



Open Heaven 11 July 2025 Today Devotional & Commentary

Description

The Open Heaven 11 July 2025 devotional for today is PHYSICAL EXERCISE IS PROFITABLE.

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 10 July 2025 Devotional](#)
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OPEN HEAVEN 11 JULY 2025 TODAY DEVOTIONAL

TOPIC: PHYSICAL EXERCISE IS PROFITABLE

MEMORISE:

For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

1 Timothy 4:8

READ: 1 Corinthians 6:19-20

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 11 JULY 2025 TODAY MESSAGE

Today's memory verse tells us that the profit from spiritual exercise which is godliness far outweighs that of physical exercise but also implies that the little profit from physical exercise cannot be gained from spiritual exercise.

To function excellently in this physical realm, you need your body to be active and healthy, hence the need for physical exercise.

If you ignore the little profit from physical exercise, no matter how godly you are, you just may shorten your lifespan here on earth by yourself.

Many people today want to live a soft life. They do not want to engage in things that will stress their bodies or stretch their muscles.

They want life to be soft and easy, even though the Bible says that we should endure hardness as good soldiers of Christ (2 Timothy 2:3). You need to be in good physical shape to do the things that God put you on the earth to do. Therefore, you should always find time to exercise your body so that you can remain physically fit for God's use.

Nowadays, a lot of people are living endangered lives because they do not exert themselves physically. They move from airconditioned rooms in their houses to airconditioned cars and then airconditioned offices. Many people will not even attend a church without air conditioning.

However, doctors advise that it is important to sweat. It is also important to stay under the sun for a while every day, especially around midday, because sunlight has tremendous qualities that are good for the body.

Personally, I exert myself physically by going on prayer walks regularly. The walks help me to stay in good shape physically, while the prayers help me to maintain good spiritual health.

Beloved, God cares about the health of your body (3 John 1:2). He cares about how you treat the container that He has given to you to enable you to fulfil your purpose on earth.

Regular exercise will help you manage your weight, and it will help strengthen your bones and muscles. It will also reduce your risk of getting sick and improve your ability to perform your daily activities effectively.

Regular exercise will also improve your mental health. If you have a job that requires you to sit for long periods of time, or if you work from your home, physical exercise must be part of your daily routine. Do not let your desire for a soft lifestyle shorten your lifespan.

OPEN HEAVEN 11 JULY 2025 ACTION POINT

Kickstart a regular physical exercise routine today if you do not have one.

BIBLE IN ONE YEAR

Ecclesiastes 5-8

HYMN7: I AM THINE O LORD.

OPEN HEAVEN DEVOTIONAL 11 JULY 2025 COMMENTARY

MEMORISE: 1 Timothy 4:8

For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

This verse presents a balanced biblical perspective: **Physical exercise has value, but godliness has eternal value**. However, it doesn't dismiss physical health—it simply prioritizes spiritual growth while acknowledging the 'little profit' of bodily discipline.

BIBLE READING: 1 Corinthians 6:19-20

What? know ye not that your body is the temple of the Holy Ghost which is in you? therefore glorify God in your body.

Paul's message is clear: **Your physical body matters to God**. It's not just a shell—it's the dwelling place of the Holy Spirit and the vessel for fulfilling your divine assignment.

The Biblical Balance Between Spiritual and Physical Health

The devotional corrects a common misconception in Christian circles: **that spiritual health alone matters**. Here's a breakdown of its key lessons:

1. The Danger of a 'Soft Life' Mentality

- **2 Timothy 2:3** Christians are called to *endure hardness, as good soldiers of Christ*.
 - Many modern believers avoid **discomfort**, preferring air-conditioned comfort over physical exertion.
 - Yet **physical resilience strengthens spiritual endurance** (e.g., fasting, long prayer sessions).
- **Example:**
 - **Elijah outran a chariot** (1 Kings 18:46)—his spiritual power didn't negate his physical stamina.

2. Why Physical Exercise Matters

- **It Prolongs Your Lifespan**
 - Neglecting your body **shortens your earthly ministry** (3 John 1:2).
- **It Enhances Daily Effectiveness**
 - Weak bodies struggle with:
 - **Prayer vigils** (Matthew 26:40-41).
 - **Serving others** (Galatians 6:2).
- **It Improves Mental Health**
 - Exercise reduces stress and sharpens focus—critical for **spiritual discernment**.

3. Practical Ways to Stay Fit for God's Work

- **Prayer Walks** (like Pastor E.A. Adeboye) — Combines **spiritual and physical exercise**.
 - **Sunlight Exposure** — Doctors confirm it boosts **vitamin D and mood**.
 - **Weight Management** — Obesity hinders **mobility and health** (Proverbs 23:21).
 - **Muscle Strengthening** — Prevents fatigue during **long ministry trips or outreaches**.
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How to Apply This Devotional

1. **Start Small**
 - Take **10,000 steps daily** or try **home workouts**.
 2. **Combine Spiritual & Physical Disciplines**
 - Listen to sermons while jogging or pray during stretches.
 3. **Avoid Extreme Laziness**
 - Replace elevator use with stairs; park farther to walk more.
 4. **Fast Wisely**
 - If fasting, stay hydrated and **light exercise** (e.g., walking).
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Conclusion: Your Body Is a Tool for God's Glory

Ask yourself:

- *Is my physical condition helping or hindering my spiritual assignments?*
- *Do I prioritize comfort over Christlike discipline?*

Action Step:

- **Commit to 20 minutes of daily exercise** this week (walking, cycling, etc.).

God needs **fit vessels** to fulfill His work on earth. Don't let a **soft life** rob you of **strength for destiny**!

I press toward the mark for the prize of the high calling of God in Christ Jesus. (Philippians 3:14).

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