

TONGUES



OMNI ABBA CHURCH

PRAYING IN TONGUES GUIDE

This resource outlines 100 biblical benefits of praying in tongues for the children of God. Rooted in Scripture, it reveals how praying in the Spirit strengthens faith, builds spiritual capacity, and aligns the believer with the will of the Father. This guide is designed to bring clarity, confidence, and deeper understanding to this powerful gift.



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100 BENEFITS OF PRAYING IN TONGUES

1. Tongues is the entrance into the supernatural – *Mark 16:17, Acts 2:4*
2. Tongues is the prayer in the supernatural – Ephesians 6:18, Romans 8:26-27
3. Tongues is a direct line to talking to your Heavenly Father – 1 Corinthians 14:2
4. Tongues is the children direct access to the throne room – Hebrews 4:16, Romans 8:26
5. Tongues is speaking divine mysteries-divine coded secrets – 1 Corinthians 14:2
6. Tongues is drawing secrets to life complicated issues – James 1:5, Daniel 2:22
7. Tongues is prophesying your Father's ordained future for you – Acts 2:17, Joel 2:28
8. Tongues is praying out the Father's plan for your life – Romans 8:27, Jeremiah 29:11
9. Tongues is knowledge, counsel and secrets withheld from the wicked – 1 Corinthians 2:7-10, Matthew 13:11
10. Tongues is the entrance into the realm of the spirit, the miraculous zone – Acts 2:1-4, John 3:8
11. Tongues is strengthening your inner man with divine might – Ephesians 3:16

- 12.** Tongues keeps you spiritually fit – 1 Timothy 4:7-8, Jude 20
- 13.** Tongues is praying out things that's been concealed to be revealed – Daniel 2:28, Amos 3:7
- 14.** Tongues is decreeing the Rhemas of God – Ephesians 6:17-18
- 15.** Tongues pulls you from the past into the future – Philippians 3:13-14
- 16.** Tongues is home improvement, and a source of edification – 1 Corinthians 14:4
- 17.** Tongues is building a strong premise to carry out the anointing (builds capacity) – Jude 20
- 18.** Tongues builds and stirs up your faith – Jude 20
- 19.** Tongues gives you an unstoppable progress that your enemies cannot fathom – Isaiah 54:17, Romans 8:31
- 20.** Tongues is giving praise and Thanksgiving well unto your Father – 1 Corinthians 14:16-17, Hebrews 13:15
- 21.** Tongues lines you up with the divine will of your Father – Romans 8:27
- 22.** Tongues is speaking the language and the will of the Father, speaking the heavenly language – 1 Corinthians 14:2, Philippians 3:20
- 23.** Tongues helps to strengthen your weakness – Romans 8:26
- 24.** Tongues is the ultimate assistance to prayer – Ephesians 6:18, Romans 8:26
- 25.** Tongues qualifies all things to work out for your good – Romans 8:28
- 26.** Tongues renders you to be Christ minded – Colossians 1:27, 1 John 4:4
- 27.** Tongues makes you miracle-minded – Acts 1:8
- 28.** Tongues magnifies the Father – Acts 10:46, Psalm 34:3
- 29.** Tongues enlarges your perspective of the Father's potency in your life – Ephesians 3:20
- 30.** Tongues gives you spiritual refreshing and rest – Isaiah 28:11-12

- 31.** Tongues increases your sharpness and accuracy in the anointing – 2 Timothy 1:6, John 16:13
- 32.** Tongues facilitates the entrance into the gifts of the spirit – 1 Corinthians 12:7-10, 1 Corinthians 14:1
- 33.** Tongues equips you for the wonders of God your Father– Acts 4:29-31
- 34.** Tongues is fine-tuning and also sensitizing your spirit man to the voice of your Father God – 1 Samuel 3:10, John 10:27
- 35.** Tongues assists to bring your natural tongue to subjection – James 3:8, Galatians 5:16-17
- 36.** Tongues develops more intimacy with your Father's Spirit – 2 Corinthians 13:14, John 14:26
- 37.** Tongues is your private conversation with your Father God – 1 Corinthians 14:2
- 38.** Tongues is deep calling unto deep – Psalm 42:7
- 39.** Tongues accesses revelation knowledge to your spirit – Ephesians 1:17-18
- 40.** Tongues helps you tap into the mind of your Father – 1 Corinthians 2:10-12
- 41.** Tongues opens the scriptures to you from a divine perspective rather than an intellectual standpoint – Luke 24:45, 2 Timothy 3:16
- 42.** Tongues is part of the armor of God, the lance that shoots down the enemies – Ephesians 6:18
- 43.** Tongues causes damages to the kingdom of darkness and put them in utter confusion – Colossians 2:15, 2 Corinthians 10:4-5
- 44.** Tongues helps you develop your prayer life – Luke 11:1-2, 1 Thessalonians 5:17

- 45.** Tongues synchronizes you with your Father's timing: it helps live according to God your Father's dream for you in the earth – Ecclesiastes 3:1, Habakkuk 2:3
- 46.** Tongues is alignment with the assignments of God your Father – Psalm 37:23, Ephesians 2:10
- 47.** Tongues is a door of utterance and boldness – Colossians 4:3, Acts 4:31
- 48.** Tongues is the Holy Spirit searching your heart and praying through you, the perfect will of God your Father – Romans 8:27
- 49.** Tongues is pulling treasures out of you – 2 Corinthians 4:7, Matthew 13:44
- 50.** Tongues is blowing the rams horn for battle – Joshua 6:4, Joel 2:1
- 51.** Tongues is the rallying sound of victory – 2 Chronicles 20:22, Psalm 47:5
- 52.** Tongues is releasing angels on heavenly assignments, to change earthly situations – Psalm 103:20, Hebrews 1:14
- 53.** Tongues is a brainstorming session with God your Father – Job 32:8, James 1:5
- 54.** Tongues helps you tap into the creativity of God the Creator – Genesis 1:2, Exodus 31:3
- 55.** Tongues overrules and overturns death assignments against your life – Psalm 118:17, 2 Timothy 1:10
- 56.** Tongues reverses demonic assignments against your well-being – Isaiah 54:17, Colossians 2:15
- 57.** Tongues removes you from stagnation, limitations of the flesh to God your Father's abundant supply of the Spirit – 2 Corinthians 3:17, Isaiah 43:18-19

- 58.** Tongues is making demands upon the power of God the Father – Acts 1:8, Jeremiah 33:3
- 59.** Tongues enables a closer walk with the Father – James 4:8, Micah 6:8
- 60.** Tongues is speaking the hidden truth and wisdom of God the Father – 1 Corinthians 2:7
- 61.** Tongues is the beginning of being led by the Holy Spirit – Romans 8:14
- 62.** Tongues is living supernaturally in a natural world – Galatians 5:25, 2 Peter 1:3-4
- 63.** Tongues opens the heavens and charges the atmosphere – Matthew 3:16, Acts 4:31
- 64.** Tongues releases the Shekinah glory – Exodus 40:34, 2 Chronicles 5:14
- 65.** Tongues is getting drunk on the new wine of the Holy Ghost – Acts 2:13, Ephesians 5:18
- 66.** Tongues is pouring in the oil and wine of the Holy Ghost – Luke 10:34, Psalm 23:5
- 67.** Tongues are life-filled words, faith-filled and anointing-filled words – John 6:63
- 68.** Tongues lights the fire of God your Father in your life – Acts 2:3, Matthew 3:11
- 69.** Tongues delivers you from the scourge of the tongues of the enemies – Isaiah 54:17, Psalm 31:20
- 70.** Tongues is unlocking every closed door in your life – Revelation 3:7-8
- 71.** Tongues is the beginning and the maintaining of partnership with the Holy Spirit – 2 Corinthians 13:14, John 14:26
- 72.** Tongues is releasing the Word of God to flow in your life – Isaiah 55:11, Psalm 107:20
- 73.** Tongues is the wind in your sail – John 3:8, Acts 27:14-15

- 74.** Tongues unleashes the winds of revival and refreshing in your life –
Acts 3:19, Hosea 6:2-3
- 75.** Tongues is refilling empty vessels – Acts 4:31, Ephesians 5:18
- 76.** Tongues is spirit-to-spirit communication – 1 Corinthians 14:2, Romans
8:16
- 77.** Tongues helps you in living effectively in these last days – 2 Timothy
3:1, 1 Thessalonians 5:6
- 78.** Tongues is the ignition key to walk in the power of God your Father –
Luke 24:49, Acts 1:8
- 79.** Tongues is being endued with power from on high – Luke 24:49, Acts
2:4
- 80.** Tongues is rivers of living water flowing out of you – John 7:38, Isaiah
44:3
- 81.** Tongues is drinking from the river and reservoir of God the Father –
John 4:14, Isaiah 12:3
- 82.** Tongues is serving God from your spirit – John 4:24, Romans 1:9
- 83.** Tongues enables you to perform your priestly duties – 1 Peter 2:9,
Revelation 1:6
- 84.** Tongues is building the image of God your Father in yourself – 2
Corinthians 3:18, Genesis 1:27
- 85.** Tongues is expressing, enforcing and declaring your Father's will in
your life and environments – Job 22:28, Matthew 6:10
- 86.** Tongues is extracting answers from the indwelling Spirit to solve life's
problems – James 1:5, Jeremiah 33:3
- 87.** Tongues is interceding from your spirit – Romans 8:26, 1 Corinthians
14:14-15

- 88.** Tongues is giving your spirit ascendancy and power over your flesh – Galatians 5:16-17, Romans 8:13
- 89.** Tongues aids you to mortify the deeds and evil cravings of the flesh – Colossians 3:5, Romans 8:13
- 90.** Tongues connects the intercession of the Holy Ghost with your great High Priest – Hebrews 7:25, Romans 8:34
- 91.** Tongues is the highest form of the prayer of agreement – Matthew 18:19-20, Romans 8:27
- 92.** Tongues is the divine agreement of the prayers of our earthly and heavenly intercessors with the plans of God our Father – 1 John 5:14-15, Romans 8:28
- 93.** Tongues is the threefold cord that will never be broken – Ecclesiastes 4:12, Matthew 18:19
- 94.** Tongues is ministering to yourself, to the Lord and also to others – 1 Corinthians 14:4, Acts 13:2
- 95.** Tongues is worshipping the Father in spirit and in truth – John 4:23-24
- 96.** Tongues charges your spiritual battery – Jude 20, Isaiah 40:31
- 97.** Tongues confuses the counsels of the ungodly and equips you for the wonders of God your father – 2 Samuel 15:31, Psalm 33:10-11
- 98.** Tongues makes even the devil afraid of you because he never understands you – 1 Corinthians 14:2, Luke 10:19
- 99.** Tongues gives you ideas in dealing with the affairs of life – Proverbs 3:5-6, Isaiah 48:17
- 100.** Tongues makes your ministrations full of impact. Before going out to minister, pray in tongues and watch the move of the Spirit – Acts 4:31, 2 Timothy 1:6-7