

Open Heavens 31 July 2026 Today Devotional & Commentary

Description

The Open Heavens 31 July 2026 devotional for today is OVERCOMING TEMPTATIONS I.

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 30 July 2026 Devotional**



OPEN HEAVENS 31 JULY 2026 TODAY DEVOTIONAL

TOPIC: OVERCOMING TEMPTATIONS I

MEMORISE:
But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.
2 Peter 3:18

READ: Titus 2:11-12, Hebrews 2:17-18

11 For the grace of God that bringeth salvation hath appeared to all men,
12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

17 Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people.
18 For in that he himself hath suffered being tempted, he is able to succour them that are tempted.

RCCG OPEN HEAVENS 31 JULY 2026 TODAY MESSAGE

Yesterday, I discussed how you can avoid temptations by staying away from people, things, or places that may tempt you, and generally fleeing every appearance of evil. I also established the fact that everyone will be tempted at one point or another, as Jesus Christ Himself was tempted in all points (Hebrews 4:15). Today, I will explain how you can overcome temptations, just as Jesus overcame all the temptations that came His way.

The first thing you must take note of is that God will never allow you to be tempted beyond what you can bear.

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.
1 Corinthians 10:13

When a temptation comes your way, you must know that you already have the strength that is needed to overcome it. The reason people fall to temptations is that they do not use the strength that God has made available to them. They place great focus on the shiny things the devil is tempting them with instead of the strength and grace that God has given them to overcome such temptations.

A man of God once came to me and said, â??Daddy, I donâ??t know why I keep falling into adultery with some girls in my church. I usually donâ??t know what I am doing until I am through with the act.â?• I responded to him, saying, â??While you are about to remove your clothes, you know that you want to do something bad, but instead of stopping you decide to focus on the â??pleasureâ?? the devil is putting in front of you instead of listening to the voice of the Holy Spirit that is telling you to stop in that moment. Sometimes you even go as far as locking the door to ensure that even if God wants to send someone in to stop you, it will not work. That is why you always fall. Listen to the Holy Spirit anytime He says, â??Stop.â?•

Beloved, use the grace that God has made available to His children to stop them from falling into temptation. There is always a way out of temptation; listen to the Holy Spirit, and take the way He shows you. Do not let the devil have victory over your soul.

KEY POINT

Always use the grace that God has provided for you to overcome temptations.

BIBLE IN ONE YEAR

Isaiah 57-59

Open Heavens HYMN 30: WHEN WE WALK WITH THE LORD

OPEN HEAVENS DEVOTIONAL 31 JULY 2026 COMMENTARY

MEMORISE: 2 Peter 3:18

This verse is a command for continuous spiritual development. Daddy Adeboye anchors todayâ??s devotional on this text because it reveals that overcoming temptation is not a one-time event but a process of growth. You do not arrive at a place where temptation no longer affects you. You grow in graceâ??meaning you become stronger, wiser, and more resistant over time.

BIBLE READING: Titus 2:11-12, Hebrews 2:17-18

These passages reveal two essential truths about overcoming temptation. First, the grace of God *teaches* us to deny ungodliness and worldly lustsâ??it is not just forgiveness; it is training for holiness. Second, because Jesus Himself suffered temptation, He is able to *succor* (come to the aid of, help) those who are tempted. You do not overcome temptation alone. The same Jesus who overcame every temptation is ready to help you overcome yours.

God Will Not Allow Temptation Beyond Your Ability

> *â??The first thing you must take note of is that God will never allow you to be tempted beyond what you can bear.â?•*

1 Corinthians 10:13 â?? *â??There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.â?•*

What This Verse Teaches	What It Means for You
Temptations are common to man	You are not facing anything unique or unprecedented
God is faithful	He will not abandon you to temptation
He will not allow temptation beyond your ability	You already have the capacity to overcome
He provides a way of escape	There is always an exit

> *â??When a temptation comes your way, you must know that you already have the strength that is needed to overcome it. The reason people fall to temptations is that they do not use the strength that God has made available to them.â?•*

Falling to Temptation	Overcoming Temptation
Not because you are weak	Because you do not use the strength God gave you
Not because the temptation was too strong	Because you focus on the shiny thing instead of the escape
Not because God allowed too much	Because you ignore the way of escape

â??They place great focus on the shiny things the devil is tempting them with instead of the strength and grace that God has given them to overcome such temptations.â?•

Focus on the Shiny Thing	Focus on Godâ??s Strength
â??Look at what I could haveâ?•	â??Look at what God has given me to overcomeâ?•
The pleasure seems so close	The escape is right there
The temptation grows	The grace grows stronger

The Man of God Who Kept Falling into Adultery

1. The Confession

â??A man of God once came to me and said, â??Daddy, I donâ??t know why I keep falling into adultery with some girls in my church. I usually donâ??t know what I am doing until I am through with the act.'â?•

His Claim	The Reality
â??I donâ??t know why I keep fallingâ?•	He knew, but he did not want to admit
â??I donâ??t know what I am doing until I am throughâ?•	He was aware during the process
He blamed something outside himself	He was not listening to the Holy Spirit

This man was deceiving himself. He claimed to be unaware, but Daddy Adeboye saw through the excuse.

2. The Correction

â??I responded to him, saying, â??While you are about to remove your clothes, you know that you want to do something bad, but instead of stopping you decide to focus on the â??pleasureâ?? the devil is putting in front of you instead of listening to the voice of the Holy Spirit that is telling you to stop in that moment. Sometimes you even go as far as locking the door to ensure that even if God wants to send someone in to stop you, it will not work. That is why you always fall. Listen to the Holy Spirit anytime He says, â??Stop.â?•â??â?•

What He Did	What He Should Have Done
Focused on the pleasure	Focused on the Holy Spiritâ??s warning
Continued when he knew it was wrong	Stopped the moment he knew it was wrong
Locked the door (eliminated interruption)	Left the door open (allowed escape)
Ignored the voice of the Spirit	Listened and obeyed immediately

â??Listen to the Holy Spirit anytime He says, â??Stop.'â?•

The Holy Spiritâ??s Warning	How to Respond
A check in your spirit	Pause immediately
A thought: â??This is wrongâ?•	Stop immediately
A sense of danger	Flee immediately
A reminder of Godâ??s presence	Remember He is watching

The man was not unaware. He was willfully ignorant. He knew what he was doing. He just chose to ignore the Holy Spiritâ??s voice.

How Jesus Overcame Temptation

Jesus was tempted in all points as we are, yet without sin (Hebrews 4:15). How did He overcome?

Temptation (Matthew 4:1-11)	Jesusâ?? Response	What We Learn
Turn stones to bread	â??It is written, Man shall not live by bread aloneâ?•	Use Scripture against temptation
Throw Himself down (test God)	â??It is written again, Thou shalt not tempt the Lord thy Godâ?•	Do not test God; trust Him
Worship Satan for kingdoms	â??Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy Godâ?•	Refuse compromise; worship God alone

â??In that he himself hath suffered being tempted, he is able to succour them that are temptedâ?•(Hebrews 2:18).

What Jesus Does	How He Helps
Succors (comes to aid) those tempted	He sends the Holy Spirit to warn you
He understands because He was tempted	He is not a distant, uninformed High Priest
He has overcome every temptation	His victory is available to you

The Way of Escape: What It Looks Like

â??There is always a way out of temptation; listen to the Holy Spirit, and take the way He shows you.â?•

The Way of Escape	How to Take It
A thought to leave the room	Leave immediately
A distraction (phone rings, someone knocks)	Use it as an exit
A memory of Scripture	Quote it out loud
A check in your spirit	Stop what you are doing
A sudden sense of Godâ??s presence	Fall on your knees in prayer

â??Do not let the devil have victory over your soul.â?•

If You Take the Escape	If You Ignore the Escape
You overcome	You fall
You grow stronger	You grow weaker
You are not ashamed	You are filled with guilt
The devil is defeated	The devil gains victory

How to Overcome Temptation (Practical Steps)

Based on Daddy Adeboyeâ??s teaching and Scripture, here is how to use the strength and grace God has given you:

1. Know That You Already Have the Strength

Do not say, â??I am too weak to overcome.â?• God has promised that He will not allow temptation beyond what you can bear. You already have the capacity to overcome. Act like it.

2. Listen to the Holy Spiritâ??s Voice

The Holy Spirit will warn you. He will say â??Stopâ?• before you fall. He will give you a check in your spirit. Do not ignore Him. Do not silence Him. Listen and obey.

3. Do Not Lock the Door

The man of God locked the door to prevent interruption. Do not block your way of escape. Leave the door open. Keep your phone on. Stay where someone could walk in. Do not isolate yourself with temptation.

4. Focus on Godâ??s Grace, Not the Shiny Thing

When the temptation comes, deliberately shift your focus. Look away from the pleasure and look toward the way of escape. Pray: *â??Lord, show me the exit.â?•*

5. Use Scripture as a Weapon

Jesus answered every temptation with â??It is written.â?• Memorize key verses. When temptation comes, speak Scripture aloud. The Word of God is the sword of the Spirit.

6. Grow in Grace and Knowledge (2 Peter 3:18)

Do not remain stagnant. The more you grow in grace, the stronger you become. The more you grow in the knowledge of Christ, the better you recognize His voice and His way of escape.

Warning: Ignoring the Escape Leads to Fall

Daddy Adeboyeâ??s devotional carries an urgent warning: there is always a way out. But you must take it.

If You Ignore the Escape	The Progression
You focus on the pleasure	Lust conceives
You lock the door	You block the Spiritâ??s interruption
You ignore the warning	Sin is born
You feel guilt and shame	Sin brings death

Do not let the devil have victory. Do not ignore the Holy Spiritâ??s â??Stop.â?• Do not lock the door. Take the escape. Overcome.

Conclusion: Your Prayer for Overcoming Grace

Daddy Adeboye closes with the call to listen to the Holy Spirit and take the way of escape. You have the strength. You have the grace. Use it.

Pray this:

> *â??Lord Jesus, I thank You that You were tempted in all points yet without sin. I thank You that You are able to succor me when I am tempted. I thank You that You have promised not to allow any temptation beyond what I can bear. Forgive me for the times I have ignored the Holy Spiritâ??s warning. Forgive me for focusing on the shiny thing instead of the escape. Forgive me for locking the door and blocking my own way out. Today, I declare that I have the strength to overcome. I will listen to the Holy Spirit. When He says â??Stop,â?? I will stop. I will take the way of escape. I will not let the devil have victory over my soul. In Jesusâ?? mighty name.â?•*

Action Steps:

1. **The Strength Reminder:** Write 1 Corinthians 10:13 on an index card. Place it where you will see it daily. Remind yourself: *â??God will not allow me to be tempted beyond what I can bear. There is a way of escape.â?•*
2. **The â??Stopâ?• Sensitivity:** This week, pay attention to the Holy Spiritâ??s voice. When you feel a check, a warning, a sense to stopâ??obey immediately, without hesitation. Practice listening.
3. **The Unlocked Door:** Identify any â??locked doorsâ?• in your lifeâ??ways you have blocked escape. Delete the app that tempts you. Leave the door open when you are alone with someone. Do not isolate yourself with temptation.

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