



Open Heavens 8 May 2026 Devotional & Commentary

Description

The Open Heavens 8 May 2026 devotional for today is **SECRETS TO LONGEVITY V.**

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 8 MAY 2026 TODAY DEVOTIONAL

TOPIC: SECRETS TO LONGEVITY V

MEMORISE

To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.

Isaiah 28:12

READ: 1 Kings 19:4-8

4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.

5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.

6 And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

7 And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee.

8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

RCCG OPEN HEAVENS 8 MAY 2026 TODAY MESSAGE

Today, as I continue to discuss the secrets to longevity, I will highlight the importance of recharging your physical batteries.

Your physical batteries must not be neglected, as you need them to succeed in your spiritual assignments. For example, Moses had a spiritual assignment to lead the Israelites out of captivity and take them into the Promised Land. While this assignment was primarily spiritual, it also had a lot of physical demands on him, and he would have failed woefully if he hadn't heeded Jethro's counsel, which saved him from wearing himself out before his time. He was overworking himself and ignoring the need to refuel his physical batteries by taking rests when required (Exodus 18:13-26).

Tomorrow, I will discuss more about taking rests.

Another way to refuel your physical batteries so you can endure and succeed in the path that God has set before you is by eating right and at the right time.

In 1 Kings 18-19, Elijah had used his spiritual batteries to call down fire from heaven, call down rain, and outrun the king's chariot. All those exploits must have depleted both his physical and spiritual batteries because when he heard that Jezebel was after his life, he took to his heels. He ran for three days and nights, then asked God to take his life. He fell asleep right where he made the request, and thankfully, God sent an angel to wake him and feed him twice, so he could refuel and successfully complete the long journey he had ahead of him.

I wonder what would have happened if the angel hadn't woken Elijah, and Jezebel had caught up with him while he was exhausted and asleep.

Many people with glorious destinies have found themselves sleeping until Jezebel caught up with them and killed them because they had neglected their bodies, and it failed them at a critical time.

By Jezebel in this context, I am referring to sin. For instance, if a married man fasts so much that he neglects his sexual needs and does not get intimate with his wife for a long time, his body could revolt due to suppressed sexual desires when he is alone on a trip. This could lead him to commit a sexual sin that can put an abrupt end to his spiritual journey.

Beloved, you must learn to relax your body and cater to its needs according to God's will at different times, so you can enjoy longevity and run your race successfully.

KEY POINT

You must not neglect your body if you want to remain on course and fulfil God's will for your life.

BIBLE IN ONE YEAR

2 Chronicles 1-4

[Open Heavens HYMN 33: GUIDE ME, O THOU GREAT JEHOVAH!](#)

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