

Jude 20-21 (NKJV)

²⁰But you, beloved, building yourselves up on your most holy faith, *praying in the Holy Spirit*,

²¹keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.



In this passage, Paul exhorts us to build ourselves in our faith through prayer in the Holy Spirit.

Prayer in the Holy Spirit refers to prayer in tongues since Romans 8:26 reveals how the Spirit helps us pray with “groanings which cannot be uttered.” Praying in tongues is an extremely precious gift for believers: it can strengthen our faith much more efficiently and faster than any

other means because it touches our entire being in a matter of minutes. It builds us up in a holistic manner. Notice that Paul did not say that prayer in tongues builds up our spirit only. No, it is not limited to our spirit only, but it can touch and change our emotions as well as our bodies. Are you feeling down, depressed, far away from God, lonely? Start praying in tongues and praising God through prayer in tongues. Your emotions will change and your spirit will become more aware of God’s greatness and love and your faith in His promises and Word will be strengthened. Likewise, prayer in tongues can energize your tired body and give you physical strength and agility of mind. Start praying in tongues and your mind will be flooded with God’s love and peace and your spirit will be revived and quickened.