



Open Heaven 9 July 2025 Today Devotional & Commentary

Description

The Open Heaven 9 July 2025 devotional for today is EAT RIGHT.

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

- Read: [RCCG Open Heaven 8 July 2025 Devotional](#)
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OPEN HEAVEN 9 JULY 2025 TODAY DEVOTIONAL

TOPIC: EAT RIGHT

MEMORISE:

Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!

Ecclesiastes 10:17

READ: Leviticus 11:1-42

1 And the Lord spake unto Moses and to Aaron, saying unto them,

2 Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth.

3 Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat.

4 Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

5 And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

6 And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

7 And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.

8 Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you.

9 These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.

10 And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you:

11 They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcases in abomination.

12 Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.

13 And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the ospray,

14 And the vulture, and the kite after his kind;

15 Every raven after his kind;

16 And the owl, and the night hawk, and the cuckow, and the hawk after his kind,

17 And the little owl, and the cormorant, and the great owl,

18 And the swan, and the pelican, and the gier eagle,

19 And the stork, the heron after her kind, and the lapwing, and the bat.

20 All fowls that creep, going upon all four, shall be an abomination unto you.

21 Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth;

22 Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind.

23 But all other flying creeping things, which have four feet, shall be an abomination unto you.

24 And for these ye shall be unclean: whosoever toucheth the carcase of them shall be unclean until the even.

25 And whosoever beareth ought of the carcase of them shall wash his clothes, and be unclean until the even.

26 The carcases of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean.

27 And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcase shall be unclean until the even.

28 And he that beareth the carcase of them shall wash his clothes, and be unclean until the even: they are unclean unto you.

29 These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind,

30 And the ferret, and the chameleon, and the lizard, and the snail, and the mole.

31 These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even.

32 And upon whatsoever any of them, when they are dead, doth fall, it shall be unclean; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, it

must be put into water, and it shall be unclean until the even; so it shall be cleansed.

33 And every earthen vessel, whereinto any of them falleth, whatsoever is in it shall be unclean; and ye shall break it.

34 Of all meat which may be eaten, that on which such water cometh shall be unclean: and all drink that may be drunk in every such vessel shall be unclean.

35 And every thing whereupon any part of their carcase falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean and shall be unclean unto you.

36 Nevertheless a fountain or pit, wherein there is plenty of water, shall be clean: but that which toucheth their carcase shall be unclean.

37 And if any part of their carcase fall upon any sowing seed which is to be sown, it shall be clean.

38 But if any water be put upon the seed, and any part of their carcase fall thereon, it shall be unclean unto you.

39 And if any beast, of which ye may eat, die; he that toucheth the carcase thereof shall be unclean until the even.

40 And he that eateth of the carcase of it shall wash his clothes, and be unclean until the even: he also that beareth the carcase of it shall wash his clothes, and be unclean until the even.

41 And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten.

42 Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination.

RCCG OPEN HEAVEN 9 JULY 2025 TODAY MESSAGE

The primary reason people eat is for them to be healthy and have the strength to do the things they need to do. This means that any food a person eats that weakens or shortens his or her life is not good for the fellow. In today's Bible reading, God gave the Israelites instructions on what to eat and what not to eat.

Modern day scientists have discovered that the foods God allowed them to eat are

good for our health, while the ones He said they shouldn't eat are bad for our health. I believe this contributed to their unusual strength and vigour in the wilderness (Psalm 105:37).

God cares about your health. He doesn't want you falling sick all the time because sickness doesn't glorify Him. Don't eat junk foods that endanger your health and then run to God to seek healing when the doctor's report comes out. You should glorify Him with your body by eating only foods that will keep you healthy.

Nowadays, many crops are grown and preserved with chemicals. This is why you should have your own garden and grow some of your own food if you have the opportunity to do so. When people contract diseases, they hardly trace them to the food they eat.

However, some of the foods they eat are silent killers. As good and important as food is, it can also make a fellow weak spiritually and physically.

When you see people who have become obese because they eat whatever they like whenever they like, you will notice that they are usually weak. If you notice that getting up from a seat takes longer and requires more effort than it should, you should check your diet. Besides checking what you eat, it is also important to check when you eat. You cannot eat very heavy food late in the night and expect to wake up in the middle of the night to pray. Those who eat for strength don't just eat anything; they eat what will make them strong. Fruits and vegetables will provide you with strength, therefore you should eat a lot of them. Also, avoid eating excessive sugary foods as too much sugar, like any other thing, is harmful.

Beloved, God needs you to be fit and healthy so you can express His glory on the earth and fulfil your destiny in Him. Glorify Him with your body; eat right!

OPEN HEAVEN 9 JULY 2025 KEY POINT

Be mindful of what, when, and how you eat.

BIBLE IN ONE YEAR

Proverbs 30-31

HYMN 33: GUIDE ME, O THOU GREAT JEHOVAH!

OPEN HEAVEN DEVOTIONAL 9 JULY 2025 COMMENTARY

MEMORISE: Ecclesiastes 10:17

“Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!”

This verse highlights the wisdom of **eating purposefully** for strength and health, not indulgence. It sets the tone for today's devotional: **God cares about what we eat because it affects our physical and spiritual vitality.**

BIBLE READING: Leviticus 11:1-42

God gave Israel **dietary laws** to protect their health. Modern science confirms that:

- **Clean animals** (e.g., grass-fed beef, fish with fins/scales) are nutrient-dense.
 - **Unclean animals** (e.g., pork, shellfish) often harbor parasites and toxins.
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God's Design for Healthy Living

The devotional emphasizes that **food is fuel for destiny**, not just pleasure. Here's a breakdown of its key lessons:

1. God's Dietary Laws Were for Our Good

- **Health, Not Just Holiness**

- Leviticus 11's restrictions weren't arbitrary; they were **divine health codes**. Science now shows:
 - Pork (forbidden in v. 7) is linked to **heart disease and parasites**.
 - Shellfish (v. 10-12) often contain **heavy metals and toxins**.
- **Deuteronomy 7:15** – God promised to remove *all sickness* if Israel obeyed His commands.

- **Israel's Supernatural Health**

- **Psalm 105:37** – *There was not one feeble person among [Israel's] tribes.*
- Their obedience to God's diet contributed to **40 years without chronic illness in the wilderness**.

2. Modern Food Dangers & Solutions

- **Chemicals & Processed Foods**

- Pesticides, GMOs, and preservatives in modern foods are *silent killers* (Hosea 4:6).
- **Solution:** Grow your own food where possible (Proverbs 12:11).

- **Obesity & Weakness**

- Gluttony (Proverbs 23:21) and junk food drain **physical energy and spiritual alertness**.
- Example:
 - **Esau** traded his birthright for stew (Genesis 25:32), showing how appetite can **cloud spiritual judgment**.

- **Timing Matters**

- Late-night heavy meals **hinder prayer and sleep** (Matthew 26:40-41).
- **Daniel's fast** (Daniel 1:8-16) proved that **plant-based foods** boost clarity and endurance.

3. Eating to Glorify God

- **1 Corinthians 10:31** – *Whether ye eat or drink, do all to the glory of God.*

- This means choosing foods that:
 1. **Strengthen your body** (God's temple – 1 Corinthians 6:19).
 2. **Sharpen your spirit** (for prayer and service).

- **Avoid:**

- **Excess sugar** (linked to inflammation and disease).
 - **Addictive eating** (Philippians 3:19 – *whose god is their belly*).
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Practical Steps to Biblical Nutrition

1. **Prioritize Whole, Unprocessed Foods**
 - Fruits, vegetables, nuts, and clean meats (Leviticus 11).
 2. **Fast Regularly**
 - Like Jesus (Matthew 4:2), use fasting to **reset your body and focus on God**.
 3. **Pray Over Your Food**
 - Ask God to **sanctify your meals** (1 Timothy 4:4-5).
 4. **Listen to Your Body**
 - If a food makes you sluggish or sick, **eliminate it**.
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Conclusion: Your Body Is God's Temple

Ask yourself:

- *Does my diet honor God or weaken my witness?*
- *Am I eating for strength or sinful pleasure?*

Action Step:

- **Replace one unhealthy food this week** with a nutrient-rich alternative (e.g., swap soda for water).

God wants you **healthy and strong** to fulfill your destiny. Eat wisely, and your body will **testify to His glory!**

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (3 John 1:2).

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