# Open Heavens 30 July 2026 Today Devotional & Commentary

## Description

The Open Heavens 30 July 2026 devotional for today is AVOIDING TEMPTATION

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 29 July 2026 Devotional**

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# OPEN HEAVENS 30 JULY 2026 TODAY DEVOTIONAL

## TOPIC: AVOIDING TEMPTATION

**MEMORISE**:
Abstain from all appearance of evil.
1 Thessalonians 5:22

**READ:** James 1:12-16

12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.
13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man:
14 But every man is tempted, when he is drawn away of his own lust, and enticed.

15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.
16 Do not err, my beloved brethren.

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# RCCG OPEN HEAVENS 30 JULY 2026 TODAY MESSAGE

All human beings will face temptations at different points in their lives. Even the Lord Jesus Christ was tempted in all points while he was on the earth (Hebrews 4:15). If the devil could tempt Jesus, then no one is above temptation. Despite this, however, certain temptations can be avoided.

James 1:13-15 says, â??Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.â?• This means that if there is any lust in your life, you must confront and overcome it; otherwise, it can be used to draw you into sin, and sin brings death. To choose life, you must mortify the works of the flesh by the help of the Holy Spirit (Colossians 3:5).

However, even as youâ??re mortifying your flesh through the help of the Holy Spirit, you must avoid people, places, and things that may tempt you. For example, if a man knows that he struggles to be faithful with money, he should not accept responsibilities that would put him in charge of other peopleâ??s money until he has successfully mortified the lust for money through the help of the Holy Spirit.

Beloved, temptation is like a bird; it can fly over your head, and you may be unable to stop it from doing so. However, you can prevent it from building a nest on your head. If you let it build a nest on your head, then it is only a matter of time before your head is filled with its poop.

This is why it is better to walk away from situations or things that can tempt you, because when you give in to temptation, you might soon realise that it has taken over your life. At a time when some pastors under my watch had motorcycles, I forbade them from carrying ladies on their bikes. This is because the close physical contact that occurs during such motorcycle rides might sow a seed in both of their hearts that may germinate into something dangerous in the future.

Todayâ??s memory verse instructs us to flee every appearance of evil. Child of God, immediately you sense any form of temptation around you, flee!

## KEY POINT

Flee every appearance of evil!

## BIBLE IN ONE YEAR

Isaiah 53-56

## Open Heavens HYMN 34: YIELD NOT TO TEMPTATION

# OPEN HEAVENS DEVOTIONAL 30 JULY 2026 COMMENTARY

## MEMORISE: 1 Thessalonians 5:22

> *â??Abstain from all appearance of evil.â?•*

This verse is Godâ??s command for proactive holiness.

## BIBLE READING: James 1:12-16

This passage reveals the progression of temptation into sin and death. It starts with lust (inner desire), then enticement (external pull), then conception (agreement with the temptation), then sin (the act), and finally death (the consequence).

## Temptation Is Universal: Even Jesus Was Tempted

> *â??All human beings will face temptations at different points in their lives. Even the Lord Jesus Christ was tempted in all points while he was on the earth (Hebrews 4:15). If the devil could tempt Jesus, then no one is above temptation. Despite this, however, certain temptations can be avoided.â?•*

**Hebrews 4:15** â?? *â??For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.â?•*

| Who Was Tempted | What It Means for You |
|---|---|
| Jesus Himself | No one is above temptation |
| The Son of God | The devil will certainly tempt you |
| Yet He did not sin | You can also overcome, by His grace |

> *â??Despite this, however, certain temptations can be avoided.â?•*

Not all temptations come to you unsolicited. Some you walk into. Some you create. Some you could have avoided by making different choices. You cannot stop the bird of temptation from flying over your head, but you can stop it from building a nest.

## The Progression of Temptation (James 1:13-15)

â??James 1:13-15 says, â??Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.'â?•

| Stage | Description | What You Can Do |
|---|---|---|
| **Lust** | Inner desire, craving, weakness | Confront and mortify it |
| **Enticement** | External pull toward the desire | Flee before it catches you |
| **Conception** | You agree with the temptation in your mind | Say â??noâ?• immediately |
| **Sin** | The act of disobedience | Repent quickly |
| **Death** | Spiritual and physical consequences | Avoid reaching this stage |

*â??This means that if there is any lust in your life, you must confront and overcome it; otherwise, it can be used to draw you into sin, and sin brings death.â?•*

| Lust (Inner Weakness) | Must Be |
|---|---|
| Lust for money | Confronted and mortified |
| Lust for sex | Confronted and mortified |
| Lust for power | Confronted and mortified |
| Lust for approval | Confronted and mortified |

*â??To choose life, you must mortify the works of the flesh by the help of the Holy Spirit (Colossians 3:5).â?•*

**Colossians 3:5** â?? *â??Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry.â?•*

| Mortify Means | You Cannot Do It Alone |
|---|---|
| Put to death, kill, starve | You need the Holy Spiritâ??s help |
| Refuse to feed the lust | Pray for strength to overcome |
| Cut off the source | Walk in the Spirit, not in the flesh |

## The Bird and the Nest: Donâ??t Let Temptation Settle

*â??Beloved, temptation is like a bird; it can fly over your head, and you may be unable to stop it from doing so. However, you can prevent it from building a nest on your head. If you let it build a nest on your head, then it is only a matter of time before your head is filled with its poop.â?•*

| The Bird (Temptation) | The Nest (Habitual Sin) |
|---|---|

| | |
|---|---|
| Flies over your headâ??you cannot stop every temptation from coming | You can prevent it from building a nest |
| A passing thought, a fleeting image, an external suggestion | Dwelling on it, entertaining it, feeding it |
| Not sin | Sin begins when you let it land and stay |

*â??If you let it build a nest on your head, then it is only a matter of time before your head is filled with its poop.â?•*

| Letting Temptation Nest | The Result |
|---|---|
| Entertaining the thought | The thought grows stronger |
| Going back to the temptation | The nest gets bigger |
| Refusing to flee | Soon you are covered in the filth of sin |

Do not let the bird land. Do not feed it. Do not build it a nest. Shoo it away immediately.

## Practical Steps: Avoid People, Places, and Things That Tempt You

*â??However, even as youâ??re mortifying your flesh through the help of the Holy Spirit, you must avoid people, places, and things that may tempt you.â?•*

| What to Avoid | Why |
|---|---|
| People who lead you into sin | Evil communications corrupt good manners |
| Places where temptation is strong | You cannot walk through fire and not be burned |
| Things that trigger your lust | If it causes you to sin, cut it off (Matthew 5:29-30) |

*â??For example, if a man knows that he struggles to be faithful with money, he should not accept responsibilities that would put him in charge of other peopleâ??s money until he has successfully mortified the lust for money through the help of the Holy Spirit.â?•*

| If You Struggle Withâ?¦ | Avoidâ?¦ |
|---|---|
| Lust for money | Handling cash, managing finances |
| Lust for sex | Being alone with the opposite sex, watching inappropriate content |
| Lust for power | Positions that give you authority over others before you are ready |
| Lust for approval | Situations where you are tempted to compromise for acceptance |

## The Motorcycle Rule: Preventing Temptation Before It Starts

*â??At a time when some pastors under my watch had motorcycles, I forbade them from carrying ladies on their bikes. This is because the close physical contact that occurs during such motorcycle rides might sow a seed in both of their hearts that may germinate into something dangerous in the future.â?•*

| The Rule | The Wisdom Behind It |
|---|---|
| No ladies on pastorsâ?? motorcycles | Close physical contact creates opportunity for temptation |
| Prevention is better than cure | Stop the seed before it germinates |
| Flee the appearance of evil | Do not put yourself in a situation that *looks* wrong |

Daddy Adeboye did not wait until a pastor fell into sexual sin. He prevented the situation that could lead to it. That is wisdom. That is the application of 1 Thessalonians 5:22.

## Flee, Donâ??t Fight, When Temptation Comes

*â??Todayâ??s memory verse instructs us to flee every appearance of evil. Child of God, immediately you sense any form of temptation around you, flee!â?•*

| What the Bible Says | What It Means |
|---|---|
| Flee fornication (1 Corinthians 6:18) | Run. Do not walk. Do not negotiate. |
| Flee idolatry (1 Corinthians 10:14) | Get away from anything that takes Godâ??s place |
| Flee youthful lusts (2 Timothy 2:22) | Do not try to be strong; be smart and run |

*â??Flee, donâ??t fight.â?•*

| Fighting Temptation | Fleeing Temptation |
|---|---|
| Standing close to the fire | Running away from the fire |
| Trying to prove how strong you are | Admitting your weakness and running to safety |
| Joseph fled from Potipharâ??s wife | Samson stayed and fell |

Joseph did not stand and argue with Potipharâ??s wife. He did not try to reason with her. He *fled*. He ran out of the house, leaving his garment behind. That is the model.

## How to Avoid Temptation and Flee Evil (Practical Steps)

Based on Daddy Adeboyeâ??s teaching and Scripture, here is how to keep the bird from building a nest:

**1. Identify Your Areas of Weakness**

Be honest. Where are you most vulnerable? What lust is still alive in you? Money? Sex? Power? Approval? Food? Write it down. Acknowledge it.

**2. Mortify the Flesh Through the Holy Spirit**

Do not try to kill your lust through willpower alone. Pray. Fast. Walk in the Spirit. Ask the Holy Spirit to strengthen you. You cannot do it alone.

**3. Avoid People, Places, and Things That Trigger You**

If a certain friend leads you into sin, distance yourself. If a certain place tempts you, do not go there. If a certain website, show, or app triggers lust, delete it, block it, remove it.

**4. Create Preventative Rules for Yourself**

Like Daddy Adeboyeâ??s motorcycle rule, create your own boundaries:

- No being alone with the opposite sex in a closed room
- No handling money if you struggle with greed
- No social media scrolling late at night if it leads to lust

**5. Flee Immediately When Temptation Comes**

Do not pause. Do not reason. Do not negotiate. Do not see how close you can get without sinning. Flee. Run. Get away.

## Warning: The Bird Will Poop If You Let It Nest

Daddy Adeboyeâ??s devotional carries an urgent warning: you cannot stop every temptation from flying over your head. But you can stop it from landing.

| If You Let the Bird Land | If You Let It Build a Nest |
|---|---|
| You are in danger | You are in sin |
| The nest gets bigger | The poop (consequences) will come |
| Soon, your head is full of filth | You will be covered in shame and regret |

> *â??If you let it build a nest on your head, then it is only a matter of time before your head is filled with its poop.â?•*

Do not let the bird land. Shoo it away. Flee. Run. Do not give temptation a place to stay.

## Conclusion: Your Prayer for Deliverance from Temptation

Daddy Adeboye closes with a call to flee every appearance of evil. Do not be proud. Do not be foolish. Run to safety.

**Pray this:**

> *â??Lord Jesus, I thank You that You were tempted in all points yet without sin. You know what it is to face temptation. I confess that I have weaknessesâ??areas where lust is still alive in me. I have not wanted to admit them. Today, I identify them. I bring them to You. Help me to mortify the works of my flesh by the power of Your Holy Spirit. Give me wisdom to avoid people, places, and things that tempt me. Give me the courage to fleeâ??not to fight, not to negotiate, not to see how close I can getâ??but to run. I will not let the bird of temptation build a nest on my head. I will not give it a place to land. I will flee every appearance of evil. In Jesusâ?? mighty name.â?•*

**Action Steps:**

1. **The Weakness Audit:** Write down your top three areas of temptation. Be honest. Do not hide them. Acknowledge them before God.
2. **The Boundary Setting:** For each weakness, create a specific rule to prevent temptation. (Example: â??If I struggle with lust online, I will install accountability software and not use my phone after 10 PM.â?•)
3. **The Flight Plan:** The next time you feel tempted, do not pause. Do not argue. Flee immediately. Leave the room. Turn off the screen. End the conversation. Run.

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