



Open Heaven 5 July 2025 Today Devotional & Commentary

Description

The Open Heaven 5 July 2025 devotional for today is BE MODERATE IN ALL THINGS.

This is a daily devotion written by Pastor E. A. Adeboye, General Overseer of the Redeemed Christian Church of God (RCCG).

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OPEN HEAVEN 5 JULY 2025 TODAY DEVOTIONAL

TOPIC: BE MODERATE IN ALL THINGS

MEMORISE:

All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

1 Corinthians 6:12

READ: 1 Corinthians 6:12-20

12 All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

13 Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for fornication, but for the Lord; and the Lord for the body.

14 And God hath both raised up the Lord, and will also raise up us by his own power.

15 Know ye not that your bodies are the members of Christ? shall I then take the members of Christ, and make them the members of an harlot? God forbid.

16 What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh.

17 But he that is joined unto the Lord is one spirit.

18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

RCCG OPEN HEAVEN 5 JULY 2025 TODAY MESSAGE

In today's memory verse, Paul said that although all things were lawful unto him, he would not be controlled by any earthly thing. Paul went further to say in 1 Corinthians 9:25 that believers should be temperate in all things. These Bible verses show that God has a standard for everything His children do, including how they talk, dress, and relate with others. Unfortunately, many believers have allowed social media, people's opinions, and societal trends to set the standards for how they dress, eat, sleep, and even worship God.

The devil will always try to use people's desires to destroy them. It is not a sin to like some material things, but you must put your fondness for them under control. For example, Samson's uncontrollable desire for sex eventually led to his downfall (Judges 16:1-31).

Beloved, even if the material things you like are legitimate and good, you must still put your fondness for them under control. The things that you consider good and legitimate can lead to sin when they exceed lawful bounds.

For example, although there is nothing wrong with eating good food, gluttony, which is excessive eating, is a sin because it goes against the divine instruction to be temperate in all things (1 Corinthians 9:25). For many people, their excessive eating has led them to poverty (Proverbs 23:21).

As a child of God, you must be moderate in all aspects of life. You must be moderate in your speech because when you talk too much, you are bound to sin (Proverbs 10:19). For example, when the rich fool's business prospered exceedingly, he became so excited that he began to talk too much, showcasing the pride in his heart and this led to his untimely death (Luke 12:16-20). You must also be moderate in your appearance. It is good to dress well; however, focusing excessively on fashion and being driven by every fad is a sign of spiritual immaturity. Believers are admonished to set their affection on things above and not on things on the earth (Colossians 3:1-2).

Beloved, to live in moderation, you must have self-control. Solomon said that a fellow who has no rule over his own spirit is like a broken-down city that has no walls (Proverbs 25:28).

You must make no provision for the flesh to fulfil its lusts (Romans 13:14). When you walk in the Spirit and set your heart on things above, you will not fulfil the lust of the flesh (Galatians 5:16, Colossians 3:2), rather you will live a moderate life that will be pleasing to God.

OPEN HEAVEN 5 JULY 2025 REFLECTION:

Are there areas of your life in which you are not living moderately?

BIBLE IN ONE YEAR

Proverbs 18-20

HYMN 34: YIELD NOT TO TEMPTATION

OPEN HEAVEN DEVOTIONAL 5 JULY 2025 COMMENTARY

MEMORISE: 1 Corinthians 6:12

“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”

This verse sets the foundation for today’s devotional—**Christian liberty is not a license for excess but a call to disciplined living**. While certain actions may not be sinful in themselves, they become dangerous when they **dominate** our lives.

BIBLE READING: 1 Corinthians 6:12-20

Paul’s message here is clear: **Our bodies are temples of the Holy Spirit (v.19), so we must avoid anything that enslaves or defiles them**. He specifically addresses sexual immorality, but the principle applies to **every area of life**—food, speech, dress, entertainment, and more.

The Danger of Unchecked Desires

The devotional highlights how **even good things can become snares when taken to extremes**.

1. The Problem of Excess in Believers’ Lives

- **Food (Gluttony)** — Eating is necessary, but **overindulgence** leads to health issues, financial waste (Proverbs 23:21), and spiritual dullness.
- **Speech** — Talking too much often leads to **gossip, boasting, or lies** (Proverbs 10:19). The rich fool in Luke 12:16-20 **talked himself into God’s judgment** by proudly declaring his self-sufficiency.
- **Fashion & Appearance** — Dressing well isn’t wrong, but **obsession with trends** reflects misplaced priorities (Colossians 3:1-2).

- **Pleasure & Entertainment** – Relaxation is good, but when **movies, social media, or hobbies** consume more time than **prayer and Bible study**, they become idols.

2. Biblical Examples of Immoderation Leading to Destruction

- **Samson (Judges 16)** – His **uncontrolled lust** for Delilah led to his downfall.
- **Esau (Genesis 25:29-34)** – He traded his birthright for **a momentary craving**, proving he valued appetite over destiny.
- **The Israelites (Numbers 11)** – Despite having manna, they **craved meat excessively**, and God gave it—but with a plague (Psalm 106:15).

3. The Call to Temperance (Self-Control)

- **1 Corinthians 9:25** – *Every man that striveth for the mastery is temperate in all things.*
 - Athletes train with discipline to win; believers must **exercise self-control** to fulfill God's purpose.
 - **Proverbs 25:28** – *He that hath no rule over his own spirit is like a city that is broken down, and without walls.*
 - A person without self-control is **defenseless against temptation**.
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How to Live a Moderate Life

1. **Let the Holy Spirit Govern Your Choices (Galatians 5:16)**
 - Walking in the Spirit ensures we **don't fulfill fleshly lusts**.
 2. **Set Your Affection on Eternal Things (Colossians 3:2)**
 - When Christ is our focus, **worldly obsessions lose their grip**.
 3. **Establish Personal Boundaries (Romans 13:14)**
 - *Make not provision for the flesh.* • Avoid places, habits, or influences that feed temptation.
 4. **Practice Delayed Gratification**
 - Like Daniel refusing the king's meat (Daniel 1:8), **discipline strengthens spiritual resilience**.
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Conclusion: Freedom Under God's Lordship

Believers are **free in Christ**, but true freedom means **mastery over sin, not slavery to desires**. Ask yourself:

- *Is this habit drawing me closer to God or pulling me away?*
- *Am I controlled by culture, or am I governed by Scripture?*

Moderation isn't about deprivation—it's about devotion. When we live **with restraint**, we honor God, protect our witness, and secure our spiritual victory.

â??Lord, help me walk in self-control, that I may glorify You in all things. Amen.â?•

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