

Open Heavens 16 January 2026 Today Devotional & Commentary

Description

The Open Heavens 16 January 2026 devotional for today is **WHAT IS MAN? VI.**

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 15 January 2026 Devotional**



OPEN HEAVENS 16 JANUARY 2026 TODAY DEVOTIONAL

TOPIC: WHAT IS MAN? VI

MEMORISE:
And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.
1 Thessalonians 5:23

READ: Genesis 2:7, 1 Corinthians 2:9-15
7 And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.
10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.
11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.
13 Which things also we speak, not in the words which manâ??s wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.
14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.
15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

RCCG OPEN HEAVENS 16 JANUARY 2026 TODAY MESSAGE

As I conclude this series today, I want you to know that God made man with the authority to operate in the physical, soulish, and spirit realms. God made us this way so that while we are still living on earth, we can also have a connection with Him in heaven.

God gave man a body so he can live in the physical world and a soul so he can think, feel, and choose (Genesis 2:7). Then, in Job 32:8, the Bible says, â??But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.â?• In other words, we can connect with God through our spirit to receive inspiration from Him. This combination makes us special and differentiates us from animals, plants, and even angels.

In the physical realm, our bodies interact with the world through our physical senses: sight, touch, taste, hearing, and smell. Beyond that, we have a soul; we have a will and emotions that allow us to think deeply, make decisions, and establish relationships. For example, you can look at people and discern their true intentions even when they try to conceal them.

The most important part of man, however, is his spirit. Our spirit allows us to connect with God.

It is through our spirits that we hear from Him, understand spiritual truths, and receive Him into our hearts. Romans 8:6 says, â??For to be carnally minded is deathâ?¦â?• In other words, if people operate in the physical and soulish realms but their spirits are not connected to God, they are as good as dead because they are not operating in their full capacity as human beings.

Beloved, paying attention to the physical realm only will cause you to pursue temporary and intangible things. In Ecclesiastes 2:11, Solomon said, â??Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, all was vanity and vexation of spirit, and there was no profit under the sun.â?•

Focusing only on your emotions will cause you to be misled because your feelings cannot be trusted. If you make a decision based on how you feel when you are sad, for instance, before long, you might realise that you have made a terrible decision. The only way you can function in your full capacity and walk in Godâ??s perfect will for your life is when your spirit is connected to the Lord.

REFLECTION

Are you connected to God and submiteed to Him, or are you being controlled by your emotions and physical desires?

BIBLE IN ONE YEAR

EXODUS 1-4

HYMN 24: I Want To Be Like Jesus

OPEN HEAVENS DEVOTIONAL 16 JANUARY 2026 COMMENTARY

MEMORISE: 1 Thessalonians 5:23
â??And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.â?•
This benediction reveals Godâ??s holistic design for humanityâ??a tripartite being meant to function in integrated wholeness under His lordship. It is a prayer for complete sanctification, affirming that salvation and preservation encompass every dimension of our existence: spirit, soul, and body.

BIBLE READING: Genesis 2:7, 1 Corinthians 2:9-15
Genesis 2:7 shows the divine act of creation, where God formed the body, breathed the spirit, and man became a living *soul*. 1 Corinthians 2 details the function of the human spirit when regenerated: it is the faculty that receives and discerns the deep things of God, which are foolishness to the natural (soulish) man.

The Integrated Human: Designed for Three-Dimensional Dominion

Daddy Adeboye concludes this powerful series by unveiling the full architecture of human existence. We are not merely physical beings having spiritual experiences, nor are we just spirits trapped in bodies. We are spirit, soul, and bodyâ??designed to operate simultaneously in the heavenly, psychological, and earthly realms, with the spirit as the governing connector to God.

1. The Three Realms of Human Operation

The Body (Physical Realm):
Our physical form allows us to interact with the material world through our five senses. It is the â??tentâ?• we inhabit on earth (2 Corinthians 5:1), the vessel for our earthly assignment. Neglecting it is poor stewardship; worshipping it leads to vanity, as it is temporary.

The Soul (Psychological Realm):
This is the seat of our mind (thoughts), will (choices), and emotions (feelings). It is the realm of personality, intellect, desire, and relationship. It is powerful but designed to be *informed* by the spirit and *expressed* through the body. Left to itself, it is unstable and easily deceived.

The Spirit (Spiritual Realm):
This is the deepest, most essential part of youâ??the God-breathed part (Job 32:8). It is the organ of worship, the receiver of divine life (zoe), and the conduit for communion with God. It is through your spirit that you are born again (John 3:6) and that you know God (1 Corinthians 2:11-12).

2. The Hierarchy of Design: Spirit Governs Soul, Soul Governs Body

The Tragedy of Reversal:
The natural, fallen order is for the body (appetites) to dominate the soul (emotions/thoughts), and for the soul to ignore the spirit. This is the â??carnally mindedâ?• state, which Romans 8:6 declares is *death*â??not just physical, but spiritual futility and separation from Godâ??s life.

The Divine Order Restored in Christ:
Salvation restores the proper chain of command. The Holy Spirit quickens your human spirit (Ephesians 2:5). Your renewed spirit, filled with Godâ??s Word and led by the Holy Spirit, should then enlighten and govern your soul (renewing your mind â?? Romans 12:2), which in turn disciplines and directs your body for Godâ??s glory (1 Corinthians 9:27).

3. The Peril of Imbalanced Living

Body-Only Focus: The Vanity of Solomon:
A life dedicated solely to physical pleasure, material acquisition, and sensory experience ends in â??vanity and vexation of spiritâ?• (Ecclesiastes 2:11). It is a pursuit of the temporary that leaves the eternal part of youâ??your spiritâ??starved and empty.

Soul-Only Focus: The Deception of Feelings:
Making decisions based primarily on fluctuating emotions or unaided intellect is spiritually perilous. Feelings lie, circumstances change, and human wisdom is limited (Proverbs 14:12). A soul unanchored by a spirit-led compass is adrift and easily misled.

How to Live in Integrated Wholeness

Prioritize Your Spiritâ??s Nourishment:
Your spirit is fed by prayer, the Word, worship, and obedience. This is the â??daily breadâ?• for your true self. A strong, Spirit-led spirit will correctly guide your soul and body.

Submit Your Soul to Transformation:
Consciously bring your thoughts (mind), choices (will), and feelings (emotions) under the authority of Godâ??s Word. Capture rogue thoughts (2 Corinthians 10:5). Choose to obey even when you donâ??t feel like it. This is the renewing of the soul.

Discipline Your Body as a Holy Vessel:
Your body is the temple of the Holy Spirit (1 Corinthians 6:19-20). Treat it with respect through purity, moderation, and health, not as an object of indulgence or neglect. Use its strength to serve God and others.

Warning: Disconnected Living is Sub-Human Existence

To live only in the body and soul while your spirit is dead or dormant toward God is to live as a spiritual zombieâ??physically and mentally alive, but severed from your true source of life, purpose, and eternal destiny. You are operating at a fraction of your designed capacity.

Conclusion: Pray for Wholeness and Blameless Integration

Pray this:
â??God of peace, sanctify me whollyâ??spirit, soul, and body. Breathe fresh life upon my spirit, that it may be the dominant, governing force in my life. Renew my mind, sanctify my emotions, and strengthen my will to obey You. Help me to discipline my body as Your holy temple. I reject a life of vanity ruled by senses and a life of instability ruled by feelings. I choose to live from my spirit, connected to You, so that my whole being may be preserved blameless and fulfill Your perfect will, in Jesusâ?? name!â?•

Action Steps:

1. **The Daily Connection:** Start each day with 5-10 minutes of prayer and Scripture reading *before* engaging with physical needs (phone, news, food). This prioritizes your spirit.
2. **Soul Check-In:** Three times daily, pause and ask: â??What is governing my decisions right now? My spirit led by Godâ??s Word, or my feelings/cravings?â?• Realign as needed.
3. **Body as Temple Audit:** Choose one way to better honor God with your body this week (e.g., earlier bedtime, healthier food choice, fasting from an unhealthy habit).
4. **Reflect on the Series:** Review the key themes of this devotional seriesâ??dominion, the Word, light over darkness, freedom from bitterness, the power of words, conscious authority, indwelling peace, and Godâ??s love. See how they all flow from a spirit-led life.

Remember: You are a spirit, who possesses a soul, and lives in a body. Your success in every realm depends on the health and leadership of your spirit, connected to God. This is the path to walking in your full, God-ordained capacity.
â??And the very God of peace sanctify you whollyâ?¦â?• (1 Thessalonians 5:23). You are designed for wholeness.

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