

Open Heavens 7 May 2026 Devotional & Commentary

Description

The Open Heavens 7 May 2026 devotional for today is SECRETS TO LONGEVITY IV.

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 6 May 2026 Devotional**



OPEN HEAVENS 7 MAY 2026 TODAY DEVOTIONAL

TOPIC: SECRETS TO LONGEVITY IV

MEMORISE

Blessed are ye that hunger now: for ye shall be filled. Blessed are ye that weep now: for ye shall laugh. Luke 6:21

READ: Psalm 107:8-9

8 Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!
9 For he satisfieth the longing soul, and filleth the hungry soul with goodness.

RCCG OPEN HEAVENS 7 MAY 2026 TODAY MESSAGE

As I continue teaching about the secrets to longevity, I want to discuss the importance of refuelling while walking on the path that God has set before you. To enjoy longevity, especially in the kingdom of God, you must refuel and recharge your spiritual batteries regularly.

God designed man in such a way that he would constantly need refuelling. This is why He made sure that every day would be followed by a night so that after working very hard during the day, you can sleep at night and refuel your energy. Likewise, after breakfast in the morning, it is normal to feel hungry after a few hours, especially if you have expended lots of energy. God designed you to eat at varying intervals so you can refuel your energy.

For guns to remain effective, they must be reloaded after they have been fired. Likewise, if a believer wants to remain on the path that God has ordained for him or her, the believer must always recharge his or her spiritual batteries.

For example, a Christian cannot function effectively based on the Scriptures he or she studied last year or the fasting and prayers embarked upon three years ago. Such a Christian will be weak and become easy prey for the devil; hence, there must be constant refuelling to remain spiritually fit.

Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
Matthew 5:6

God created hunger to remind us that we are running low on fuel, so we can eat to restore our energy. Just as He created physical hunger as a signal to eat and replenish energy, He also created spiritual hunger and thirst as a sign that you must recharge. When you feel hungry for Godâ??s word, excited when it is time for Bible Study, or are always looking forward to praying, you are spiritually healthy.

However, if you donâ??t attend to that hunger, you may not feel it anymore after a while. If a believer does not feel hungry for spiritual things anymore, it means that he or she is already empty and is on the verge of dying spiritually.

Beloved, nobody lasts long in Godâ??s kingdom without consistent spiritual hunger and refuelling. If you ever get to a point where you donâ??t feel hungry for Godâ??s word, cry to God to renew your spiritual hunger. May you always hunger and thirst after righteousness so you will be empowered to fulfil Godâ??s purpose for your life, in Jesusâ?? name.

PRAYER POINT

Father, please renew my spiritual hunger and help me to seek you at all times with all my heart.

BIBLE IN ONE YEAR

1 Chronicles 27-29

Open Heavens HYMN 8: I Need Thee Every Hour

OPEN HEAVENS DEVOTIONAL 7 MAY 2026 COMMENTARY

MEMORISE: Luke 6:21

â??Blessed are ye that hunger now: for ye shall be filled.â?•

This verse is Jesusâ?? declaration that spiritual hunger is not a curseâ??it is a blessing. When you feel a deep craving for God, His word, and His presence, that craving is not a sign of weakness. It is a sign of health. And the promise is certain: you shall be filled. Not maybe, not sometimesâ??shall be. The hunger itself is the guarantee of the coming satisfaction.

BIBLE READING: Psalm 107:8-9

â??Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness.â?•

This passage is part of a psalm that celebrates Godâ??s deliverance of His people from various troubles. Verse 9 makes a universal promise: God satisfies the longing soul and fills the hungry soul with goodness. Notice the two conditions: longing and hunger. Not the satisfied and complacentâ??the longing and hungry. Godâ??s filling is reserved for those who feel their emptiness and crave His fullness.

The Secret of Spiritual Refueling

In todayâ??s devotional, **Pastor E.A. Adeboye** (Daddy Adeboye) continues his series on longevity and finishing well. He has taught about knowing when to hide, when to fight, and when to run. Today he reveals a fourth secret: **the importance of refueling.** You cannot last on the path God has set before you if you do not regularly recharge your spiritual batteries. Past experiences, past prayers, past Bible studyâ??these are not enough for todayâ??s battles.

God Designed You to Need Refueling

The devotional begins with a simple but profound observation: God built the need for refueling into the very fabric of human existence.

- **Day and night:** After working hard during the day, you need sleep at night to recharge.
- **Meals:** After breakfast, hunger returns after a few hours, reminding you to eat again.
- **Weapons:** A gun must be reloaded after it has been fired to remain effective.

If this is true for your physical body, how much more true for your spirit?

â??A Christian cannot function effectively based on the Scriptures he or she studied last year or the fasting and prayers embarked upon three years ago.â?•

The devotional states this plainly. Last yearâ??s manna will not sustain you through this yearâ??s wilderness. Three years agoâ??s prayer session will not win todayâ??s battle. The devil does not attack you based on what you used to know or used to do. He attacks you in the present. And you need present-tense refueling.

Physical Hunger as a Spiritual Lesson

The devotional draws a powerful parallel between physical hunger and spiritual hunger.

Physical hunger:

- Is a signal that your body is running low on fuel
- Reminds you to eat
- If ignored for too long, it eventually fadesâ??but that fading is not a sign of health; it is a sign of starvation

Spiritual hunger:

- Is a signal that your spirit needs refueling
- Reminds you to pray, study, worship, and seek God
- If ignored for too long, it eventually fadesâ??and that fading is a sign of spiritual starvation, not spiritual maturity

â??When you feel hungry for Godâ??s word, excited when it is time for Bible Study, or are always looking forward to praying, you are spiritually healthy.â?•

But if you suppress that hunger, if you neglect your Bible, if you skip prayer, if you find excuses to miss churchâ??eventually, the hunger will stop. And that silence is dangerous.

â??If a believer does not feel hungry for spiritual things anymore, it means that he or she is already empty and is on the verge of dying spiritually.â?•

What Happens When You Donâ??t Refuel

The devotional warns of the consequences of neglecting spiritual refueling:

1. You Become Weak
A believer who does not regularly feed on Godâ??s word has no spiritual strength. When temptation comes, there is no resistance. When the enemy attacks, there is no defense. The weak believer becomes easy prey.

2. You Become Vulnerable
The devil does not fear an empty, unfed Christian. He knows that a believer without fresh manna has

no power. He can push, intimidate, and deceive such a person without resistance.

3. You Drift Off the Path
Longevity requires staying on the path. But when your spiritual fuel runs low, you lose direction. You make decisions based on flesh, not spirit. You wander into territory you never intended to enter.

4. You Eventually Die Spiritually
The devotional does not mince words: ignoring spiritual hunger leads to spiritual death. Not physical death, but a state where your spirit is no longer sensitive to God. You become religious but dead inside.

How to Refuel Regularly

If you want to finish your race and not collapse before the finish line, here is how to practice refueling:

1. Recognize Hunger as a Gift
When you feel hungry for Godâ??s word, do not suppress it. Do not ignore it. Recognize that hunger as the Holy Spiritâ??s invitation to come and be filled. Blessed are those who hungerâ??not because hunger is pleasant, but because it leads to filling.

2. Feed Daily
You do not eat once a week physically and expect to survive. Why do you think you can feed on Godâ??s word once a week and thrive spiritually? Daily bread means daily. Set aside time each day for Scripture, prayer, and worship. This is not legalismâ??it is survival.

3. Cry Out When Hunger Fades
If you have reached a point where you no longer feel hungry for God, do not panicâ??but do not ignore it. **Cry out to God to renew your spiritual hunger.** Ask Him to give you back the craving you have lost. He is faithful to restore what the enemy has stolen.

4. Stay in the Company of Hungry Believers
Hunger is contagious. When you surround yourself with believers who are passionate about Godâ??s word, hungry for prayer, and excited about worship, their hunger will awaken yours. Do not isolate yourself from the fire carriers.

5. Refuel Before You Run Empty
Do not wait until you are spiritually starving to seek God. The best time to refuel is when you still have some reserves. Make prayer and Bible study a non-negotiable part of your routine, not just an emergency measure.

The Signs of Spiritual Health

How can you tell if you are spiritually healthy? The devotional gives clear indicators:

- You feel hungry for Godâ??s word
- You get excited when it is time for Bible Study
- You look forward to praying
- You are eager for church services
- You crave worship and fellowship

If these are true of you, rejoiceâ??you are spiritually healthy. If they are not true, do not condemn yourself. Cry out to God for restoration. He is the one who satisfies the longing soul and fills the hungry soul with goodness.

The Promise for the Hungry

The memory verse and the Bible reading both give the same promise: **the hungry will be filled.**

- Luke 6:21: â??Blessed are ye that hunger now: for ye shall be filled.â?•
- Psalm 107:9: â??He satisfieth the longing soul, and filleth the hungry soul with goodness.â?•

God does not mock your hunger. He does not leave you empty. When you crave Him, He comes. When you seek Him, He is found. When you knock, He opens.

The problem is not that God refuses to fill. The problem is that many believers have lost their hunger. They have become satisfied with yesterdayâ??s manna. They are running on fumes and wondering why they feel weak.

Conclusion: Refuel and Finish Strong

Daddy Adeboye has lasted 84 years on this earth and 53 years as a born-again Christian because he understands the secret of refueling. He does not rely on past experiences. He does not coast on yesterdayâ??s anointing. He continually comes to the Source for fresh supply.

You must do the same. Do not let your spiritual hunger fade. Do not ignore the prompting of the Holy Spirit. When you feel the craving for Godâ??s word, feed it. When you sense the need to pray, pray. When you long for worship, worship.

The race is long, but the finish line is near. Refuel now, and finish strong.

Pray this:
â??Father, I thank You that hunger is not a curse but a blessing. Forgive me for the times I have ignored my spiritual hunger or tried to satisfy it with things that are not You. Renew my craving for Your word, Your presence, and Your will. Let me never be satisfied with yesterdayâ??s manna. Fill me fresh today. Satisfy my longing soul. I want to finish my race strong. In Jesusâ?? name, Amen.â?•

Action Steps:

- **Assess your hunger:** Do you genuinely crave Godâ??s word, prayer, and worship? Or have you been going through the motions?
- **If hunger is weak, cry out:** This week, spend time asking God to restore your spiritual appetite. Do not try to manufacture hungerâ??ask Him to give it.
- **Establish daily feeding:** Commit to a daily Bible reading and prayer schedule. Start small if needed, but be consistent.
- **Surround yourself with hungry believers:** Join a Bible study, prayer group, or fellowship where people are passionate about God. Let their hunger awaken yours.
- **Do not coast on the past:** Whatever God did for you last year, last month, or last week is wonderful. But seek Him for today. Fresh bread for a fresh day.

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