



Loose Tongues Part 2

In *Loose Tongues Part 1*, I taught that the gift of speaking in tongues is a valid gift today and available to every believer in Christ baptized in the Holy Spirit. When a believer in Christ prays in the Holy Spirit, it allows God to intercede in their life in a powerful way.

There is another amazing benefit that I would like to help you experience as you speak in tongues. It is the benefit of edifying yourself.

1 Corinthians 14:4

He who speaks in a tongue edifies himself, but he who prophesies edifies the church.

When you speak in tongues, you edify yourself. The word *edifies* in the original Greek is the word *oikodomeo*, which means “to build a house”. As you may know, every believer in Christ is the house or the temple of the Holy Spirit.

Our body is the temple of the Holy Spirit because God Himself lives in our spirit. In this manner, believers in Christ resemble the Old Testament Jewish Sanctuary: Our body is the temple, our soul (emotional, conscious mind, and will) is the Holy Place, and our spirit is the Holy of Holies where God lives.

To edify yourself means to “repair” your whole body and emotional and mental health by speaking in tongues. In other words, it is to receive supernatural healing and well-being.

This is especially good news for those that have been trying to release faith in the area of healing but feel like they have little faith to receive. By speaking in tongues, you allow God to pray for you and release the healing that you have not been able to receive by faith. In this way, you are bypassing your unbelief and straight away allowing God to release healing.

This means if you are sick, as you speak in tongues, you allow God to miraculously flow healing into your body.

A Christian newspaper writes about what a godly man observed as people spoke in tongues:

- “The brother [Alfred Gaelton Garr] writes that when they spoke in tongues the people had such confidence in their Pentecostal baptism that those who were such were immediately healed.” - **The Apostolic Faith Newspaper, Azuza Street Mission, Vol. 1, No. 1, September, 1906**

Not only does God want you to receive healing for your body but also a refreshing for your soul. If you are feeling fear, worry, anxiety, or depression, as you speak in tongues, you allow God to flow His supernatural power, love, and soundness into your heart and mind.

2 Timothy 1:6-7

This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, of love, and of a sound mind.

Once the believer in Christ is baptized in the Holy Spirit, they can now flow in all nine gifts of the Holy Spirit at any time. We already have the fire of Holy Spirit within us but now we must fan it into flame.

However, in the context, the Apostle Paul wants to remind us of one particular gift of the Holy Spirit, that if we are able to consistently stir it up, we will experience God's supernatural power and love and a soundness for our heart and mind.

Which of the nine gifts is he referring to though?

All nine gifts of the Holy Spirit are given to edify the Church, but one of those gifts can also be used to minister and edify ourselves—it's the gift of speaking of tongues. I believe this is the gift of the Holy Spirit the Apostle Paul was referring to.

Another Christian newspaper describes as believers in Christ spoke in tongues:

- “They had received the spirit of love and power, and of a sound mind with the gift of tongues and of prophecy and other blessings, and with these gifts there should also be in the assembly.” - **Confidence: A Pentecostal Paper for Great Britain; Vol. VII, No. 12, December, 1914**

A *sound mind* in the original Greek is the word *Sophronismos*, which means, “balanced, poised, to have no stress, and mental peace.” It definitely speaks about our mental and emotional health.

The word *love* in the original Greek is the word *agape* which is the experiential perfect love of God. When you experience the perfect love of God, fear is cast out of your heart and mind.

Jude 1:20-21

But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God...

The gift of speaking in tongues builds you up so you may walk in vibrant effortless faith.

I believe this is a key to overcoming fear in your life, which is the root of every emotional and mental bondage. I encourage you to begin to take advantage of the gift our Father gave to us to edify our whole body, emotions, and mind.

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