

## Lesson #11 Benefits of Speaking in Tongues

1. When you pray in a tongue what does your spirit do? (I Corinthians 14:14)

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2. Who do you speak to when you speak in tongues? (I Corinthians 14:2)

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3. When you speak in a tongue what do you do for yourself (I Corinthians 14:4)

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4. What was Paul thankful for? (I Corinthians 14:18)

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5. What are we not to forbid? (I Corinthians 14:39)

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6. What does the Holy Spirit help us in? (Romans 8:26)

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7. How does the Spirit make intercession for us? (Romans 8:26, 27)

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8. Who and what does the Holy Spirit make intercession for? (Romans 8:27)

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9. How does one build up their faith? (Jude 20)

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### The Benefits of Tongues!

"Here is an interesting health thought. Dr. Carl Peterson of ORU 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 the brain. As we engage in our heavenly language, the brain releases two chemical secretions that are directed into our immune systems giving a 35-40 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.

Four Ways Tongues are used publicly		
Method	Scriptural Principle	Guidelines around uninformed
1. Devotionally/Prayer	(I Corinthians 14:14, 28)	Speak to self. Use Lower tone of voice (so one does not appear to be giving a message in tongues)
2. Worship (Praying and singing)	(I Corinthians 14:15)	Do in harmony & order of service usually following the leader of worship
3. Vocal gift followed by interpretation	(I Corinthians 14:26-31)	One person speaking loud enough to be heard (but not too loud), followed by an interpretation
4. When someone is baptized in the Holy Spirit	(Acts 2:4; 10:44-46)	Doesn't appear to be any consistent order other than to recognize that this is a time for people to receive the gift and giving place to it. Usually it happens during an altar call, but it could happen during the preaching of the word as it happened with Peter