

Why Praying in Tongues Can Bring You the Breakthrough You Need

What do you do when all hell breaks loose around you? You pray in the Spirit.

What do you do when circumstances, events and relationships become a consuming fire of disappointment? You pray in the Spirit.

What do you do when you have lost your way in the wilderness of life? You pray in the Spirit.

What do you do when there are no words that describe your pain human? You pray in the Spirit.

What do you do when you don't know what the will of God is? You pray in the Spirit.

" Likewise, the Spirit helps us in our weaknesses, for we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words. He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God" (Rom. 8:26-27).

My husband I recently have been going through a very difficult situation with a family member whom we love dearly. It has been heartbreaking for both of us to walk through this valley that was so unexpected. As I was sharing the emotional devastation of my pain with a friend, she reminded me of the power of praying in the Spirit.

"Carol," this wise friend said, "I don't know how to pray for this person whom you love so dearly, but the Holy Spirit knows how to pray, so let's just spend some time together praying in

tongues.”

And that’s what we did.

“Pray in the Spirit always with all kinds of prayer and supplication. To that end be alert with all perseverance and supplication for all the saints” (Eph. 6:18).

Since praying in the Spirit, my particular situation hasn’t changed yet, even though I believe that it will. However, I have changed. I have a greater measure of peace and of hope concerning this difficult road we are traveling. I have experienced a power surge in my spirit that has healed my weakened state. Rather than praying with my human understanding, I have determined that I will pray in the Spirit and allow the winds of God to blow across me and across this challenging life circumstance.

Let me explain it to you this way: If I were invited to have a meeting in the throne room with the king of a foreign country, I would certainly either learn the language of that country or I would bring with me the very best interpreter I could find. The same principle follows when we enter the throne room of our Father God. There is a language that is particular to His eternal kingdom. The native tongue of the kingdom of heaven is the language of the Holy Spirit. I can speak this language because I am filled with the Holy Spirit; I can also allow the Holy Spirit to interpret for me.

It’s true that the Father understands us and responds when we come to Him praying with our own understanding, but we should never ignore the power that enters a situation when we choose to pray in the Spirit.

“For if I pray in an unknown tongue, my spirit prays, but my understanding is unfruitful. What is it then? I will pray with the spirit, and I will pray with the understanding. I will sing with the spirit, and I will sing with the understanding” (1 Cor. 14:14-15).

How wonderful to know that we serve a God who is listening to our desperate prayers. How comforting to realize that God hears us when we reach out to Him in prayers of any kind. How powerful to understand that when we pray in the Spirit, we are choosing to align our hearts and our minds with the kingdom of heaven! {eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical biblical messages mixed with her own special brand of hope and humor. She has written 10 books, including *The Rooms of a Woman's Heart*; *Defiant Joy!*; *Holy Estrogen!*; *No More Ordinary*; *Refined*; *Joy For All Seasons*; *Let There Be Joy!*; *Pass the Joy, Please!*; *Guide Your Mind*, *Guard Your Heart*, *Grace Your Tongue*; and *Stormproof*, which releases on March 1, 2019. Her teaching DVD, *The Rooms of a Woman's Heart*, won the Telly Award, a prestigious industry award for excellence in religious programming. You can also listen to Carol's "Jolt of Joy" program daily on the Charisma Podcast Network. Connect with Carol or inquire about her speaking to your group at .