

## **30 Mins/30 Days Praying in Tongues Challenge**

Praying in Tongues is a crucial component of both deliverance and creating intimacy with Father God. This practice brings breakthrough and revelation knowledge. The Holy Spirit is literally praying the perfect prayer through you as you yield your tongue to Him. The following verses highlight the benefits of praying in tongues:

1 Corinthians 14:2

“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.”

1 Corinthians 14:4

“He who speaks in a tongue edifies himself.”

Romans 8:26

“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 groanings which cannot be uttered.”

Jude 20

“But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.”

**30 Mins/30 Days**

**Praying  
In Tongues  
Challenge**

Date	Start Time	Finish Time
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Date	Start Time	Finish Time
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Date	Start Time	Finish Time
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