



Open Heavens 7 May 2026 Devotional & Commentary

Description

The Open Heavens 7 May 2026 devotional for today is SECRETS TO LONGEVITY IV.

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 HEAVENS 7 MAY 2025 TODAY DEVOTIONAL

TOPIC: SECRETS TO LONGEVITY IV

MEMORISE

Blessed are ye that hunger now: for ye shall be filled. Blessed are ye that weep now: for ye shall laugh.
Luke 6:21

READ: Psalm 107:8-9

8 Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

9 For he satisfieth the longing soul, and filleth the hungry soul with goodness.

RCCG OPEN HEAVENS 7 MAY 2026 TODAY MESSAGE

As I continue teaching about the secrets to longevity, I want to discuss the importance of refuelling while walking on the path that God has set before you. To enjoy longevity, especially in the kingdom of God, you must refuel and recharge your spiritual batteries regularly.

God designed man in such a way that he would constantly need refuelling. This is why He made sure that every day would be followed by a night so that after working very hard during the day, you can sleep at night and refuel your energy. Likewise, after breakfast in the morning, it is normal to feel hungry after a few hours, especially if you have expended lots of energy. God designed you to eat at varying intervals so you can refuel your energy.

For guns to remain effective, they must be reloaded after they have been fired. Likewise, if a believer wants to remain on the path that God has ordained for him or her, the believer must always recharge his or her spiritual batteries.

For example, a Christian cannot function effectively based on the Scriptures he or she studied last year or the fasting and prayers embarked upon three years ago. Such a Christian will be weak and become easy prey for the devil; hence, there must be constant refuelling to remain spiritually fit.

Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
Matthew 5:6

God created hunger to remind us that we are running low on fuel, so we can eat to restore our energy. Just as He created physical hunger as a signal to eat and replenish energy, He also created spiritual hunger and thirst as a sign that you must recharge. When you feel hungry for God's word, excited when it is time for Bible Study, or are always looking forward to praying, you are spiritually healthy.

However, if you don't attend to that hunger, you may not feel it anymore after a while. If a believer does not feel hungry for spiritual things anymore, it means that he or she is already empty and is on the verge of dying spiritually.

Beloved, nobody lasts long in God's kingdom without consistent spiritual hunger and refuelling. If you ever get to a point where you don't feel hungry for God's word, cry to God to renew your spiritual hunger. May you always hunger and thirst after righteousness so you will be empowered to fulfil God's purpose for your life, in Jesus' name.

PRAYER POINT

Father, please renew my spiritual hunger and help me to seek you at all times with all my heart.

BIBLE IN ONE YEAR

1 Chronicles 27-29

[**Open Heavens HYMN 8: I Need Thee Every Hour**](#)

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