

# Twenty Reasons to Speak in Tongues

1. **Scriptural Exhortation:** The Scripture encourages believers to be filled with the spirit and pray in new tongues.
2. **Greatest Gift:** A spirit language is considered the greatest gift the Holy Spirit can give to a believer as it transcends the natural mind.
3. **Building Faith and Love:** Praying in tongues builds you up on your most holy faith and keeps you in the love of God.
4. **Spiritual Edification:** Tongues are for spiritual edification, allowing you to intercede in a way for yourself, praying out things before they happen.
5. **Opening Spiritual Antennas:** Praying in tongues opens your spiritual antennas, making you more spiritually aware of God's voice.
6. **Praying in God's Will:** Praying in tongues helps in praying the perfect will of God, as the Holy Spirit uses your tongue for this purpose.
7. **Spiritual Refreshing and Rest:** Praying in tongues brings spiritual refreshing and rest, helping to rejuvenate and calm the spirit.
8. **Control over the Natural Tongue:** It helps keep the natural tongue subject to the spirit, avoiding negative speech influenced by negative forces.
9. **New Language for a New Race:** Under the new Covenant, a new species or race of people with their own language is created, symbolizing a new beginning in Christ.
10. **Quieting the Natural Mind:** When praying in tongues, the natural mind gets quiet, allowing you to hear your spirit more clearly.
11. **Triggers Other Spiritual Gifts:** Praying in tongues can activate and open up your spirit for other spiritual gifts.
12. **Praying Divine Mysteries and Secrets:** When praying in tongues, you are communicating divine mysteries and secrets, as mentioned in 1 Corinthians 14:4.
13. **Sensitivity to the Holy Spirit:** Praying in tongues enhances your sensitivity to being led by the Holy Spirit.

14. **Interpretation of Tongues:** It allows you to begin to learn to interpret your own tongues, understanding the messages you are conveying in the spirit.
15. **Spiritual Training Wheels:** Speaking in tongues acts as spiritual training wheels that kickstart your spiritual life.
16. **Easier Access to Words of Knowledge:** The more you speak in tongues, the easier it becomes to receive words of knowledge and to hear God's voice.
17. **Sign to Unbelievers:** Speaking in tongues serves as a sign to unbelievers, as stated in Mark 16, that these signs will follow those who believe.
18. **Prevents Grieving the Holy Spirit:** Regularly speaking in tongues helps to ensure you do not grieve the Holy Spirit.
19. **Praying When Unsure:** When you are uncertain how to pray or what to pray for, speaking in tongues allows the Spirit to make intercessions with groanings.
20. **Brain Health Benefits:** Scientific studies have shown that 30 minutes of praying in tongues can activate parts of the brain and help in cleansing the brain of toxins.