Life Group Notes

Lord, teach us to pray

9. Praying in Tongues

These notes are designed to be used in Life Groups alongside the Sunday teaching at Wavertree.

You might want to begin the time by sharing what stood out from Nic's talk on the 8th November. Or by sharing your experiences with the group of how your journey of prayer in going.

INTRO: 10 minutes

How familiar are you all with the idea of speaking in tongues?

Some of you might have used this gift for years, for others this might be completely new. Sharing your own experience and perspective is a really useful way to start this conversation.

Supernatural ability to speak known languages

Edifying and encouraging ourselves

Interceeding for others

Worshipping in tongues

Edifying the church

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Eph 6:18

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. Rom 8:26-27

Speaking in tongues is a supernatural gift that has all kinds of benefits - see the 5 bubbles on the previous page.
For this topic our focus is how tongues help us as we pray - both for ourselves and for others.

Discussion: 15 minutes

- What situations in your life leave you unsure how to pray?
- How do Romans 8 and Ephesians 6 (previous page) encourage you when prayer feels difficult?
- Why do you think you/we don't pray in tongues more?
- It's interesting Paul puts 1 Corinthians 13 - about love - in the middle of teaching about prophecy and tongues. How can our use of spiritual gifts remain rooted in love for God and others?
- Do you have any stories of how the gift of tongues is a blessing to you?

If this gift is new to your group...

Continue your discussion about this gift.

Discuss any concerns, questions or hurdles people have.

If you are all comfortable you could have a time of prayer asking Holy Spirit to release this gift to you.

Have a go a speaking in tongues. Remember it is a gift, it's not something you need to force from your own mind, but God will not move your vocal chords for you, a step of faith is required of us, beginning to speak, letting the sound come and allowing Holy Spirit to shape what we say.

Reflect on that experience.

Go away and practice. One simle tip for developing this gift is to work your way through the alphabet starting each sentence with a new sound.

If your group is more familiar with this gift...

Share some of the things that you are interceding for at the moment - personal situations, global needs, people etc...

Spend a time in prayer together but begin by committing to only praying in tongues for the first 5-15 minutes. Note this is not the same as the public use of tongues, you are not praying for one another to interpret - unless that's what you think God is asking - you are personally praying in tongues together, to engage the Holy Spirit directly in your prayer time.

Then move on to praying in ways one another can understand.

Refect afterwards - how did praying together in tongues feel? Where was it awkward or difficult? Was there any sense of the Holy Spirit leading? Was there any feeling of ease or power as you continued to pray?

Practical activity for this week

When faced with challenges in Hong Kong Jackie Pullinger prayed in tongues for 15 minutes a day - consistently.

Can you find a small amount of time this week, 5-15 minutes a day.
Choose 1 person or situation you are contending for and pray in tongues for that situation every day this week.

Reflect - how has this experience shaped you? Consider your relationship with God, your perspective on the situation and any practical changes or answers to prayer.