

# Speaking in Tongues

1 Corinthians 14:2, 4, 14-15

All the gifts mentioned in the Bible are for the edification of the church, but speaking in tongues is the only gift that edifies oneself. So this gift is very precious. How does speaking in tongues edify you? How can speaking in tongues benefit us? Let us share five benefits of speaking in tongues:

1. It helps us pray constantly

Praying in tongues is praying with my spirit, without the use of the intellect in analyzing the use of words. So the mind does not play a role in the praying in tongues. (v.14) My mind can still process a certain matter while my spirit is free to pray at the same time.

2. It makes our worship more liberating

When you praise the Lord in a language that you understand, you can only praise for ten minutes at most before you have nothing to say. But praying in tongues can break this limitation. So when your mind does not know how to praise the Lord, your spirit can still continue to praise.

3. It makes intercessory prayer more effective

Humans are basically self-centered, and when they pray with their understanding, they naturally focus their attention on themselves. But praying in tongues is different. Even though you may not be able to hear what you are praying for, the Holy Spirit will pray through you for what is needed. (v.2) In addition, praying in tongues can also break this limitation when you do not know how to pray for the person in need.

4. It relieves mental stress

Sometimes we have accumulated a lot of pressure in our hearts, and our emotions are so chaotic that we cannot express them in human words. After praying with understanding, there is still something blocked inside and makes us feel uncomfortable. Praying in tongues can help us release the spiritual pressure that cannot be analyzed by the mind or expressed

by the mouth, so that we can maintain peace and joy in our hearts.

5. It is a bridge into the supernatural realm

Speaking in tongues builds up our spirit, not our mind. Although we may not realize it mentally, praying in tongues prepares us spiritually and puts us into a state of warfare. Praying in tongues often will make it easier for us to break away from the influence of the natural world, enter into a spiritual level, and operate in the spirit. In this state, it is easier for us to use the gifts of the Holy Spirit (such as words of knowledge, words of wisdom, prophecy, healing...) to edify others.

### **How to acquire the gift of tongues**

1. Desire

You must really want to have the gift of speaking in tongues and feel that it is a great loss not to have it. So do not be afraid of trouble, do not be afraid of embarrassment, and keep asking without giving up.

2. Speak with faith

The Holy Spirit is a gentle Spirit. He will only move people but will not force them to speak in tongues involuntarily. You have to speak up to get it. When you open up your mouth, you do not know what sound comes out, but you believe that the Holy Spirit has given you this gift. And as long as you speak out with faith, there will be a breakthrough. Just like when the Israelites crossed the River Jordan in the past, they first stepped into the water and then the water parted.

### **Sharing and Serving**

1. If a group member goes out to receive prayer in tongues during the Sunday service, give him the opportunity to share. If he has already learned to speak in tongues, encourage him to continue practicing. If not, you can lay hands on him and pray for him later.
2. Among the five benefits of speaking in tongues mentioned above, which one is particularly

impressive to you? Try to share with your experience in tongues. If speaking in tongues brings you more blessings than these five, you can also share other blessings that come to you.

3. Lay hands on brothers and sisters who do not yet speak in tongues and pray so that they acquire the gift of speaking in tongues. However, do not force it. Only lay hands on those who are willing.