


# Open Heavens 6 May 2026 Devotional & Commentary

## Description

The Open Heavens 6 May 2026 devotional for today is **SECRETS TO LONGEVITY III.**

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 5 May 2025 Devotional**




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# OPEN HEAVENS 6 MAY 2026 TODAY DEVOTIONAL

## TOPIC: SECRETS TO LONGEVITY III

## MEMORISE

Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.
2 Timothy 2:22

## READ: Genesis 39:10-13

10 And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her.
11 And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within.
12 And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out.
13 And it came to pass, when she saw that he had left his garment in her hand, and was fled forth,

# RCCG OPEN HEAVENS 6 MAY 2026 TODAY MESSAGE

Over the past two days, I have discussed the importance of knowing when to hide and when to fight as key secrets to longevity. Today, I will be discussing another secret to longevity: knowing the times to run.

When you go through the Scriptures carefully, you will understand that part of the identity of Godâ??s children is that they are wise and strong. For example, 1 John 4:4 says that greater is He that is in us (God) than he that is in the world (the devil), which shows exactly how powerful we are as believers.

However, when it comes to dealing with sin, especially lust, todayâ??s memory verse says that we are not just to run away, but we are to flee! The anointing doesnâ??t work on lust, which means that, no matter how strong or anointed you are, the only thing that works is to flee!

You might be asking yourself, with all the anointing on Daddy G.O. and the great amount of time he has spent with God, does he still flee from lust? The answer is, Yes. In fact, I even flee more now than I used to when I was a younger Christian. This is because I understand that whoever is in a race needs to run faster towards the end so as to win the prize.

Lust, however, is not the only sin we are to flee from; we must also flee from all kinds of sins. 1 Thessalonians 5:22 says that you should abstain from every appearance of evil.

This means that the moment something seems evil, you should stay away from it. For instance, if a group of people around you seem to be interested in evil, you should stay away from them.

Psalm 1:1 says that you are not to walk in the counsel of the ungodly, stand in the way of sinners, or sit in the seat of the scornful. You can greet them and preach to them, but do not befriend them.

2 Corinthians 6:14-15 says, â??Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?â?•

Beloved, if you want to succeed in the race God has set before you, you must flee from all sins and have no fellowship with the unfruitful works of darkness.

## KEY POINT

Flee anything that has an appearance of evil.

## BIBLE IN ONE YEAR

1 Chronicles 24-26

## Open Heavens HYMN 34: YIELD NOT TO TEMPTATION

# OPEN HEAVENS DEVOTIONAL 6 MAY 2026 COMMENTARY

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

## MEMORISE: 2 Timothy 2:22

*â??Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.â?•*

This verse gives two clear commands: what to run from and what to run toward. The first is â??flee youthful lustsâ?•â??not walk away, not resist, not negotiate, but flee. The second is â??follow righteousness, faith, charity, peaceâ?•â??actively pursue these virtues. The verse also specifies the company to keep: â??them that call on the Lord out of a pure heart.â?• Running from sin is not enough; you must run toward godly people and godly character.

## BIBLE READING: Genesis 39:10-13

This passage records the climax of Josephâ??s temptation in Potipharâ??s house. Potipharâ??s wife had repeatedly tried to seduce him, day after day. Joseph refused her advances, explaining that it would be a great wickedness against his master and a sin against God. But she persisted. On one particular day, when Joseph went into the house to do his work, she caught him by his garment and said, â??Lie with me.â?• **Joseph left his garment in her hand and fled.** He did not stay to argue. He did not try to reason with her. He did not trust his anointing to protect him from temptation. He ran. This passage demonstrates that **fleeing is not cowardiceâ??it is wisdom, especially when facing sexual temptation.**

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## The Secret of Knowing When to Run

In todayâ??s devotional, **Pastor E.A. Adeboye** continues his series on longevity and finishing well. He has covered two secrets: knowing when to hide and knowing when to fight. Today he reveals the third secret: **knowing when to run.** While you fight the devil, you must run from sinâ??especially sexual sin. The anointing does not work on lust. No amount of spiritual power makes you immune. The only strategy that works is flight.

## The Anointing Doesnâ??t Work on Lust

The devotional makes a striking statement: **â??The anointing doesnâ??t work on lust.â?•**

This means that no matter how powerful your spiritual gifts, no matter how long you have walked with God, no matter how many miracles you have performedâ??when lust comes, your anointing will not protect you if you stay in its presence.

- David was a man after Godâ??s own heart, but he did not flee from Bathsheba, and he fell.
- Solomon was the wisest man who ever lived, but he did not flee from foreign women, and his heart turned from God.
- Samson was supernaturally strong, but he did not flee from Delilah, and he lost his eyes, his strength, and eventually his life.

These were anointed men. But their anointing did not stop the destruction when they lingered instead of fleeing.

**Daddy Adeboye confesses:** â??You might be asking yourself, with all the anointing on Daddy G.O. and the great amount of time he has spent with God, does he still flee from lust? The answer is, Yes. In fact, I even flee more now than I used to when I was a younger Christian.â?•

Why? Because he understands that whoever is in a race needs to run faster toward the end to win the prize. The closer you get to the finish line, the more careful you must be. The enemy saves his best traps for the final stretch.

## Joseph: The Model of Fleeing

The Bible reading gives us the perfect example of what it means to flee. Joseph was in Potipharâ??s house, a place of authority and provision. He was young, handsome, and far from his family. Potipharâ??s wife pursued him relentlessly, day after day.

Joseph did not:

- Stay to argue with her
- Try to reason with her about why it was wrong
- Trust his anointing to protect him
- Think he was strong enough to resist

Instead, **he ran.** He left his garment in her hand and fled. He understood that the only winning move against lust is to remove yourself from its presence.

His garment was left behindâ??a small price to pay for his purity. Better to lose a coat than to lose your destiny.

## What Else We Must Flee From

While the devotional focuses heavily on lust, it also expands the principle to other areas:

**1. Every Appearance of Evil (1 Thessalonians 5:22)**
The moment something seems evil, stay away. Do not test the waters. Do not see how close you can get without sinning. If it looks evil, smells evil, or sounds evilâ??flee.

**2. Evil Companions (Psalm 1:1)**
The psalmist gives a progression: walk in the counsel of the ungodly, stand in the way of sinners, sit in the seat of the scornful. Each step is deeper into compromise. The wise person avoids the first step entirely.

**Daddy Adeboye advises:** â??You can greet them and preach to them, but do not befriend them.â?• You can have contact for the purpose of evangelism, but you cannot have covenant fellowship with those who love evil.

**3. Unequal Yokes (2 Corinthians 6:14-15)**
Do not be bound together with unbelievers. This applies to marriage, business partnerships, and close associations. Light and darkness have no fellowship. Christ and Belial (the devil) have no agreement.

## Why Fleeing Is Not Cowardice

Some believers think that fleeing is a sign of weakness. They believe that if they are truly spiritual, they should be able to stand in the fire and not burn.

**This is a dangerous deception.**

- When Lot was in Sodom, the angels had to drag him out. They did not tell him to stand and fight.
- When Jesus taught about temptation, He said, â??If your eye offends you, pluck it out.â?• He was not speaking literally, but He was emphasizing radical amputation from sin.
- When the Holy Spirit speaks in 2 Timothy 2:22, He does not say â??resist lustâ?• or â??stand against lust.â?• He says **â??flee.â?•**

Fleeing is not cowardice. It is wisdom. It is obedience. It is the path to longevity.

## How to Flee Effectively

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

**1. Recognize Your Weakness**
Stop pretending you are stronger than you are. The most anointed men in Scripture fell when they lingered. You are not more anointed than David, Solomon, or Samson. Admit your vulnerability and flee before the temptation becomes overwhelming.

**2. Cut Off Access**
If certain situations lead you into sin, stop going there. If certain people tempt you, limit your contact. If certain media stirs lust, delete it. Fleeing means removing the opportunity for sin to find you.

**3. Run Toward Something Better**
2 Timothy 2:22 does not only tell you what to flee fromâ??it tells you what to run toward: righteousness, faith, love, peace. And it tells you who to run with: â??them that call on the Lord out of a pure heart.â?•

You cannot run from sin into a vacuum. You must run into the presence of God and into the company of godly people.

**4. Flee Faster at the End**
Daddy Adeboyeâ??s personal testimony is instructive. He flees more now than when he was younger. As you get closer to the finish line, the enemy works harder to trip you. Run faster. Be more vigilant. Do not let down your guard.

## The Cost of Not Fleeing

The devotional implies the consequences of staying when you should run:

- **David** stayed on his rooftop instead of going to battle, and he fell into adultery and murder.
- **Samson** stayed with Delilah, and he lost his strength, his eyes, and his life.
- **Solomon** stayed attached to foreign women, and his kingdom was torn apart.

**When you do not flee, you will eventually fall.** It is not a matter of if, but when. Temptation resisted repeatedly still wears down resistance. The only guarantee of safety is to run.

## Conclusion: Run for Your Life

The secret to longevity is knowing when to run. You fight the devil, but you flee from sin. You stand against the enemy, but you run from lust.

This is not weakness. This is wisdom. This is how you finish your race.

Joseph ran and became prime minister of Egypt. He lost his coat but gained a destiny. If he had stayed, he would have lost both.

What will you lose if you stay when you should run? Your marriage? Your ministry? Your testimony? Your life?

Run. Flee. Get out. And run toward righteousness, faith, love, peace, and the company of pure-hearted believers.

**Pray this:**
â??Father, give me the wisdom to know when to run. Forgive me for the times I have lingered in temptation, thinking I was strong enough to resist. I renounce pride and self-confidence. I choose to flee from lust, from evil companions, from every appearance of evil. Help me to run faster as I approach the finish line. Lead me to those who call on You with a pure heart. In Jesusâ?? name, Amen.â?•

**Action Steps:**

- **Identify your temptation zones:** What situations, people, or media consistently lead you toward sin? Write them down.
- **Cut them off:** This week, take practical steps to remove or limit access to these temptation zones. Do not negotiate with them.
- **Find pure-hearted companions:** Identify believers who genuinely pursue righteousness and spend more time with them.
- **Practice fleeing:** The next time you feel the pull of temptation, physically remove yourself from the situation. Do not wait. Do not argue. Run.

- **Run faster as you age:** If you have walked with God for many years, do not become complacent. Increase your vigilance. The enemy targets the seasoned saints near the finish line.
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