

Open Heavens 29 August 2026 Today Devotional & Commentary

Description

The Open Heavens 29 August 2026 devotional for today is DONâ??T OVERWORK YOURSELF I.

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 28 August 2026 Devotional**



OPEN HEAVENS 29 AUGUST 2026 TODAY DEVOTIONAL

TOPIC: DONâ??T OVERWORK YOURSELF I

MEMORISE:

And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.
Genesis 2:2

READ: 1 Kings 19:4-8

4 But he himself went a dayâ??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 29 AUGUST 2026 TODAY MESSAGE

Elijah must have used up a lot of stored-up spiritual energy when he prayed, and fire fell from heaven in 1 Kings 18:36-38. After that, he drew upon the same reservoir of spiritual energy to summon rain from heaven. It had not rained for three and a half years, and the sky was absolutely clear, but he put a significant demand on his reservoir of spiritual energy by praying until it started raining (1 Kings 18:41-45).

Furthermore, he used even more spiritual energy to run faster than the kingâ??s chariot (1 Kings 18:46) for a distance that some Bible scholars estimate to be about seven kilometres. After doing all these, he hadnâ??t rested or taken time to recharge his spiritual energy when he received news that Queen Jezebel was after his life.

His spiritual energy had been grossly depleted, so he ran for three days and nights to save his life. By the time he got to the juniper tree in todayâ??s Bible reading, he was so weak and spiritually drained that he prayed to God to end his life. As soon as he said this prayer, he fell asleep because he had not slept for more than three days.

The angel of the Lord came to wake him up to eat, and after eating, he fell asleep again, even though he was aware that Queen Jezebel was still after his life. The angel of the Lord had to wake him up a second time to eat again because he needed strength for the great journey ahead of him. You must also take time out to rest and recharge your spiritual energy if you want to run the race ahead of you successfully.

In Genesis 1:1-31, the Bible describes how God created one thing after another. It was a lot of work, but as the account progressed to Genesis 2:2, which is todayâ??s memory verse, you will see that God rested.

Beloved, you cannot be wiser than God. If God Himself rested after creation, then you must also create time to rest from time to time. Do not finish one demanding task after another without taking time to rest.

Many people have overworked themselves to the point of exhaustion, but this is not Godâ??s plan for anyone. He wants you to know when and how to take rests so you donâ??t burn yourself out.

Beloved, I pray that the Almighty God will shower you with His wisdom so you will know how to preserve your strength, in Jesusâ?? name.

REFLECTION

Do you rest when you ought to?

BIBLE IN ONE YEAR

Ezekiel 18-20

Open Heavens HYMN 33: GUIDE ME, O THOU GREAT JEHOVAH!

OPEN HEAVENS DEVOTIONAL 29 AUGUST 2026 COMMENTARY

MEMORISE: Genesis 2:2

> *â??And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.â?•*

Even God rested after His work. Rest is not a sign of weaknessâ??it is a divine principle. You cannot sustain spiritual effectiveness without seasons of rest and refueling.

BIBLE READING: 1 Kings 19:4-8

This passage records Elijahâ??s exhaustion after the victory on Mount Carmel. He had prayed down fire, summoned rain, and outrun Ahabâ??s chariot. Then Jezebel threatened his life. Depleted and drained, he ran into the wilderness, sat under a juniper tree, and prayed to die. An angel woke him twice, fed him, and told him to eat for the journey ahead. His physical and spiritual depletion required rest and nourishment before he could continue.

Elijahâ??s Depletion: A Warning to the Overworked

> *â??Elijah must have used up a lot of stored-up spiritual energy when he prayed, and fire fell from heaven in 1 Kings 18:36-38. After that, he drew upon the same reservoir of spiritual energy to summon rain from heaven. It had not rained for three and a half years, and the sky was absolutely clear, but he put a significant demand on his reservoir of spiritual energy by praying until it started raining (1 Kings 18:41-45).â?•*

What Elijah Did	The Spiritual Cost
Called down fire from heaven	Massive spiritual energy output
Prayed for rain after 3.5 years of drought	Continued depletion

What Elijah Did	The Spiritual Cost
Outran the kingâ??s chariot	Physical and spiritual exhaustion

â??Furthermore, he used even more spiritual energy to run faster than the kingâ??s chariot (1 Kings 18:46) for a distance that some Bible scholars estimate to be about seven kilometres. After doing all these, he hadnâ??t rested or taken time to recharge his spiritual energy when he received news that Queen Jezebel was after his life.â?•

The Threat	His Condition
Jezebel threatened his life	He was spiritually and physically drained
He had no time to recharge	He ran in exhaustion

The Breaking Point: Elijah Prayed to Die

â??His spiritual energy had been grossly depleted, so he ran for three days and nights to save his life. By the time he got to the juniper tree in todayâ??s Bible reading, he was so weak and spiritually drained that he prayed to God to end his life.â?•

1 Kings 19:4 â?? *â??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.â?•*

What Elijah Felt	The Reality
â??I want to dieâ?•	He was not suicidalâ??he was exhausted
â??It is enoughâ?•	He had depleted all his reserves
â??I am not better than my fathersâ?•	Depression often follows spiritual highs

â??As soon as he said this prayer, he fell asleep because he had not slept for more than three days.â?•

The Signs of Depletion	What They Indicate
Suicidal thoughts	Extreme exhaustion
Praying to die	Spiritual and physical burnout
Instant collapse	Need for rest and restoration

Godâ??s Response: Rest and Nourishment

â??The angel of the Lord came to wake him up to eat, and after eating, he fell asleep again, even though he was aware that Queen Jezebel was still after his life. The angel of the Lord had to wake him up a second time to eat again because he needed strength for the great journey ahead of him.â?•

1 Kings 19:5-7 â?? *â??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.â?•*

Godâ??s Prescription for Elijah	What You Need
Rest	Sleep, Sabbath, restoration
Food	Physical and spiritual nourishment
Time to recharge	Do not rush back into battle

> *â??You must also take time out to rest and recharge your spiritual energy if you want to run the race ahead of you successfully.â?•*

Even God Rested

> *â??In Genesis 1:1-31, the Bible describes how God created one thing after another. It was a lot of work, but as the account progressed to Genesis 2:2, which is todayâ??s memory verse, you will see that God rested.â?•*

Genesis 2:2 â?? *â??And on the seventh day God ended his work which he had made; and he rested.â?•*

Godâ??s Example	Why It Matters
He worked, then rested	Rest is part of His design
He blessed the Sabbath	Rest is holy, not lazy
He did not work endlessly	Burnout is not from God

> *â??Beloved, you cannot be wiser than God. If God Himself rested after creation, then you must also create time to rest from time to time. Do not finish one demanding task after another without taking time to rest.â?•*

How to Rest and Recharge (Practical Steps)

Based on Daddy Adeboyeâ??s teaching, here is how to preserve your strength and avoid burnout:

1. Recognize the Signs of Depletion

When you feel hopeless, exhausted, irritable, or spiritually dryâ??these may be signs you need rest. Do not ignore them.

2. Take Time to Rest

Mark 6:31 â?? *â??And he said unto them, Come ye yourselves apart into a desert place, and rest a while.â?•*

Jesus told His disciples to rest. Do the same. Take a break from ministry, work, and even prayer if you need physical rest.

3. Eat and Be Nourished

Elijah was fed twice before his journey. You need physical nourishment and spiritual food. Eat well. Read Godâ??s word. Feed your soul.

4. Sleep

Do not sacrifice sleep for productivity. God created sleep to restore your body and mind. Do not neglect it.

5. Take Sabbaths

Set aside time weekly to rest from work, ministry, and demands. Let your body and spirit recover.

Warning: Burnout Is Not Godâ??s Will

Daddy Adeboyeâ??s devotional carries an urgent warning: overworking yourself to the point of exhaustion is not Godâ??s plan.

If You Do Not Rest	The Result
You burn out	You become ineffective
You lose perspective	You may want to give up
You become vulnerable	The enemy can attack

Conclusion: Your Prayer for Wisdom to Rest

Daddy Adeboye closes with a prayer that God will give you wisdom to preserve your strength. Rest is not lazinessâ??it is obedience to Godâ??s design.

Pray this:

> *â??Lord Jesus, I thank You that even You rested after creation. Forgive me for neglecting rest and driving myself to exhaustion. Help me to recognize when I am depleted. Teach me to rest, to eat, to sleep, and to recharge. I do not want to burn out. I do not want to pray to die in exhaustion. Give me wisdom to preserve my strengthâ??so I can run the race ahead of me successfully. In Jesusâ?? mighty name.â?•*

Action Steps:

1. **The Exhaustion Check:** Are you feeling depleted, exhausted, or hopeless? Stop. Rest. Do not push through.

2. **The Rest Commitment:** Set aside one day this week for intentional restâ??no work, no ministry demands, just rest and recharging.
3. **The Elijah Reflection:** Remember Elijah. A mighty prophet asked to die. It was not his lack of faithâ??it was his lack of rest. Do not let the same happen to you.

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