

THE POWER OF PRAYING IN TONGUES

STUDY CENTER

Session 19

Praying in tongues has been one of the most debated subjects in Christianity. Yet, Pentecostal and charismatic churches, meaning spirit-filled churches are the fastest growing of any on the earth today. Why is the subject of being filled with the Holy Spirit and speaking in tongues such a heated debate among Christians? To answer these questions and learn the powerful benefits of such an awesome promise given by God, we need to go back to the day of Pentecost when it first was introduced to the church by the Holy Spirit.

This wonderful gift didn't come without division as it still does today. We see in Acts Chapter 2 that there was a division concerning this new baptism of the Holy Spirit. Just like today, many received and were amazed while others mocked and refused to receive. Acts 2:11-13, *Cretes and Arabians, we do hear them speak in our tongues the wonderful works of God. ¹²And they were all amazed, and were in doubt, saying one to another, What meaneth this? ¹³Others mocking said, These men are full of new wine.*

It shouldn't be surprising that some received while others didn't, since the devil fears those who receive such a promise and truly understands its benefits. The reason the devil fears this is because Jesus said we would receive power after the Holy Ghost would come upon us, Acts 1:8. He also mentioned that it would cause rivers of powerful living waters to flow forth from our lives when we pray in tongues. Remember that we receive two separate experiences with the Holy spirit, upon our salvation and with the infilling of the Holy Spirit. Jesus said that in us is a well of salvation that springs up into eternal life (John 4). This is the first experience, upon salvation, and referring to the Holy Spirit coming to cause your spirit to be born again. Yet, there is another experience once you are saved that is available. It is what Jesus referred to as the rivers of living water. Jesus was referring to being baptized in the Holy Spirit with the evidence of speaking in other tongues. (John 7:38-39) This baptism is so powerful that it is compared to rivers of power or living water! This means we have available to us and for us, supernatural rivers to tap into as we pray in tongues.

Revelation Chapter 22:1, says, *And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.* This river is a river of life that flows to us from the throne.

We also see in the vision of the Apostle John when he was caught up into heaven in Revelation Chapter 4, that he saw seven spirits from the throne. Revelation 4:5, *And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God.* Now these are not seven separate Holy Spirits, but rather seven manifestations or flows of the anointing available to us and out of us. We find these rivers explained in Isaiah Chapter 11. Isaiah 11:1-2, *And there shall come forth a rod out of the stem of Jesse, and a Branch shall grow out of his roots: And the spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and of the fear of the LORD.*

Remember the Holy Spirit hovered over the waters in the beginning days of creation and in the same way in the spirit over our spirit which contains living water. When we pray in the spirit we can access these seven flows or anointing both from the throne and in us.

No wonder the devil hates it so much and has caused Christians to have endless debates concerning it.

Again, praying in the Spirit releases power. Acts 1:8, *You shall receive power when the Holy Spirit come upon you shall be witnesses to me in Jerusalem and in all Judea and Samaria and to the ends of the earth.*

Luke 24:49 Behold I send the promise of my Father upon you. But tarry in the city of Jerusalem until you are endued (or the Greek word says clothe) with power from on high.

The Tongues of Men and of Angels:

The devil fights prayer, especially praying in the spirit, because he knows it is necessary for breakthrough. This is because it affects both the natural and spiritual realm. This is seen in 1 Corinthians 13:1, *Though I speak with the tongues of men and of angels ...* This phrase can be applied to praying in the spirit. It reveals a principle that aides us in breakthrough and answers to prayers that bring results. This is because when you pray in tongues you can move men and angels! How is this so? Praying in tongues moves men in the sense that they represent things in the natural realm. When we pray in tongues speaking mysteries unto God, we move men here in the earth either out of the way of interfering or move them to help us in receiving our answers.

You also move things in the spirit realm by praying in tongues, like angels or spirit beings that either resist or help you in receiving answers to your prayers as well. Praying in tongues is called praying in the spirit because you enter into the spirit realm when you pray in tongues. So, we can say, that praying in the spirit will move things in both the natural and spiritual realm on our behalf! It helps you to receive favor both with God and man.

The Promise of the Father

Luke 24:49 Behold I send the promise of my Father upon you. But tarry in the city of Jerusalem until you are endued with power from on high.

This is what the story of the widow and the unjust Judge represents. A widow on earth needed a breakthrough but was being resisted by an unjust judge. Luke 18:1-8, *And he spake a parable unto them to this end, that men ought always to pray, and not to faint: Saying, There was in a city a judge, which feared not God, neither regarded man: And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary. And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man; Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me. And the Lord said, Hear what the unjust judge saith. And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?*

You too can have people that stand in the way of your breakthroughs as the Judge did with the widow. The Bible says this judge didn't regard God or man. This is a description of what demon powers or principalities do when they stand in a place of resistance over your prayers. This is also what happened in the days of Daniel. The Bible says the first day he prayed the Lord heard his prayers and sent an angel for his word. Daniel 10:12-13, *Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. ¹³But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.*

In this there was an unjust judge in the sense of a demon spirit called the Prince of Persia that resisted Daniel like the Judge who resisted the widow in Luke 18. It was the persistence of Daniel to fast and seek God that led to his breakthrough moment. It was also the same way for the widow woman, she put her foot down and didn't take no for an answer.

Let's look at some different words and expressions that can happen as you pray in tongues:

Travailing Prayer: This is strong prayer that often feels like and is equated to natural childbirth. It comes by praying in the spirit and sometimes with spiritual groaning or weeping. It can

PRAYING IN TONGUES *(cont...)*

often carry the heart and burden of God and you feel this burden until you pray it out. When you yield to it, by the Holy Spirit, you birth your breakthrough moment bringing it to pass. Galatians 4:9, *My little children, of whom I travail in birth again until Christ is formed in you.*

Wrestling in the Spirit: This is when you may feel resistance in the spirit against demonic forces, often called spiritual warfare, Ephesians 6:12. It can also be praying and seeking God intensely over a desired answer. It requires continued intercession in the spirit until you feel a release or sense of breakthrough. This kind of praying in tongues can sound like strong warfare in the spirit with strong spiritual dialect, often what is referred to as diversities of tongues, 1 Corinthians 12:28. While you might not see the natural results, you know a break has taken place in the spirit that will manifest in the natural realm. This is what happened with Jacob when he wrestled for his blessing in Genesis 32:24.

Pour Out: These are heartfelt and unrehearsed sounding prayers that are also part of breaking open the fountain of your deep. They are requests and desires that are deep in your heart that you want and need to breakthrough in. This is what Hannah did after she was barren. She poured her heart out to the Lord and received of Him. 1 Samuel 1:15, *I have poured out my soul before the Lord.* You can do this in the spirit as we pray in tongues. Now these are not prayers of squalling, bawling or complaining in unbelief or feeling sorry for yourself. Instead, they are prayers that pour forth in the spirit when you don't know how to pray as you ought, Romans 8:26, or words can't express what you feel in your native language. This kind of praying in the spirit is often accompanied by the ability to deeply identify with the feeling of need, whether it's in regard to yourself or someone else.

Crying Out and Groaning in the Spirit: These are prayers that come by continual seeking and crying out to God as you remind Him of His word concerning your need for breakthrough. This happened when Israel had been in bondage for over 400 years, they cried out to God in prayer, and their cries came into God's ears. Read Exodus 2:23-24: Notice the children of Israel groaned and cried and God heard and remembered His covenant. We also know that Jesus groaned in the spirit as a type of intercession at the tomb of Lazarus, and as a result Lazarus was raised from the dead. These groans can and often will come upon you simply by praying in and yielding to the Holy Spirit. Tongues are "groanings which cannot be uttered". They communicate audibly with the Holy Spirit's intercession for you in utterances and words which have the sounds of groanings.

Whether it is travelling in prayer, wrestling in the spirit, crying out or groaning in the spirit, all of these different manifestations will often come during praying in the spirit and can help you to tap into the deeper things of God. It is "breaking open the fountain of your deep".

Break Open the Fountain of Your Deep:

In John 7:38-39 Jesus was speaking about the power of the Holy Ghost that would be in you and flow out of you. *He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)*

The way you release that power is when you break open the fountain of your deep. This is speaking of your spirit in prayer—you break it open by praying in the spirit. To better understand how this spiritual principle works look at a natural principle and event that took place in Noah's day.

Genesis 7:11, In the six hundredth year of Noah's life, in the second month, the seventeenth day of the month, the same day were all the fountains of the great deep broken up, and the windows of heaven were opened.

It was when the fountains of the deep were broke open that the breakthrough came, resulting in the heavens opening and the waters prevailing on the earth (*Verses 18-20 & 24*). This is also what happens when you spiritually begin to pray strong in the spirit from deep within your spirit. The heavens open over you and your life situations and you experience victory. God prevails in your situations like the waters did in Noah's

day. This is why the Bible says the deep (God) calls unto the deep in us.

Psalms 42:7 (NAS) Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me. It is calling out to the breaker spirit within you to reach back to God and be released to flood the earth with His power and glory.

It is important to pray in tongues often so you can experience God prevailing for and through you. The Apostle Paul said he prayed in tongues more than others because he discovered the benefits and power available to win great spiritual victories. Praying in the spirit helps to make you spiritually stronger because a barrier breaker is made from within and learns to breakthrough in spiritual realms of conflict. The power to breakthrough is available to you through the power of the Holy Spirit who enables you to break any barrier you may be facing. Breaking open the fountain of your deep is also how you can tap into the Holy Spirit's power. This power is inside of Christians to raise up a standard against the devil and win in the battles of life.

The scripture says when the devil tries to come up against you like a flood you can raise up a standard, a barrier against him (Isaiah 59:29). That standard can be the power of the Holy Ghost that is unleashed when you open your mouth to pray in the spirit! The Bible says there are different kinds of tongues or diversities of tongues (1 Corinthians 12:28). You can experience this once you break open the depths of your spirit by praying often, continually, and building an intensity in tongues. As mentioned before, you will begin to see the different flows and rivers, meaning depths of the Holy Spirit's power, as you pray in tongues. When this is developed in your life you will enter into the deeper things of the spirit. Praying in the spirit gives greater access to the spirit, you become sensitive to the spirit and enter into the spiritual realm.

There are different diversities and dimensions to praying in tongues and they aren't not based on natural age.

Stammering lips: This is usually the starting point not the endpoint or the continued way we are to pray. Isaiah 28:11, *For with stammering lips and another tongue will he speak to this people.* This is usually how your tongues sound when you are first filled with Holy Spirit. Your prayer language may sound like a few syllables, or even childish. Everyone has to grow both naturally and spiritually, and praying in the Holy Spirit is no exception when it comes to the need for development. We grow in our prayer language the more we pray in the spirit.

1 Corinthians 14:2 - For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit in the spirit

Tongues as a language defined: This comes the more you pray in the spirit. These tongues may be diverse or different, meaning the tongues may sound different than someone else's, or even different than the last time you prayed. These utterances may be more developed or pronounced, as either the tongue of men or of angels (Corinthians 13:1). It is entering into another dimension of tongues where it is like what happened on the day of Pentecost. They spoke in clear and loud expressions of the Holy Spirit, Acts 2:4 Amplified. Notice it was "expressions" plural, meaning there was more than one expression. Sometimes you can get stuck in the rut when praying in tongues and never have any diversity or never enter new dimensions. On Pentecost the divers expressions were a picture of breaking open their deep and releasing well pronounced supernatural utterances by the Spirit of God. This doesn't imply your lips will never stammer, but you just have to keep developing your spirit and spiritual language.

Diversities of Tongues and Groans in the Spirit: This is where your languages become stronger, more expressive and unique sounding, and more powerful in their operation. It could be strong groanings, different languages, expressions, and sounds in strong intercession. *Romans 8:26 - Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.* These are tongues of intercession where you may experience spiritual warfare and strong intercession in this dimension. The result may be unusual, supernatural, spiritual utterances and groans in and by the Holy Spirit.

Singing in Tongues: This is praying, interceding, and worshipping in tongues. It is making melody and new songs in your spirit as you prophecy, pray, worship and sing in tongues. Notice when the believers were filled with the Holy Spirit and spoke in tongues they also magnified God. *Acts 10:46, For they heard them speak with tongues and magnify God.* Peter explained what was happening on that day regarding the baptism of the Holy Ghost and speaking in tongues, *Acts 2:17-18.* He also quoted a passage from Psalms in relation to worship, but was using this verse in explaining the spiritual out pouring.

Referring to speaking in tongues, Peter said that your tongue is being glad. *Acts 2:26 Therefore my heart rejoices and my tongue was glad.* What did he mean? He was prophesying about the time when your tongue will be glad and he was quoting a passage from Psalm 16:9, *Therefore my heart is glad, and my glory rejoices.* In this scripture David is making reference to worshipping God. You can do the same by praying and singing in the spirit. Paul referenced this also in *1 Corinthians 14:5, What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.*

Breaking open the fountain of your deep requires that your spirit, soul and body all work together to pray strong. It isn't just praying without putting much heart or body movement behind it. Not suggesting loudness necessarily as much as intensity. The reason some never develop a spirit that is strong and different than many casual Christians is because they go about their spiritual walk and life of prayer half-hearted or they rarely pray, if it all. You must pray and tap into a stronger, deeper more intense life of praying in the spirit.

There are two ways that we can further develop our breaker spirit by praying in the spirit. It comes by praying in tongues of edification and tongues of intercession. What's the difference? When you pray in tongues of edification it builds you up. *Jude 1:20 - But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.*

It can be strong and intense but is often just for the purpose of personal growth and spiritual strength. This is why people can go to corporate prayer meetings where everyone prays in tongues and afterwards they walk out feeling good, refreshed and strong, yet nothing much changes in the atmosphere or in the things they were praying and interceding for. It is because they spent the prayer time merely building themselves up and rarely shifted into the depths of tongues of intercession, according to *Romans 8:26.* To get over into that dimension requires intense, focused, and dedicated prayer in tongues which includes spirit, soul, and body. It carries an attitude that has come to accomplish something. This is the difference between those who just build themselves up verses those who both build themselves up *and* intercede in tongues. It is like a car that has a standard transmission that requires a stick shift and a clutch. You have to work the gears and the pedal. You have to shift gears and work the clutch. You can't go around in neutral or first gear, spiritually speaking, or you won't go very far. You have to be able to know how and when to shift into higher gears. The same is true in praying in deeper levels of the spirit that breakthrough for others and yourself.

Spiritually speaking, the things that happened in Noah's days can be prophetically applied today. The heavens opened but also the waters prevailed! *Genesis 7:18-20, & 24 -And the*

waters prevailed, and were increased greatly upon the earth; and the ark went upon the face of the waters. And the waters prevailed exceedingly upon the earth; and all the high hills, that were under the whole heaven, were covered. Fifteen cubits upward did the waters prevail; and the mountains were covered. And the waters prevailed upon the earth an hundred and fifty days.

This prophetically shows that when you pray in the spirit and break forth in tongues you affect the Heavens as they open and respond to yours need and affect things on the earth as well. Whatever comes out of Heaven prevails over things on the earth! Look at these verses closely as to what happened naturally in the days of Noah, and apply them to yourself regarding how to prevail spiritually.

Verse 18, And the waters prevailed, and were increased greatly upon the earth. The waters prevailed and the results were great increase!

Verse 19, And the waters prevailed exceedingly upon the earth; and all the high hills, that were under the whole heaven, were covered. The waters prevailed and the results were exceeding blessings and the high places, speaking of the demonic high places, were covered!

Verse 20, Fifteen cubits upward did the waters prevail; and the mountains were covered. The waters prevailed and the result was the mountains were covered, which speaks to the mountains or barriers in your life that seem immovable or too large to overcome!

The reason you get breakthrough results by praying in the spirit is because you have the power of the Holy Spirit to breakthrough (*Acts 1:8*). Jesus said this same power would be available to the believer. *Mark 16:17* that in 'My name they shall cast out devils, they shall speak in new tongues'. He was preparing them for this new gift of praying in tongues.

The Benefits of Praying in Tongues.

Praying in tongues is a process that has many benefits. There are different stages of praying in tongues and it comes by practice. Praying in tongues is so beneficial because it helps your spirit man communicate with God. When you pray in the spirit you pray according to His desires and will, and for the exact need or action required in any situation.

The process of speaking in tongues is yielding to God in two areas of your being. One is yielding your mind. You voluntarily yield your mind and give up trying to understand the words that come forth from your lips. It is a will. You make a choice. The other is yielding your tongue, your lips and your vocal cord. Remember that God will not force you to speak in tongues. And there is no such thing as having to wait for a particular feeling before you can pray in tongues.

Look at just some of the benefits:

SPEAKING IN TONGUES: 10 Benefits (Kenneth E. Hagin)

1. *It is the initial sign of the baptism. Acts 2:4*
2. *It edifies/strengthens you spiritually. 1 Cor.14:4 It builds your faith. Jude 20*
3. *It helps you pray for the unknown. Rom. 8:26*
4. *It helps you pray in line with the will of God. Rom. 8:27*
5. *It helps you to keep a pure mind. 1 Cor. 14:14*
6. *It broadens your ability to worship God. Acts 10:46*
7. *It opens the door to other gifts of the Spirit. Acts 19:6, 1 Cor. 12:8-10*
8. *It refreshes you. Isaiah 28:11-12*
9. *It Reminds you of the Holy Spirit's presence. John 14:16-17*
10. *It provides a way to communicate with God inside yourself anytime or place. 1 Cor. 14:28*

If you will start a consistent life of praying in tongues you can enjoy all of these wonderful benefits. It is never too late to start a rich, deep, spiritual life and power awaits those that will!

WORK CENTER

THE POWER OF PRAYING IN TONGUES

1. Is praying in tongues for you today? _____

2. List scripture that backs up you answer to question #1:

3. What are the different expressions that can happen when praying in tongues?

5. What does Breaking open the fountain of your deep mean?

6. What is the promise of God the Father? _____

7. What does Jude 1:20 say? _____

8. What does Acts 1:8 say? _____

ACTIVATION CENTER

This lesson has shown that praying in tongues is not only a process but it has many benefits. There are different stages of praying in tongues and they come by practice, meaning you are continually taking time to pray and speak in tongues. This Activation Center will give you the tools to build your tongues so that you can tap into the different stages as well as the benefits of praying in the spirit.

1. Tongues to charge and build:

The first area to work on is charging and building up; it is the most common and basic of all the qualities of praying in tongues. 1 Corinthians 14:4 says, *He who speaks in a tongue edifies himself but he who prophesies edifies the church.* The word "edifies" comes from the Greek word which means "builds." You could compare this to building a house, brick upon brick upon brick. This means that when you speak in tongues it is a building up process. The word "edify" also means "to energize," like when charging a car that has a low battery. So in the same way, praying in tongues charges you up. Notice in this prayer stage the emphasis is not as much on God as it is on building yourself up in the spirit.

Exercise 1: Start praying in tongues for 3 minutes, then stop and then pray 5 minutes more, stop and then pray another 10 minutes. Each time trying to pray stronger and longer, building yourself up in the spirit.

2. Speaking to God in clear expressions:

The second area is speaking in tongues with clear words focusing on praying and speaking mysteries to God in the spirit. This requires more concentration and it is not praying to build yourself up, but it is to speak to God.

1 Corinthians 14: 2 says, *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.* The focus of this exercise is to speak in an unknown tongue to God, speaking mysteries in the spirit. It is a spiritual conversation between you and God. You really have to sense in your spirit the tongues that are coming forth from you. You will sense the words are more clear and pronounced and an actual communication to God. In this flow of praying in the spirit you will often sense His will and His presence.

Exercise 2: Spend a few minutes praying in tongues and this time put your focus and emphasis on praying and communicating directly to God. Try to develop more pronounced and different sounding words as you focus on God while speaking in tongues.

3. Interpreting Your Tongues:

1 Corinthians 14:13 says, *Therefore let him who speaks in a tongue pray that he may interpret.* This can be both privately and in a public setting. You can pray to interpret your tongues when you are privately praying. This verse doesn't say that you have to interpret every time or even at all when you pray in tongues, unless it is in public when God is speaking a message to the audience in a spiritual tongue. While the context of 1 Corinthians Chapter 14 is generally speaking of a public setting it can also be applicable to a private setting as well.

For example in 1 Corinthians 14:27-29, *If anyone speaks in a tongue let there be two or at most three each in turn and let one interpret. But if there is no interpreter let him keep silent in church and let him speak to himself and to God. Let two or three prophets speak, and let the others judge.* This is speaking of the gift of interpretation where it is a message from God to a public assembly by the

THE DIVERSITIES OF TONGUES

ACTIVATION CENTER

means of tongues. This then requires an interpretation.

In the context of your private prayer time you can ask God for the interpretation by speaking it out or writing it down. This is similar to Jesus' first miracle of filling the water pots and then drawing out from them, referenced in John 2. As you pray in the spirit you are filling your pot up (your spirit) and then drawing out from it, interpreting and receiving a word from God.

Exercise 3: Individually pray in tongues and write down what you hear. If time allows, then pray in tongues as a group and someone may give a tongue by the Holy Spirit and someone can step out in faith and interpret. It is okay to practice as long as it is understood as "practice" and given room for potential error and do not say it as a "thus saith the Lord".

4. Tongues of intercession and corporate praying in tongues:

The Spirit praying through us for the purposes of intercession is different than edifying or building you up. It is tongues of intercession and not just personal edification. Romans 8: 26-27, *Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groaning which cannot be uttered. And He who searches the heart knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.* Notice in verse 26 he talked about groaning, but in verse 27 he says he makes intercession for the saints according to the will of God.

This kind of praying in tongues may carry the sounds like spiritual groaning rather than defined spiritual languages. It usually comes as you have prayed in the spirit a while and have asked the Holy Spirit to intercede through you as you yield to Him. It is God the Holy Ghost speaking through you.

Exercise 4: Start by asking the Holy Spirit to pray through you in intercession. As a group begin to pray in strong tongues as intensely as you can while yielding to the Holy Spirit, allowing the utterance to come deep from your spirit (your belly). Then slow down your intensity allowing your tongues to be more defined and become the utterance of God the Holy Ghost praying through you. It may be with groaning and it may not. The key is not loudness but intensity and expression that is spirit, soul and body.

5. Worship and singing in tongues:

The apostle Paul taught that we can sing in tongues as a way of magnifying God. 1 Corinthians 14:15 says, *What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.*

Jesus even said that the hour has come and that true worshippers shall worship the Father both in spirit and truth, John 4:23-24, *But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.* God is a spirit and those that worship Him must worship Him in spirit and in truth.

This worship in the spirit can also be singing to God in the spirit with spiritual tongues.

Exercise 5: Worship God together in the group with everyone speaking in English then stop and have everyone begin to sing in spiritual tongues together making melody in their hearts before the Lord. Another suggested exercise is to play a song or instrumental song that gives opportunity for members to sing in the spirit.