

Open Heavens 30 August 2026 Today Devotional & Commentary

Description

The Open Heavens 30 August 2026 devotional for today is DONâ??T OVERWORK YOURSELF II.

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 August 2026 Devotional**



OPEN HEAVENS 30 AUGUST 2026 TODAY DEVOTIONAL

TOPIC: DONâ??T OVERWORK YOURSELF II

MEMORISE:

It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.
Exodus 31:17

READ: Exodus 20:8-11

8 Remember the sabbath day, to keep it holy.
9 Six days shalt thou labour, and do all thy work:
10 But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:
11 For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

RCCG OPEN HEAVENS 30 AUGUST 2026 TODAY MESSAGE

When I became the General Overseer of RCCG, I was so concerned about the churchâ??s growth that I would fast, pray, and preach for years without taking any rest or going on holiday.

Suddenly, I discovered that whenever I preached for more than 15 minutes, I would lose my voice. I followed numerous recommendations from people to combat the issue, such as drinking tea with honey, but it persisted.

One elderly woman discovered what was wrong with me and said, â??You are suffering from what is called â??teacherâ??s diseaseâ??. You keep teaching without resting your voice, and now it is in rebellion.â• I asked her for the cure, and she said,

â??Donâ??t talk for 15 days.â• I responded, â??How am I going to do that with my busy schedule?â• She answered and said, â??When your voice no longer lasts for up to five minutes when you preach, youâ??ll do what I said.â• Therefore, for the first time since became General Overseer, I took a holiday and went to Germany. I stayed with the Nigerian ambassador there, who had a sauna in his house.

He told me that it warms the body from the inside out, and when I enter, I must exit after 15 minutes at most because I would have been sweating profusely. I went into the sauna, and 5 minutes later, I hadnâ??t sweated. Ten minutes later, I still hadnâ??t sweated. It wasnâ??t until after 15 minutes, when I was supposed to be out, that I began to notice a little sweat.

I stayed in the sauna for 45 minutes before any real sweat came out. I had put my body under so much stress that it wasnâ??t functioning as it should anymore. Since then, I have learned that I must not overwork myself and must rest from time to time if I am going to fulfil the assignment that God has given me.

In Exodus 20:1-17, God gave Moses the Ten Commandments, and you will notice that four of the verses emphasise the law of the Sabbath. God emphasised the need for His people to rest on the Sabbath Day and keep it holy.

To emphasise its importance, God revisited the issue of the Sabbath in Exodus 31:12-17, instructing Moses that anyone who violated the law of the Sabbath should be put to death.

Beloved, getting rest from time to time is important. When you rest as often as you ought to, you will keep yourself refreshed and preserve your life.

KEY POINT

You must always find time to rest if you want to fulfil your God-given assignment.

BIBLE IN ONE YEAR

Ezekiel 21-22

Open Heavens HYMN 59: I WANT TO BE LIKE JESUS

OPEN HEAVENS DEVOTIONAL 30 AUGUST 2026 COMMENTARY

MEMORISE: Exodus 31:17

> *â??It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.â?•*

The Sabbath is not just a commandâ??it is a sign of Godâ??s covenant and a gift for your refreshment. Rest is not optional; it is divine wisdom that preserves your life and effectiveness.

BIBLE READING: Exodus 20:8-11

This passage records the fourth commandment: *â??Remember the sabbath day, to keep it holy.â?•* Six days are for labor, but the seventh is a Sabbath of rest dedicated to the Lord. God rested on the seventh day after creation, and He blessed the Sabbath and made it holy. Rest is woven into the fabric of Godâ??s order.

Daddy Adeboyeâ??s Testimony: The Cost of Not Resting

> *â??When I became the General Overseer of RCCG, I was so concerned about the churchâ??s growth that I would fast, pray, and preach for years without taking any rest or going on holiday.â?•*

What He Did	The Result
Fasted, prayed, and preached without rest	His body began to break down
No holidays, no breaks	His voice rebelled
Driven by zeal	He was heading for burnout

> *â??Suddenly, I discovered that whenever I preached for more than 15 minutes, I would lose my voice. I followed numerous recommendations from people to combat the issue, such as drinking tea with honey, but it persisted.â?•*

The Symptom	The Root Cause
Loss of voice after 15 minutes	Overuse without rest

The Symptom	The Root Cause
Tea with honey did not help	Physical discipline was needed

â??One elderly woman discovered what was wrong with me and said, â??You are suffering from what is called â??teacherâ??s disease.â?? You keep teaching without resting your voice, and now it is in rebellion.'â?•

The Diagnosis	The Cure
Teacherâ??s disease	Rest your voice for 15 days
The voice is in rebellion	Take a break

â??I asked her for the cure, and she said, â??Donâ??t talk for 15 days.â?? I responded, â??How am I going to do that with my busy schedule?â?? She answered and said, â??When your voice no longer lasts for up to five minutes when you preach, youâ??ll do what I said.'â?•

The Sauna Experience: A Body Under Stress

â??Therefore, for the first time since I became General Overseer, I took a holiday and went to Germany. I stayed with the Nigerian ambassador there, who had a sauna in his house. He told me that it warms the body from the inside out, and when I enter, I must exit after 15 minutes at most because you would have been sweating profusely.â?•

The Sauna	The Result
15 minutes should produce profuse sweating	He did not sweat
10 minutesâ??still no sweat	His body was not functioning properly
15 minutesâ??only a little sweat	He stayed 45 minutes to get any real sweat

â??I went into the sauna, and 5 minutes later, I hadnâ??t sweated. Ten minutes later, I still hadnâ??t sweated. It wasnâ??t until after 15 minutes, when I was supposed to be out, that I began to notice a little sweat. I stayed in the sauna for 45 minutes before any real sweat came out.â?•

What It Revealed	The Lesson
His body was so stressed it could not function normally	Overwork damages your body
It took 45 minutes to do what should take 15	He needed rest to function properly

â??I had put my body under so much stress that it wasnâ??t functioning as it should anymore.â?•

The Sabbath: Godâ??s Command for Rest

> *â??In Exodus 20:1-17, God gave Moses the Ten Commandments, and you will notice that four of the verses emphasise the law of the Sabbath. God emphasised the need for His people to rest on the Sabbath Day and keep it holy.â?•*

Exodus 20:8-11 â?? *â??Remember the sabbath day, to keep it holyâ?¦ For in six days the LORD made heaven and earthâ?¦ and rested the seventh day.â?•*

The Command	The Reason
Rest on the seventh day	God rested after creation
Keep it holy	It is a sign of His covenant
Do no work	Your body and spirit need refreshment

> *â??To emphasise its importance, God revisited the issue of the Sabbath in Exodus 31:12-17, instructing Moses that anyone who violated the law of the Sabbath should be put to death.â?•*

Exodus 31:14 â?? *â??Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death.â?•*

The Seriousness of Rest	Why It Matters
Death for violating the Sabbath	Rest is life-preserving
It is holy unto the Lord	Rest is not optional
It is a sign forever	Rest is woven into covenant

How to Rest and Refresh Yourself (Practical Steps)

Based on Daddy Adeboyeâ??s teaching and the Sabbath command, here is how to preserve your health and effectiveness:

1. Take Regular Breaks

Do not work without rest. Your body is not a machine. It needs time to recover.

2. Observe a Sabbath

Set aside one day each week for restâ??no work, no ministry demands, no rushing. Dedicate it to the Lord and allow yourself to be refreshed.

3. Listen to Your Body

When you feel signs of stress, exhaustion, or recurring illness, stop. Rest. Do not push through.

4. Take Holidays

Do not think you are too important to take a break. Daddy Adeboye took a holidayâ??and it saved his voice and his ministry.

5. Trust God with Your Work While You Rest

God is not dependent on you working every hour of every day. He can sustain His work while you rest. Trust Him.

Warning: Overwork Is Not Faithfulness

Daddy Adeboyeâ??s devotional carries an urgent warning: overworking yourself to the point of breakdown is not pleasing to Godâ??it is disobedience to His design.

If You Do Not Rest	The Result
Your body breaks down	You become ineffective
You cannot fulfill your assignment	Your ministry suffers
You dishonor Godâ??s design	You burn out

Conclusion: Your Prayer for Wisdom to Rest

Daddy Adeboye closes with the truth that rest preserves your life. Do not overwork yourselfâ??it is not Godâ??s plan.

Pray this:

> *â??Lord Jesus, I confess that I have neglected rest. I have pushed my body to the point of breakdown. I have forgotten that You rested after creation. Forgive me. Help me to honor Your Sabbath. Give me wisdom to rest, to take breaks, and to preserve my health. I trust You with my work while I rest. I will not burn out. I will not disobey Your design. In Jesusâ?? mighty name.â?•*

Action Steps:

1. **The Rest Check:** Are you overworking yourself? Are you neglecting rest? If so, make a plan to take a break this week.
2. **The Sabbath Commitment:** Set aside one day this week for intentional restâ??no work, no ministry, no demands.
3. **The Body Audit:** Are there signs of stress, burnout, or recurring illness? Listen to your body. Rest before it rebels.

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Read RCCG Open Heavens Devotional for Tomorrow

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