

Open Heavens 14 July 2026 Today Devotional & Commentary

Description

The Open Heavens 14 July 2026 devotional for today is DELIVERANCE FROM PHYSICAL 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 13 July 2026 Devotional**



OPEN HEAVENS 14 JULY 2026 TODAY DEVOTIONAL

TOPIC: DELIVERANCE FROM PHYSICAL BURDENS

MEMORISE
And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.
Matthew 9:35

READ: Isaiah 61:1-4

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;
2 To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn;
3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.
4 And they shall build the old wastes, they shall raise up the former desolations, and they shall repair

the waste cities, the desolations of many generations.

RCCG OPEN HEAVENS 14 JULY 2026 TODAY MESSAGE

In John 19:16-17, some Roman soldiers were leading Jesus to Golgotha to be crucified, and they made Him carry a heavy cross. He had been thoroughly beaten earlier and must have been very weak, yet they made Him carry this heavy burden by Himself.

On the way, they met a man from Cyrene named Simon, and I believe that God prompted them to compel him to assist Jesus in carrying the cross to the place He was to be crucified (Matthew 27:32).

Simon is an example of a burden bearer; he helped Jesus to lift His heavy burden.

Beloved, Jesus Christ wants to help you carry every burden that might be weighing you down. This is why He said that you should come to Him with whatever burdens you may be carrying so that He can relieve you of them and give you rest (Matthew 11:28).

It is important to note that there are different categories of burdens. Today, I will discuss physical burdens. For example, Naaman had a physical burden, which was in the form of an incurable disease (2 Kings 5:1). Likewise, Luke 13:10-17 tells us about a woman with a spirit of infirmity who was bent double. Everywhere she went, people could see the visible manifestation of the burden she was carrying; no matter how hard she tried, she couldnâ??t stand up straight. Also, in John 5:2-2, the Bible tells the story of a man who had been by the pool of Bethesda for 38 years. He had a longstanding physical burden, and I imagine that his family and friends had abandoned him because of his infirmity. By Godâ??s mercies, however, Jesus, the Burden Bearer, approached him and lifted his longstanding burden instantly.

Mark 3:1-6 also tells the story of a man who had a physical deformity. One of his hands was withered, meaning that it was dead and was no longer useful. He was limited because he could only use one of his hands. However, when the Burden Bearer met him at the synagogue, He had mercy on him and made the withered hand whole like the other. I pray for you that in every area you may be experiencing limitations due to a physical ailment, the Almighty God will step into your case and restore you completely.

Beloved, are you feeling overwhelmed by any physical burden? Do not despair; rather, approach Godâ??s throne of grace and cast it upon Him. He will carry your burdens for you and remove every limitation in your life.

PRAYER POINT

Lord Jesus, I bring all my physical burdens to You today. Please help me carry them.

BIBLE IN ONE YEAR

Song of Solomon 5-8

Open Heavens HYMN 19: ROCK OF AGES CLEFT FOR ME

OPEN HEAVENS DEVOTIONAL 14 JULY 2026 COMMENTARY

MEMORISE: Matthew 9:35

> *â??And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.â?•*

This verse summarizes the earthly ministry of Jesus.

BIBLE READING: Isaiah 61:1-4

> *â??The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.â?•*

This is the prophecy that Jesus read in the synagogue in Nazareth (Luke 4:18-19), declaring it fulfilled in their hearing. It announces the mission of the Messiah: to preach good news, bind up the brokenhearted, proclaim liberty to captives, open prisons, comfort mourners, give beauty for ashes, oil of joy for mourning, and a garment of praise for heaviness.

Simon of Cyrene: An Example of a Burden Bearer

1. The Man Compelled to Carry Jesusâ?? Cross

> â??In John 19:16-17, some Roman soldiers were leading Jesus to Golgotha to be crucified, and they made Him carry a heavy cross. He had been thoroughly beaten earlier and must have been very weak, yet they made Him carry this heavy burden by Himself.â?•

Consider Jesusâ?? condition before carrying the cross:

What Jesus Had Endured	His Physical State
Scourging (Roman flogging)	Severe blood loss, exposed flesh, extreme pain
Mocking and beating by soldiers	Bruising, swelling, exhaustion
Crown of thorns pressed into His scalp	Bleeding, intense pain
Sleep deprivation, trials all night	Utter fatigue, weakness

He was in no condition to carry a heavy wooden cross. His body was failing. Yet He began the journey.

> *â??On the way, they met a man from Cyrene named Simon, and I believe that God prompted them to compel him to assist Jesus in carrying the cross to the place He was to be crucified (Matthew 27:32).â?•*

Simon of Cyrene	What He Did
A passerby, coming in from the country	Was compelled to carry Jesusâ?? cross
Not a disciple (as far as we know)	Became a burden bearer

> *â??Simon is an example of a burden bearer; he helped Jesus to lift His heavy burden.â?•*

Simon did not volunteer. He was compelled. But he became an example of what it means to help carry a heavy load.

2. Jesus as the Ultimate Burden Bearer

> *â??Beloved, Jesus Christ wants to help you carry every burden that might be weighing you down. This is why He said that you should come to Him with whatever burdens you may be carrying so that He can relieve you of them and give you rest (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?•*

Simon Carried Jesusâ?? Cross	Jesus Carries Your Burdens
One man helped the Savior for a short distance	The Savior helps you for all eternity
Simon bore a physical weight	Jesus bears every weightâ??physical, emotional, spiritual
Simon was compelled	Jesus invites: â??Come unto meâ?•

The irony is profound: Simon helped Jesus carry His cross, but Jesus helps every burdened soul carry theirs. The cross that Simon lifted was the instrument of salvation. The burdens you bring to Jesus become opportunities for His healing power.

Physical Burdens: The Weight of Sickness and Infirmity

Daddy Adeboye introduces a series on different categories of burdens, beginning today with **physical burdens**.

> *â??It is important to note that there are different categories of burdens. Today, I will discuss physical burdens.â?•*

Category	Description
Physical burdens	Sickness, disease, deformity, chronic pain, disability
Emotional burdens	Grief, depression, anxiety, broken heart
Spiritual burdens	Sin, guilt, condemnation, demonic oppression
Financial burdens	Debt, poverty, lack of provision
Relational burdens	Conflict, betrayal, loneliness, family strife

Todayâ??s focus is on **physical burdens**. Let us examine the biblical examples Daddy Adeboye provides.

Biblical Examples of Physical Burdens Lifted by Jesus

1. Naaman: Incurable Disease (2 Kings 5:1)

> *â??For example, Naaman had a physical burden, which was in the form of an incurable disease.â?•*

Naamanâ??s Burden	The Solution
Leprosy (incurable by human medicine)	Seven dips in the Jordan River
Commander of armies, yet powerless over his skin	Humility to obey the prophetâ??s instruction
His position could not heal him	His obedience brought healing

2 Kings 5:1 â?? *â??Now Naaman, captain of the host of the king of Syria, was a great manâ?¦ but he was a leper.â?•*

No amount of wealth, power, or status could remove the burden of leprosy. Only God could. And God didâ??through simple obedience.

2. The Woman Bent Double (Luke 13:10-17)

> â??Likewise, Luke 13:10-17 tells us about a woman with a spirit of infirmity who was bent double. Everywhere she went, people could see the visible manifestation of the burden she was carrying; no matter how hard she tried, she couldnâ??t stand up straight.â?•

Her Burden	The Healing

Bent double for 18 years	Jesus called her, laid hands on her
Spirit of infirmity (demonic oppression manifesting physically)	Immediately she was made straight
Could only see the ground, not the sky	She glorified God

For eighteen years, she carried this visible, humiliating burden. Everywhere she went, people saw her affliction. But in one moment, Jesusâ??the Burden Bearerâ??set her free.

3. The Man at Bethesda (John 5:2-9)

â??Also, in John 5:2-9, the Bible tells the story of a man who had been by the pool of Bethesda for 38 years. He had a longstanding physical burden, and I imagine that his family and friends had abandoned him because of his infirmity. By Godâ??s mercies, however, Jesus, the Burden Bearer, approached him and lifted his longstanding burden instantly.â?•

His Burden	The Healing
Invalid for 38 years	Jesus asked, â??Wilt thou be made whole?â?•
Waiting by the pool, no one to help him into the water	â??Rise, take up thy bed, and walkâ?•
Hopeless, abandoned	Immediately made whole

Thirty-eight years is longer than many people live. This man had been sick for nearly four decades. Everyone else had given up on him. But Jesus had not forgotten him. And Jesus healed him instantly.

4. The Man with the Withered Hand (Mark 3:1-6)

â?•Mark 3:1-6 also tells the story of a man who had a physical deformity. One of his hands was withered, meaning that it was dead and was no longer useful. He was limited because he could only use one of his hands. However, when the Burden Bearer met him at the synagogue, He had mercy on him and made the withered hand whole like the other.â?•

His Burden	The Healing
Withered handâ??dead, useless	Jesus said, â??Stretch forth your handâ?•
Limited in what he could do	He stretched it, and it was restored
Had learned to live with his disability	Jesus removed the limitation completely

â??I pray for you that in every area you may be experiencing limitations due to a physical ailment, the Almighty God will step into your case and restore you completely.â?•

The Pattern of Jesusâ?? Healing Ministry

From these examples, we see a pattern:

Example	Duration of Burden	Jesusâ?? Action	Result
Naaman	Unknown, but chronic	Instructed him to obey	Leprosy removed
Bent woman	18 years	Called her, laid hands	Made straight
Bethesda man	38 years	Commanded him to rise	Walked immediately
Withered hand	Unknown (likely lifelong)	Commanded him to stretch	Hand restored

Notice: Jesus did not need long prayers, special rituals, or the personâ??s faith to be perfect. He simply spoke. He touched. He commanded. And the burden was lifted.

How to Bring Your Physical Burden to Jesus (Practical Steps)

Based on Daddy Adeboyeâ??s teaching, here is how to approach the Burden Bearer:

1. Recognize That Jesus Is Willing to Heal

The leper came to Jesus saying, *â??Lord, if thou wilt, thou canst make me cleanâ?•* (Matthew 8:2). Jesus answered, *â??I will; be thou clean.â?•* Do not doubt His willingness. He healed every sickness and every disease. He has not changed.

2. Come to Him Honestly

Do not hide your burden. Do not pretend you are fine. Come as you areâ??sick, weak, exhausted, limited. Jesus said, *â??Come unto me, all ye that labour and are heavy laden.â?•* Not â??come when you have cleaned yourself up.â?• Come now.

3. Cast Your Burden Upon Him (1 Peter 5:7)

1 Peter 5:7 â?? *â??Casting all your care upon him; for he careth for you.â?•*

What Casting Means	What It Does Not Mean
Transfer the weight to Him	Continue to carry it yourself
Trust Him with the outcome	Give Him the burden but keep worrying
Release control	Hold on â??just in caseâ?•

4. Obey Whatever He Tells You

Naaman had to dip seven times. The man with the withered hand had to stretch it out. The man at Bethesda had to rise and walk. Healing often requires an act of obedience. Listen. Obey. Even if it seems foolish.

5. Do Not Despair if the Answer Is Not Immediate

The bent woman was sick for 18 years. The Bethesda man for 38 years. They did not give up hope. Neither should you. Keep coming. Keep believing. Keep seeking the Burden Bearer.

Warning: Do Not Let Despair Keep You from the Healer

Daddy Adeboyeâ??s devotional carries an urgent encouragement: do not despair. Do not let the length of your suffering convince you that God cannot or will not heal.

The Enemyâ??s Lie	The Truth
â??Itâ??s been too longâ?•	38 years was not too long for Jesus
â??Youâ??ve tried everythingâ?•	You have not tried the Burden Bearer
â??God doesnâ??t care about your bodyâ?•	Jesus spent much of His ministry healing bodies
â??Maybe itâ??s not Godâ??s willâ?•	Jesus healed â??everyâ?• sicknessâ??that is His will

Conclusion: Your Prayer for Physical Healing

Daddy Adeboye closes with a prayer for restoration. Whether your burden is physical, emotional, or otherwise, bring it to the Burden Bearer today.

Pray this:

> *â??Lord Jesus, I thank You that You went about all the cities and villages healing every sickness and every disease. I thank You that You are the same yesterday, today, and forever. I come to You today with my physical burden. You know the pain, the limitation, the exhaustion, the despair. You see the length of time I have carried this weight. Like the woman bent double for 18 years, like the man at Bethesda for 38 years, I come to You. Speak Your word. Stretch out Your hand. Command my healing. I cast this burden upon You. I will not carry it alone any longer. I believe that You are willing. I believe that You are able. Restore me completely. Remove every limitation. Let me walk, stretch, stand, and glorify Your name. In Jesusâ?? mighty name.â?•*

Action Steps:

1. **Identify Your Burden:** Write down the specific physical burden you are carryingâ??whether it is a diagnosed disease, chronic pain, a disability, or a limitation. Be specific. Name it.
2. **Bring It to Jesus:** In prayer, lay that piece of paper before the Lord. Tell Him: *â??I cannot carry this anymore. I give it to You.â?•* Then thank Him for hearing you.
3. **Take One Step of Obedience:** Is there anything the Lord has been telling you to doâ??a doctor to see, a lifestyle change to make, a prayer to pray, a person to call? Do it today. Obedience often precedes the miracle.

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