

Day 18: Prayer Changes Things ~ Pray in the Spirit

The topic of praying in the Spirit is addressed today. Once again, I want to note that there is confusion and division on this topic. However, I believe strongly in the importance and benefit of praying in the Spirit and it is worth the discussion.

There are different types of uses for speaking in tongues. Speaking in tongues was given at Pentecost. One reason was to further the Gospel by speaking in the language of others so they knew what was being said and could accept Jesus as their Savior. Another use for speaking in tongues is the gift of tongues. This occurs during a service to encourage the body in that moment. The last use of tongues is a private prayer language. This is to pray in the Spirit.

Paul explains two uses of tongues in 1 Corinthians 14:13-19, "For this reason the one who speaks in a tongue should pray that they may interpret what they say. ¹⁴ For if I pray in a tongue, my spirit prays, but my mind is unfruitful. ¹⁵ So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding. ¹⁶ Otherwise when you are praising God in the Spirit, how can someone else, who is now put in the position of an inquirer, say "Amen" to your thanksgiving, since they do not know what you are saying? ¹⁷ You are giving thanks well enough, but no one else is edified. ¹⁸ I thank God that I speak in tongues more than all of you. ¹⁹ But in the church I would rather speak five intelligible words to instruct others than ten thousand words in a tongue."

Paul is sharing that while in Church, don't use tongues unless you are utilizing the gift so that others can be encouraged. Yet, he does share that praying in tongues causes our spirit to pray and bypasses our understanding. Because of this, the person is edified while using their prayer language. Edify means that we are uplifted, encouraged, and built up in our faith. I know that my mind can pull my thoughts away when I am praying. However, when I pray in the Spirit, then I am completely in tune with what the will of God is and can praise Him from a place of purity.

Paul said he speaks more than the audience he was writing to and further states in Ephesians 6:18, "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."

My own personal experience also drives me to pray in my spiritual tongue. There have been multiple times where I was exhausted, stressed, and overwhelmed. Yet when I prayed in tongues, I was strengthened and felt lighter.

Day 18 Worksheet

Do you have a prayer language? (Have you been baptized with the Spirit and spoken in tongues?)

If you have a prayer language, how often do you pray in it? If you do not have a prayer language, does this topic make you feel uncomfortable?

In your own words, share why Paul states it's important to pray in the Spirit.

Read 1 Corinthians 14. Ask for revelation knowledge and then write your thoughts on that scripture.

Write two action steps to help you pray more often in the Spirit? If you do not have a prayer language, write a plan to help you obtain one. (For example, pray for the baptism in the Holy Spirit daily, read scriptures about praying in the Spirit, etc.)
