

## **Building a Strong Spirit**

Session 3 – Pray in Tongues

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### **The Benefits and Blessings of Praying in Tongues**

#### **1. Tongues Activates your Spirit in Prayer**

- 1Co 14:14 *For if I pray in a tongue, my spirit prays, but my understanding is unfruitful.*
- Tongues is a distinct language. It is a prayer language
  - When pray with understanding your voice expresses the thoughts of your mind
  - You express thoughts in words that are audible in the natural physical realm
  - When you pray in tongues your voice expresses the thoughts of your spirit
  - When you pray in tongues your spirit is expressing its voice
- When you pray in tongues your understanding is unfruitful
  - There is no activity in the speech center of your brain.
  - Your mind is not involved in the process
  - The language originates from your spirit man and not from your mind
  - As you pray in tongues the source of inspiration for the words is your spirit
- For effective prayer and engaging God we need to engage the mind also

#### **2. Tongues opens a Direct Flow of Communication with Holy Spirit**

- Act 2:4 *And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.*
- The first outworking of being filled with the Spirit was the overflow of language
  - The Holy Spirit gave them the utterance
  - *“Utterance”...Gk ...to speak forth clearly and strongly*
- The Holy Spirit imparts language and expression into your spirit as you pray in Tongues
  - A Flow of communication and yielding to Holy Spirit occurs as you pray
  - Your spirit man begins to yield to the Holy Spirit flowing through you
  - This is the same flow of communication that is used to operate in the gifts of the Spirit
  - You are opening a flow of communication with Holy Spirit

#### **3. Tongues Energises your Spirit Man**

- Php 2:13 for it is God who works in you both to will and to do for His good pleasure.
  - *“Work”....Gk ...energeo...to energise, to show forth mighty in, to put forth power, display activity*

- Words have a spirit quality and carry the power of life or death (Jn.6:63, Prov.18:21)
- As you pray in tongues your spirit man becomes energized with supernatural life
- Your spirit man becomes filled with energy and with life imparted by The Holy Spirit
- Your body and soul are also impacted by praying in tongues
  - Body.....becomes energized with life, and may feel spirit sensations
  - Soul.....your mind clears and your hearing opens up to revelation
- Eph 3:20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the **power that works in us**,
  - “Power”....Gk...dunamis...supernatural ability
  - “Works’....Gk...energeo....to energize, release energy and life

#### **4. Tongues Empowers you in Praise and Worship**

- 1Co 14:15 What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding.
- 1Co 14:16 Otherwise, if you bless with the spirit, how will he who occupies the place of the uninformed say "Amen" at your giving of thanks, since he does not understand what you say?
- 1Co 14:17 For you indeed give thanks well, but the other is not edified.
  - We are very limited in expression with words of our natural language
  - Tongues gives us unlimited expression in harmony with the Holy Spirit
  - As we pray in tongues we can express praise and worship in an unlimited flow
  - Since the mind is not occupied we can pray as we do other activities and live a life of constant praise and worship
- By praying in tongues we have instant access to the realm of the spirit

#### **5. Tongues Builds Your Spirit Man**

- 1Co 14:4 He who speaks in a tongue edifies himself, but he who prophesies edifies the church.
  - “Edify”...Gk oikodomeo....to build up a house , construct, strengthen
  - As you pray in tongues there is a building and strengthening of your spirit
  - Your spirit becomes enlarged in its capacity
  - Your spirit becomes energized with supernatural life
  - The capacity of your spirit enlarges
  - Unresolved issues in the soul begin to surface for resolution as you spirit expresses a flow of life
- Jud 1:20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,
  - “Build”....epoikodomeo.....to build upon

- The context of this is contending again for the supernatural power of God
- Tongues empowers you to be able to release the power of God from within
- **Luk 6:19 And the whole multitude sought to touch Him, *for power went out from Him and healed them all.***
- You are responsible to build your Spirit man, to develop strength
  - Unless you build in the spirit by praying in tongues your spiritual capacity and strength will be limited

## **6. Tongues Alters the Spiritual Atmosphere**

- **Act 10:46 For they heard them *speak with tongues and magnify God.***
  - “Magnify”.....gk... *megaluno...to make great, to enlarge*
- **1Co 14:16 Otherwise, if you *bless with the spirit*, how will he who occupies the place of the uninformed say "Amen" at your giving of thanks, since he does not understand what you say?**
- **1Co 14:17 For you indeed give thanks well, but the other is not edified.**
  - When we pray in tongues we magnify God, and we fill the atmosphere with praise
  - Natural atmosphere can be clean or polluted
  - Spiritual atmosphere can be clean or polluted and defiled by demonic activity
  - Praise and worship in the spirit filled the atmosphere with praise and makes room for the Spirit of God to come and make His presence felt
  - Sometimes the spiritual atmosphere can be cold and hard with no awareness of the presence of God
  - In those times, strong praying in tongues can move the atmosphere and cause demonic spirits to flee away
- **Ps.8:2 Out of the mouth of babes and nursing infants You have ordained strength, Because of Your enemies, That You may silence the enemy and the avenger.**
  - “Ordained”...Heb....*to establish or appoint*
  - God has established or appointed praise as a way of changing the spiritual atmosphere
  - “Strength”...Heb....*might, power, strength*
  - The impact of strong praying in tongues is to silence demonic activity and voices of accusation
- **Psa 22:3 But You are holy, Enthroned in the praises of Israel.**
  - “Enthroned”...Heb..*to dwell in, to occupy, to sit down in,*

## **7. Tongues Releases a Flow of Revelation**

- **1Co 2:11 For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.**

- 1Co 2:12 *Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God*
  - Praying in tongues energises your spirit man and changes the spiritual atmosphere around you
  - Tongues also causes your mind to become clear and receptive to inspired thoughts
  - Holy Spirit releases a flow of inspired thoughts into your mind as you pray
  - Inspired thoughts begin to drop into your mind. If you focus upon them and receive them then it can turn into a flow of revelation
- 1Co 14:18 *I thank God that I speak in tongues more than any of you.*
  - Paul received more revelation than any other NT Apostle. His writings are full of revelation
  - Praying in tongues makes room for revelation to flow into your heart and mind
- Mrk 14:38 *Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."*
  - Praying in tongues sensitizes us to the impressions of Holy Spirit
  - It also strengthens our spirit to overcome our flesh
  - It enables us to remain watchful and aware of spiritual pressures and temptations that may come
- When you speak in tongues strongly and suddenly stop, there is a continued flow of thoughts into mind
  - Language flows into your mind....inspired thoughts
- Pro 20:27 *The spirit of a man is the lamp of the LORD, Searching all the inner depths of his heart.*
- What Kind of revelation flows?
  - Ideas
  - Insights to own life
  - Insights to the Word of God
  - Prophecy

## **8. Tongues calls forth the Mysteries of God**

- 1Co 14:2 *For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.*
- What is a Mystery? ....something that is secret, or hidden, or not understood
  - When the Bible speaks of mysteries, it refers to Issues surrounding the Kingdom of God and also the will of God for our lives
  - Mrk 4:11 *And He said to them, "To you it has been given to know the mystery of the kingdom of God; but to those who are outside, all things come in parables*
  - God has plans for our life that are a mystery in that they are initially concealed from us
  - You are the one who does not understand , Yo are the one who needs to know

- God desires that we seek him and discover the things that He has planned for us
- **Pro 25:2** *It is the glory of God to conceal a matter, But the glory of kings is to search out a matter.*
  - When we pray in tongues we declare the will of God for our life under the inspiration of Holy Spirit
  - We can pray and speak forth the will of God for our life and ministry as we pray in tongues
  - We are to steward the mysteries of God
- When you Pray in tongues:
  - You speak to God vs 2...prayer and praise
  - You speak to yourself vs.28, speak revelation into your spirit

### 9. **Tongues triggers and Assists Intercession**

- **Rom 8:26** *Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.*
- What is Intercession?
  - Intercession is the role of a priest.
  - It is the work of a priest to come before God on behalf of man and to speak forth and release blessing from God to man
- *“Infirmities’....to be weak, to lack strength or ability*
  - When praying for others we lack understanding of the real needs and issues and we need the Holy Spirit to help and assist us as we pray
- *“Helps”...to take hold together with, to assist*
  - Tongues bypasses our natural mind and reasoning and enables us to pray in harmony with the will of God
  - As we yield to Holy Spirit by praying in tongues it can lead to much deeper expressions of prayer like a woman giving birth
- **Eph 6:18** ***praying always*** *with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—*
  - Praying in tongues enables us to develop a constant life of prayer and sensitivity to Holy Spirit

### 10. **Tongues Fills you with The Holy Spirit**

- **Act 2:4** *And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.*
- **Act 13:52** *And the disciples were filled with joy and with the Holy Spirit.*
  - Praying in tongues is connected with being filled with the Spirit
  - As we yield to Holy Spirit in prayer our inner life becomes filled with the Holy Spirit
- Every believer needs to be daily and constantly filled with the Spirit
  - Stay constantly energized with the Presence and Power of God
  - Be prepared and able to release the power of God to people
  - Remain fresh and avoid stagnating spiritually
  - Avoid becoming spiritually dry and without joy, religious

- Praying strongly and consistently in tongues keeps us open to fresh encounters with Holy Spirit
  - Sometimes you may encounter resistance
  - Pray strongly until the resistance subsides and the flow takes place.

### **ACTIVATIONS:**

- 1. Pray strongly in Tongues**
- 2. Pray Clearly in Tongues....Speak, articulate, don't mumble**
- 3. Move your Body as you Pray...overcome body resistance**
- 4. Pray strongly and Identify Sensations**
  - Energy**
  - Resistance**
  - Awareness of Presence**
  - Thoughts**
- 5. Speak in Tongues strongly and suddenly stop....sense the overflow or thoughts**
- 6. Pray as read the Bible**
- 7. Pray to build self...Arise within**
- 8. Pray tenderly and worship...conscious of presence**
- 9. Pray in a new language**
- 10. Pray and declare mysteries**
- 11. Pray and Interpret....Focus mind on God and become aware of Thoughts**
- 12. Pray and release Power**