

Spirit Building Exercises Tongues

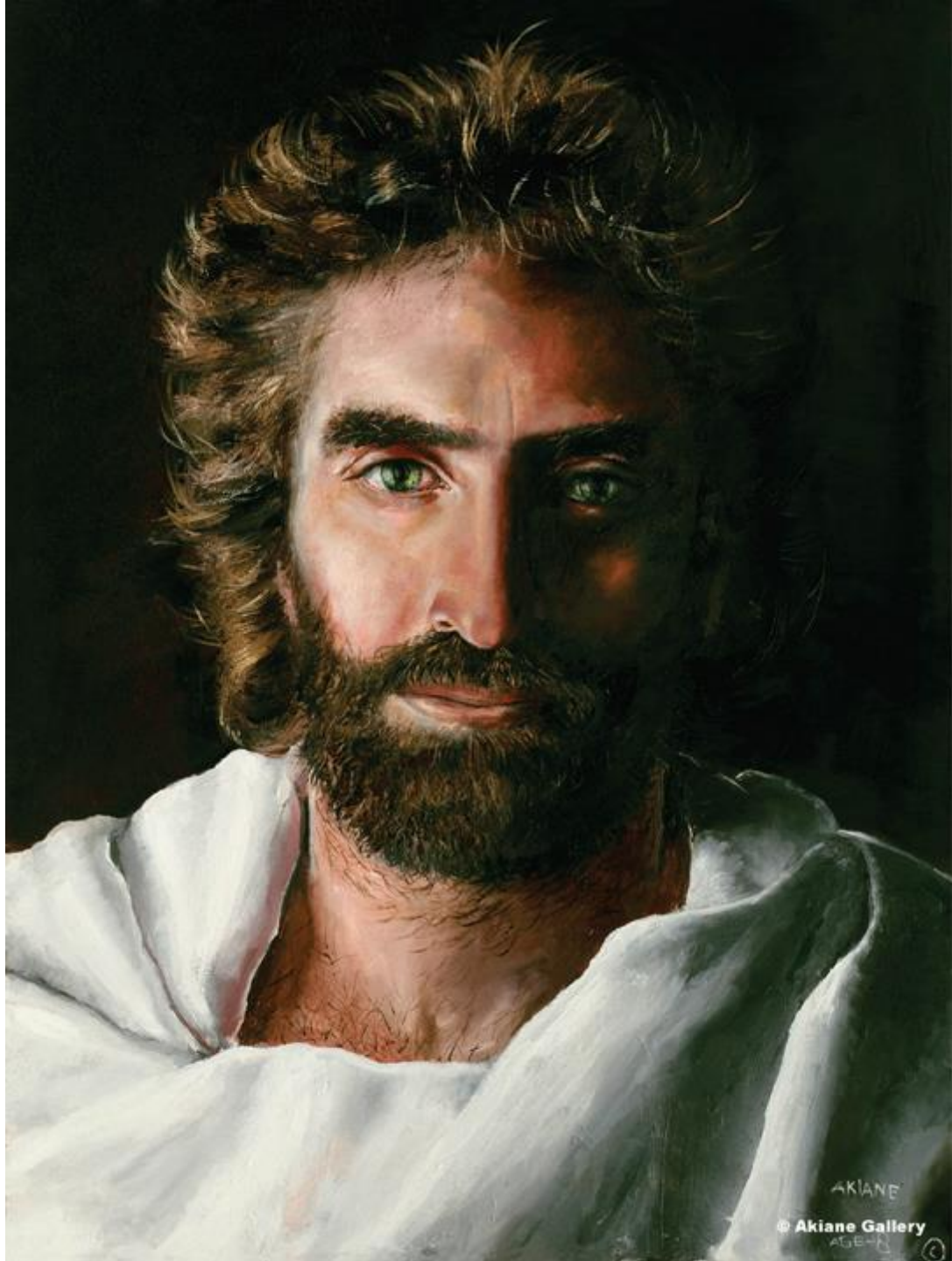
- In my life tongues has been the number one spirit building exercise
- While I am practicing engaging, my spirit is praying the heart of the Holy Spirit
- Tongues enables us to pray without ceasing
- Tongues is then part of all that I do
- Start small and build up - like weights
- Use the PDF or pause the recording before going on to the next part of the exercise

Spirit Building Exercises Tongues

- 2 minutes Praying in tongues out loud
tune out Cast all your burdens thoughts
onto Jesus.
- 2 minutes continuing to prayer in tongues
out loud as you activate spiritual senses - a
flow
- Look at the picture to help focus on Jesus.
- Start thinking about Jesus.

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- 2 minutes pray in tongues in your mind.
- Let the words form in your mind but not come out of your mouth.
- At first you may find your lips still try to move.
- Continue to focus on Jesus it might be helpful to look at the picture of Jesus or close your eyes



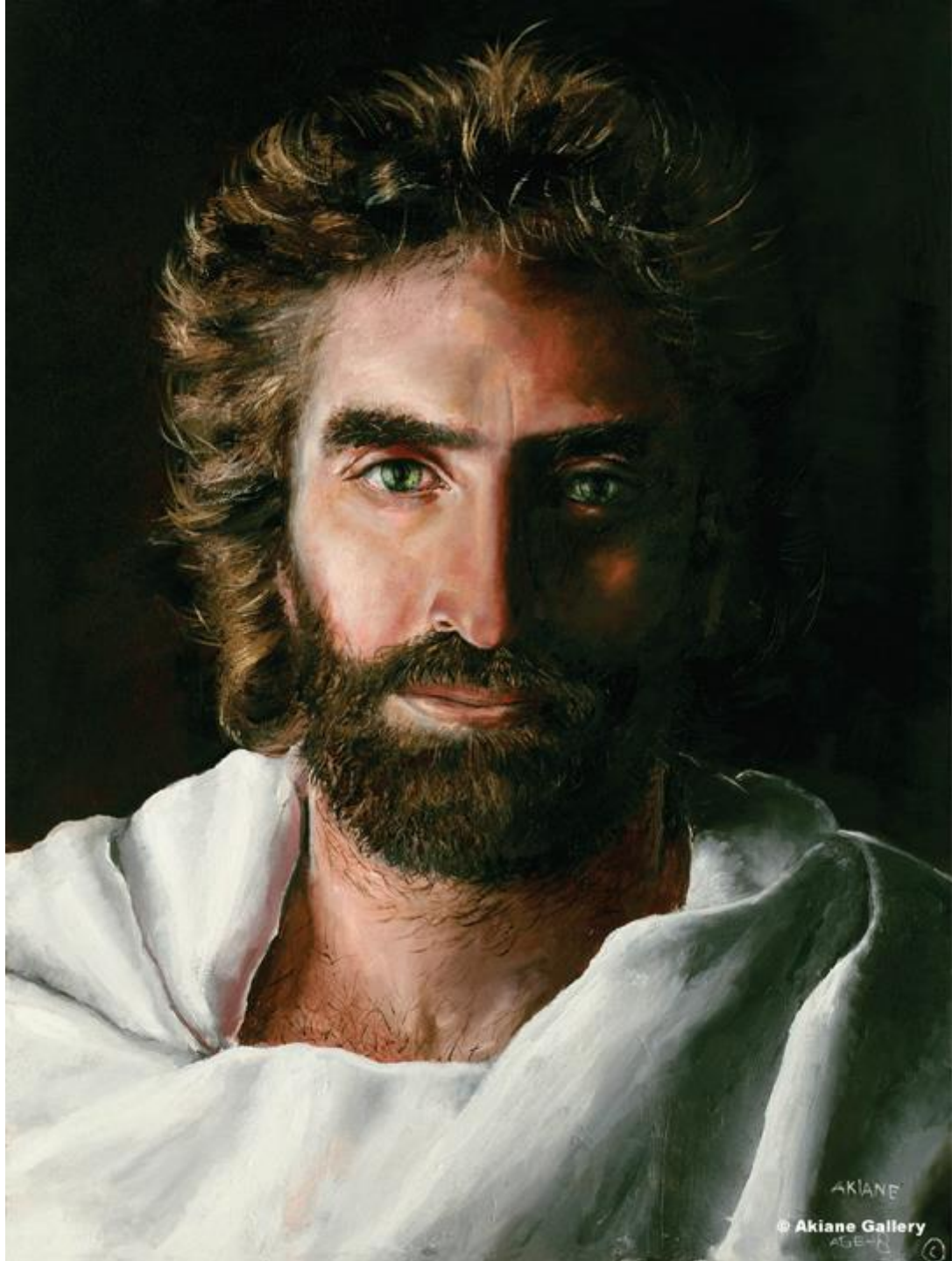
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- 2 minutes pray in tongues in your mind look at picture of Jesus then close your eyes think about and picture Jesus while continuing to pray in tongues
- 2 minutes Alternate praying in tongues out loud and in your mind.

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- 2 minutes pray in tongues in your mind.
- Start to think about a fountain bubbling In your spirit now let tongues flow from spirit put your hand on your belly and feel the bubbling up.
- Tongues continuously not in your mouth or your mind.
- Look at Jesus and start thinking about him.



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- Tongues and the word of God
- 2 minutes pray in tongues alternate out loud in your mind and from your spirit.
- Listen to Psalm 23
- Practice dual activities
- 2 minutes pray in tongues out loud start reading psalm 23 in your mind.
- 2 minutes read Ps 23 out loud and pray in tongues in your mind

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- Psa23:1 The Lord is my shepherd, I shall not want. 2 He makes me lie down in green pastures; He leads me beside quiet waters. 3 He restores my soul; He guides me in the paths of righteousness For His name's sake. 4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. 6 Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the Lord forever.

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- 2 minutes read Ps 23 your mind and alternate tongues out loud and in your spirit.
- 2 minutes Pray in tongues out loud or in your spirit read Ps 23 in your mind
- Close your eyes and begin picturing Psalm 23 lying down in a green pasture with a gently flowing river.



*Worry does not empty tomorrow of its sorrow;
it empties today of its strength.*

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- 2 minutes pray in tongues in your mind then in your spirit
- Tune into what you are praying
- Speak out loud the interpretation of what is flowing in your mother tongue English, German, Spanish etc

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- You can begin to expand the time and focus of these exercises until they become a lifestyle where your spirit is praying or engaging without ceasing
- Start with 2 minutes go to five minutes until you can do 10 minutes or more for each exercise
- When you can do every thing whilst praying in tongues and feel constantly connected to God then use that in the next stages of meditation

Spirit Building Exercises Tongues

- Spirit building exercises – practice
- 5 minutes tongues out loud thinking about or picturing Jesus
- 5 minutes tongues in your mind thinking about or picturing Jesus
- 5 minutes tongues anyway whilst reading any visual scripture
- John 4:13 Drinking living water, Heb 4:16 coming to throne of grace

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- 5 minutes tongues anyway whilst visualising the scripture
- Every day try to pray in tongues in your mind whilst doing everything
- Every hour re-centre your thoughts by praying in tongues whilst think about or visualising for 1 minute
- Digital watches set the hourly chime

Spirit Building Exercises Tongues

- Remember that these training our spirit exercises are like the scaffolding used to erect a house. It is only needed during the building process
- Once you have built the house then you have to live in it.
- Tongues enables a lifestyle of constant communion and connection with God and the realms of heaven