

THE GOSPEL OF CHRIST BIBLE OUTREACH

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DAILY DEVOTION

THE BENEFIT OF PRAYER

29th July, 2026

ISAIAH 40:31 NKJ 31 "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint".

Most people look at prayer only as asking God for some things. If that defines your prayer life, you are really missing out.

Prayer is communication with God -- the greatest privilege on earth.

Prayer is visiting with God. It can include asking for things, but is primarily spending time in God's presence, soaking up His life, His wisdom, and His strength.

Isaiah reveals an important truth to us: those who spend time with God get new strength. Literally, they exchange strength with their creator. When we spend time with God He somehow takes away our weakness and replaces it with His strength. What a big deal!

As we spend time focused on God, in His presence, we are also changed into His likeness.

2 Corinthians 3:18

[18]But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

So, if you need more strength to face life, if you want to be more like God, or if you want to develop a closer relationship with the most amazing Being in the universe -- prayer is your answer --waiting upon the Lord! Don't worry about knowing the right words or being formal. Just talk to God as you would to a well-respected friend and he will strengthen you. Prayer: O Lord, give me the power and the grace to wait upon you for strength to face the battles of life and conquer in Jesus name, AMEN!