

## Benefits of praying in the Spirit (tongues) 1

**The more I speak and speak in the Spirit  
the more I become sensitive to the Holy Spirit  
and what He is saying.**

1. **Speaketh mysteries**

*1 Cor 14:2 For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit in the spirit he speaketh mysteries.*

2. **Speaketh the perfect will of God**

*Romans 8:27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.*

3. **Edifies** (Builds me up spiritually)

*1 Cor 14:4 He who speaks in a tongue edifies himself*

4. **The Spirit is praying through my spirit**, but my understanding (physically) is unfruitful.

*1 Cor 14:14 If I pray in a tongue, my spirit prays, but my understanding is unfruitful. So we are not limited by our understanding.*

5. I can ask for **an interpretation**

*1 Cor 12:10 to another different kinds of tongues, to another the interpretation of tongues.*

6. It is a perfect form of **thanksgiving** to God

*1 Cor 14:17 You will be giving thanks very well*

7. **It tames the tongue.** Who can tame the tongue? Not with man's natural ability. Holy Spirit tames the tongue after the baptism with the Holy Spirit and my tongue is reconnected to my spirit.

\* It allows me to **pray when I don't know what to pray.**

\* **It reinforces Holy Spirit's prayers for me.**

*Rom 8:26-28 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. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

8. It is **one of the ways to get revelation from God** - By God's Spirit to my spirit

*1 Cor 2:9-10 But as it is written: "Eye has not seen, nor ear heard, Nor have entered into the heart of man the things which God has prepared for those who love Him." But God has revealed them to us through His Spirit. For the spirit searches all things, yes, the deep things of God.*

## Benefits of praying in the Spirit (tongues) 2

9. To know the things that have been given to me freely of God through **revelation knowledge**  
*1 Cor 2:11-12 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. 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 of God.*
10. **My human spirit is cleansed by God** to pick up things my natural (carnal) mind cannot perceive  
*John 16:13-15 However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come. He will glorify Me, for He will take of what is Mine and declare it to you. All things that the Father has are Mine. Therefore I said that He will take of Mine and declare it to you.*
11. Praying in the Spirit **reminds me of the closeness and comfort of the Holy Spirit.**  
**John 14:16-18** I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you.
12. Another way of **edifying yourself** in building yourself up on your most holy faith is praying in the Spirit  
*Jude 20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit*
13. Praying in the Spirit **gives me rest and refreshing**  
*Isaiah 28:11-12 For with stammering lips and another tongue will he speak to this people. To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.*
14. Praying in tongues **releases endorphins** that strengthens and builds it up our immune system to fight sickness, disease, and viruses. *(From a study by a doctor at Oral Roberts University of waves coming from praying in tongues.)*
15. **It is a form of worship**  
*John 4:24 God is a Spirit: and they that worship him must worship him in spirit and in truth.*
16. It enables me to **pray (and worship) without ceasing.**  
*1 Thess 5:17 Pray without ceasing.*  
*1 Cor 14:15 I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.*