

PRAYING AND SINGING IN THE SPIRIT

LIFE OF PRAYER CLASS – SESSION 2

I. TESTIMONIES

“And these signs shall follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will be no means hurt them; they will lay hands on the sick, and they will recover.” (Mark 16:17-18)

- A. The primary blessing of the New Covenant, besides our justification in God’s presence, is the indwelling Spirit of God in our spirits. We are literally and profoundly joined to Jesus (as a betrothed bride) by the Holy Spirit. We have literal access to the Father’s throne by the Holy Spirit’s power (1 Corinthians 6:19, 2:9-12, Ephesians 2:18).
- B. We only walk in the life of the Spirit if we talk to Him. This mostly includes picturing Him in our minds eye and talking to Him about the Bible. Our spirits were made a new creation and the more our souls and bodies connect with our spirits, the more transformation we’ll experience.
- C. Praying with our spirits is a New Covenant blessing. God’s spirit revived our dead and darkened spirits at the new birth experience and came to live in our spirits. We can only pray with our spirits because they have been revived by God. One of the primary ways of communing with the Holy Spirit is by praying with our spirits.
- D. Every believer can receive the gift of praying in tongues. It is a New Covenant blessing that God wants to pour out to every believer. Tongues was a common manifestation of the Holy Spirit throughout the book of Acts.
- E. I received my prayer language my junior year of college and was deeply impacted by it. Like everybody else, I struggled with the sounds that were coming out of my mouth and how few they really were. Somebody told me 30minutes a day in tongues would change my life, so I took that serious and started doing that right away.
- F. Almost every time that I give 30-60minutes to praying in the spirit, I feel a tangible difference in my thoughts, emotions and body. There have been seasons where I would spend at least 2-4 focused hours praying in the spirit. I experienced more intimacy with God in those seasons and more manifestations of healing and prophecy than normal.
- G. Smith Wigglesworth and John G. Lake both said that praying in the spirit was the making of their ministries. They noticed less life and power in their walk with the Lord when they decreased the time that they gave to praying in the spirit. I’ve read about some ministers who refuse to lead services without some hours of praying in the spirit as preparation.

“I thank my God I speak with tongues more than you all...” (1 Corinthians 14:18)

- H. The Apostle Paul was intense about engaging with God through praying with his spirit. Paul had an incredible amount of spiritual understanding concerning the “mystery” of the gospel. He faced death and persecution several times in his life, yet persevered through them all. We must look at the fruit in his life and attribute some of it to his life of praying in the spirit.

II. BENEFITS OF PRAYING IN THE SPIRIT

“For if I pray in a tongue, my spirit prays...” (1 Corinthians 14:14)

“For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.....He who speaks in a tongue edifies Himself, but he who prophesies edifies the church.” (1 Corinthians 14:2, 4)

- A. ***My spirit prays*** – Our spirits pray in a heavenly language. We always have access to God in prayer, but there is no other immediate way to being praying in full communion with God than praying with your spirit. As we engage our spirits in prayer, our bodies and souls receive the life of Holy Spirit in our spirit. I picture my spirit rising up and taking its rightful leadership position over my body and soul when I pray in the spirit.
- B. ***Speak to God*** – We speak to God with our spirits. We are spiritual beings and God is spirit. Direct your prayers to God as a Person just like you do when you are praying and singing in your native language. A real relational transaction is taking place when you’re spirit prays to God. We just don’t connect to the reality in the moment because we are so disconnected from our spiritual nature.
- C. ***In the spirit he speaks mysteries*** – Our spirits are praying God inspired truths back to God. God’s spirit is joined to our spirits, and He fills us with revelations about God throughout the day. I like to think that we’re speaking the same things the living creatures are seeing and declaring around God’s throne right now. Mysteries are hidden truths that God wants to unfold to us as we pursue Him. Mysteries are the deep thoughts, emotions and plans of God. The revelations that we speak out with our spirits will be experienced by our souls in due time if we stay with it.

“But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.” (Jude 1:20)

- D. ***Edifies Himself*** – To edify means to take in the manifest life of the Holy Spirit, and to be increasingly aware of His presence and power. Edification equals greater intimacy with God, greater faith in who He is and His power towards us, and a greater experience of His life in our soul. Jude says to “build” yourself, or to build up your faith, by praying with your spirit. I usually feel might on the inside after praying in the spirit. Jesus and John the Baptist were “strong in spirit” in their youth as they connected to God (Luke 1:80, 2:40).

“Otherwise, if you bless with the spirit....For you indeed give thanks well, but the other is not edified.” (1 Corinthians 14:16-17)

E. ***Bless with the spirit*** – We declare holy praises back to God. Our spirits are filled with revelation and praise.

“We hear them speaking in our own tongues the wonderful works of God.” (Acts 2:11)

“Pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:17-18)

F. ***Give thanks well*** – Our spirits pour out the praise and thanksgiving. We can express our deepest gratitude to God with our spirits. Singing in the spirit is a powerful way to

“For if I pray in a tongue, my spirit prays, but my understanding is unfruitful (not creating the language). What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding (native language that we understand). I will sing with the spirit, and I will also sing with the understanding.” (1 Corinthians 14:14-15)

G. ***My understanding is unfruitful*** – Our minds are not engaged in the language that is expressed from our spirits and don't have an immediate understanding of the mysteries that were spoken out. Praying with our spirit is meant to be an easy way of engaging with God. Engaging God in prayer with our minds takes more effort than praying with our spirits. We can commune with God while doing anything because it doesn't take all of our mental energy to do it. Paul prayed without ceasing because he prayed in the spirit as he was going here and there in his daily life.

“Therefore let him who speaks in a tongue pray that he may interpret.” (1 Corinthians 14:13)

H. Engage your mind in prayer and meditation as you pray in the spirit.

I. Our minds and emotions will experience the things that our spirit prays out. We receive revelation in the Word, in prayer times, spontaneously through the day as a fruit of the revelations we spoke out with our spirits. We don't receive word for word translation, but general interpretations. We don't have to ask Him every few seconds what we said in the spirit. Just let the request be a general prayer in your life.

III. PRACTICALS

- A. Some people believe you can only pray in the spirit when the Holy Spirit inspires you day to day. Once you've received your prayer language, it is up to you to step into it.
- B. Your prayer language will develop little by little as you give extended times to it.
- C. Schedule times to pray with your spirit in a focused way. This will help you find your way in it if it is new to you. For those who pray in the spirit consistently, scheduling longer times than normal will help you experience more of the benefits. Start with 20-30 minutes a

day in a focused way, as well as praying intermittently during other devotional activities like bible reading or worship times.

- D. You will find an enjoyable flow of tongues coming out of you if you stay with it 20-30 minutes consistently.
- E. Set your mind on God on the throne or God in your spirit. Close your eyes and engage God as a Person instead of aimlessly praying in the air.
- F. Engage your mind in praying to God. I pray in my mind while I pray in the my spirit. I usually have questions I'm holding before the Lord in my mind, prayers for something else, declarations of who He is or declarations of thanksgiving prayer while I'm praying in the spirit.
- G. Go back and forth between praying with your spirit and your understanding.
- H. Fellowship with the Holy Spirit (last week's teaching) by softly and slowly praying in the spirit.
- I. Pray in the spirit intermittently as you meditate on the Bible.
- J. Pray under your breath throughout the day as you're doing other things.
- K. Go with the ebb and flow of the Holy Spirit throughout your times in tongues. You will have times where you want to be louder and faster and then times where you want to be slower and quieter. Go between the two as you feel the energy of the Holy Spirit moving through you.
- L. Take extended times to sing in the spirit. Find a consistent melody or sing to a worship song in the background. Sing out verses or little choruses that come to your mind during your times of singing in the spirit. I once had a teacher who sang in the spirit for 2 hours a day as his quiet time. Mike Bickle once said that the two things he would pass onto the next generation if he were on his death bed were singing in the spirit and singing out small biblical phrases for extended times a day.