jesus is the Son of God. They tremble at His name. But knowledge without submission is not salvation.

â??Immediately, Jesus rebuked the unclean spirit and cast it out of the man. We do not know how long the man had been in that situation; however, when he encountered Jesus, the spiritual burden he was carrying was instantly lifted.â?•

Duration of His Burden	Jesusâ?? Action	Result
Unknownâ??could have been years, decades	Spoke one rebuke	The spirit came out immediately
He had learned to live with it	â??Hold thy peace, and come outâ?•	Instant deliverance

The length of your suffering does not determine the speed of your deliverance. Jesus can set you free in an instant. What demons have built over years, He can destroy in a moment.

The Burden Bearerâ??s Invitation (Matthew 11:28)

â??Beloved, are you carrying a spiritual burden? Are you battling addictions or demonic oppression? I want you to know that Jesus, the Burden Bearer, can lift that burden off your shoulders. All you need to do is honour His invitation in Matthew 11:28.â?•

Matthew 11:28 â?? *â??Come unto me, all ye that labour and are heavy laden, and I will give you rest.â?•*

The Invitation	The Promise
â??Come unto meâ?•	You do not have to clean yourself up first. Come as you are.
â??All ye that labour and are heavy ladenâ?•	Anyone who is burdenedâ??any burden, any weight
â??I will give you restâ?•	Not â??I mightâ?• or â??I will tryâ?•â??I will give you rest

â??I pray that the Burden Bearer will remove any form of spiritual burden that is in your life or the lives of your loved ones today, in the mighty name of Jesus.â?•

How to Receive Deliverance from Spiritual Burdens (Practical Steps)

Based on Daddy Adeboyeâ??s teaching and the biblical examples, here is how to find freedom:

1. Surrender Your Life to Jesus

The man with the insects first surrendered his life to Jesus. Deliverance begins with surrender. You cannot be set free by a Jesus you have not submitted to. Give Him your lifeâ??not just your problem.

2. Confess Your Burden Honestly

Do not hide. Do not pretend. Do not minimize. Tell God exactly what you are experiencing: *â??Lord, I am struggling with addiction. I am experiencing oppression. I feel a heaviness I cannot explain.â?•*

3. Invite Jesus into the Situation

Jesus does not force His way in. He stands at the door and knocks (Revelation 3:20). Invite Him into your spiritual battle. Say: *â??Lord, I need Your deliverance. I cannot free myself. Come into this situation.â?•*

4. Speak the Name of Jesus Over Your Burden

Philippians 2:9-10 â?? *â??Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth.â?•*

What to Do	How to Do It
Use the name of Jesus	â??In the name of Jesus, I command this burden to leaveâ?•
Speak with authority	Not your authorityâ??His authority
Do not negotiate	Command, do not beg. Jesus rebuked; He did not plead.

5. Seek Help from Mature Believers

The man with the insects was brought to Daddy Adeboye. He did not try to cast out the demons himself. If you are struggling with a spiritual burden, do not isolate. Find a mature believer, a pastor, or a deliverance minister who can pray with you and stand with you in warfare.

6. Stay Free Through a Life of Holiness

Deliverance is not a one-time event; it is the beginning of a new walk. The unclean spirit may try to return (Matthew 12:43-45). To stay free:

- Fill your life with Godâ??s word
- Live a life of prayer and worship
- Avoid the sins that opened the door
- Stay connected to a strong local church

Warning: Do Not Suffer in Silence or Shame

Daddy Adeboyeâ??s devotional carries an urgent encouragement: many people are carrying spiritual burdens in secret. They are ashamed to speak. They fear being judged. They have learned to hide their struggle.

The Enemy Wants You Toâ?¦	God Wants You Toâ?¦
Hide in shame	Come into the light
Suffer in silence	Cry out for help
Believe you are beyond hope	Know that Jesus sets captives free
Try to fix yourself	Bring your burden to the Burden Bearer

The man with the insects did not hide. He showed Daddy Adeboye what was happening. He was honest about his affliction. And he received deliverance.

Conclusion: Your Prayer for Deliverance from Spiritual Burdens

Daddy Adeboye closes with a prayer that the Burden Bearer will remove every spiritual burden. Do not carry it another day. Come to Jesus now.

Pray this:

> *â??Lord Jesus, I come to You as the Burden Bearer. You have said, â??Come unto me, all ye that labour and are heavy laden, and I will give you rest.â?? I am heavy laden. I am carrying a spiritual burden that I cannot remove myself. You know what it isâ??even if I cannot name it fully. Addiction. Oppression. Suppression. Demonic harassment. Heaviness. Fear. I surrender my life to You. I invite You into this situation. In Your nameâ??the name above every nameâ??I command this burden to leave me. I reject every unclean spirit. I break every chain. I receive Your freedom. If the Son makes me free, I shall be free indeed. Thank You for my deliverance. I will not return to bondage. I am free. In Jesusâ?? mighty name.â?•*

Action Steps:

1. **The Burden Identification:** Be honest. What spiritual burden are you carrying? Addiction? Oppression? Suicidal thoughts? Uncontrollable anger? Fear? Write it down. Name it.
2. **The Surrender Prayer:** If you have never fully surrendered your life to Jesus, do it today. Say: *â??Lord, I give You my lifeâ??every part, including this burden.â?•*
3. **The Deliverance Request:** Find a mature believer (pastor, prayer partner, deliverance minister) and ask them to pray with you. Do not suffer alone. Bring your burden into the light.

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Read RCCG Open Heavens Devotional for Tomorrow

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