

## SOME BENEFITS OF SPEAKING IN TONGUES

Here are some benefits from using your prayer language:

1. Using your prayer language helps you stimulate faith. (Jude 20)
2. Using your prayer language keeps you geared to walking in love. (Jude 20)
3. Using your prayer language gives, you power to be a witness for Christ. (Acts 1:8: 2:4)
4. Using our prayer language helps you speak to God 'spirit to Spirit'. (1 Corinthians 14:4)
5. Using your prayer language builds up your spirit. You are a spirit being and need to be 'spiritually strong'. (1 Corinthians 14:4)
6. You can use your prayer language when you need to pray for yourself or someone else and you are not sure how you should pray with your understanding. (Romans 8:26-28)
7. Using your prayer language brings spiritual refreshing. (Isaiah 28:11-12)
8. Singing and praising God in our prayer language adds a different dimension to our life of worship. We can use our native language as well as our prayer language in worship. (1 Corinthians 14:15-17; Acts 2:11; Acts 10:46)
9. The Bible says, "no man can tame the tongue" (James 3:8) but the Holy Spirit can. When we use our prayer language, we keep our tongue under subjection to the Holy Spirit.
10. Praying in your prayer language brings revelation for God begins to uncover the "mysteries." It is a gift that brings revelation as we use it and ask for it. (1 Corinthians 14:2, 14, 15; Proverbs 18:4; Proverbs 20:5)
11. Praying in your prayer language lines you up to discover and fulfill your ministry, your place in the Body of Christ. (1 Corinthians 12:27-28; Romans 12:1-8)
12. You can pray in your prayer language and "draw joy from the wells of Salvation." (Isaiah 12:2-3).
13. Praying in tongues is good for your health.

Here is a very interesting health thought. Dr Clark Peterson of O.R.U. in Tulsa, OK is a brain specialist and was doing research on the relationship between the brain and praying or speaking in tongues. Some amazing things were discovered!

Through research and testing, Dr Peterson found that as we pray in the Spirit or worship in the Spirit (our heavenly language) there is activity that begins in our brain. As we engage in our heavenly language, the brain releases two chemical secretions that are directed into our immune systems giving a 35 to 40 percent boost in the immune system. This promotes healing within our bodies. Amazingly, this secretion is triggered from a part of the brain that has no other apparent activity in humans and we don't use it. It is only activated by our Spirit-led prayer and worship. We need to pray in our prayer language more than we ever have before.