

BIBLE  STUDY

UNMUTED

FINDING YOUR
Voice in Prayer

Discover the power of prayer.
Find your voice. Hear His voice.
Live with purpose.

“Call to Me and I will answer you
and tell you great and unsearchable
things you do not know.”
JEREMIAH 33:3

 **SEPTEMBER SERIES**


BIBLE TEACHING


GREAT DISCUSSION


PRACTICAL PRAYER


SPIRITUAL GROWTH


STRONGER FAITH

 DATE
SEPTEMBER SERIES

 TIME
WEDNESDAY
6:30 PM – 7:30 PM CST

 LOCATION
ZION CHRISTIAN
MINISTRIES

 ALL ARE
WELCOME!

BRING A FRIEND • COME EXPECTING

YOUR VOICE
MATTERS.
YOUR PRAYERS
MATTER.
IT'S TIME TO GET
UNMUTED.

About This Study

UNMUTED

RECONNECTING WITH GOD

Min Tonya Edwards

Bible Study-September 2026





Session One Recap

Turning Up the Volume

Many of us have put our prayer lives on mute — silenced by distraction, doubt, or disappointment. Unmuted invites you to turn the volume back up on your relationship with God, exploring four core questions about prayer.

Jerimiah 33:3 "Call to me and I will answer you and tell you great and unsearchable things you do not know."



“It’s just not getting through because someone switched it off.”

MUTED

(adjective): silenced or turned down to kept from making sound, or deliberately softened so it doesn't come through fully.





How to Approach Prayer

P – Praise

R – Repent

A – Ask

Y – Yield

E – Examine

R – Rejoice

How to Pray

Guidelines

&

Principles



Guiding Scripture

"Devote yourselves to prayer, being watchful and thankful."

Colossians 4:2 (NIV)

As we explore five biblical principles for how to pray: REMEMBER

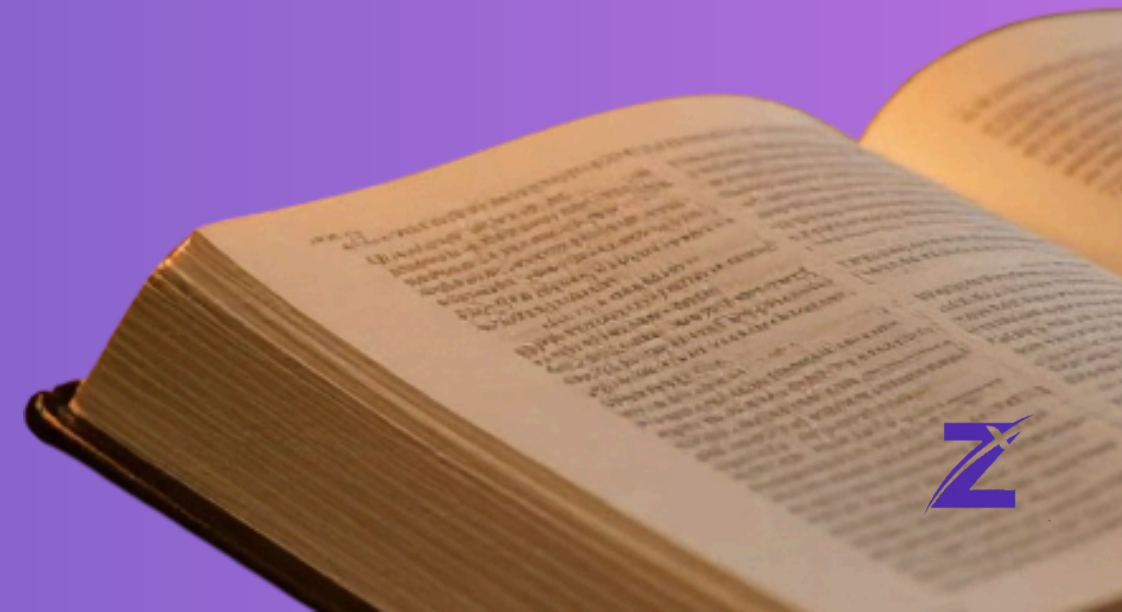
- Prayer is not occasional
- It is devoted
- Rooted in gratitude.



Lesson Overview

SESSION 2 — UNMUTED

Objective: *To gain and understand five biblical principles for how to pray and leave with practical guidelines to strengthen their personal prayer life*



ASK YOURSELF THIS QUESTION

- When you think about how you pray, do you follow any kind of pattern or structure, or does it feel unstructured?
- Why?

Keep it light and honest ,there are no wrong answers.

WHAT TO EXPECT

This session moves through five biblical principles for how to pray, not a rigid formula, but a faithful rhythm.

- Consistency
- Steadfastness
- Alignment
- Honesty
- Surrender
- Endurance



Principle 1

Pray With Devotion

COLOSSIANS 4:2 — THE RHYTHM OF DEVOTED PRAYER

Devote yourselves to prayer, being watchful and thankful.

Colossians 4:2 (NIV)

The Greek word Proskartere means steadfast, persistent attention, not a last resort.

- “Watchful” calls us to pray with alert intentionality:
- “Thankful” roots every prayer in gratitude.

TAKEAWAY: PRAYER ISN'T A SINGLE EVENT, IT'S A DEVOTED RHYTHM WOVEN INTO THE FABRIC OF ORDINARY LIFE.



Principle 2

Pray in Every Way, on Every Occasion

EPHESIANS 6:18 — ALL OCCASIONS, ALL KINDS OF PRAYERS

Pray in the Spirit on all occasions with all kinds of prayers and requests. Ephesians 6:18 (NIV)

Coming right after the armor of God, prayer activates and sustains everything else.

- All occasions
- all kinds of prayers
- all the Lord's people

TAKE AWAY: PRAYER FLEXES TO FIT EVERY NEED, IN EVERY MOMENT, FOR EVERY PERSON.



Principle 3

Pray With Total Honesty

POUR OUT YOUR HEART

Trust in him at all times...pour out your hearts to him, for God is our refuge.

Psalms 62:3 (NIV)

"Pour out your heart" means unfiltered, unedited honesty, not polished performance. God isn't looking for perfect words. He's looking for honest, trusting ones.

NOTE: David wrote this under red pressure, surrounded by opposition.



Principle 4

Pray Even When You Don't Have Words

THE SPIRIT INTERCEDES FOR US

The Spirit himself intercedes for us through wordless groans.

Romans 8:26-27:

*Paul admits even mature believers "**as, not know what to pray for**" not having words is not spiritual failure. It is exactly when the Spirit's help was promised.*



Principle 5

Pray to Build Yourself Up

PRAYER AS FORMATION

Building yourselves up in your most holy faith and praying in the Holy Spirit.

Jude 20 (NIV)

Prayer is formational

- Not just asking God for things, but strengthening the one who prays.
- Written to believers under pressure from false teaching

Jude reminds us that prayer builds what is happening inside you.

TAKEAWAY: PRAYER STRENGTHENS YOU FROM WITHIN, ESPECIALLY UNDER PRESSURE.



GUIDELINES FOR PRAYER

Practical steps to strengthen your prayer life

- Set a specific time and place for daily prayer.
- Start with Scripture; pray a verse or psalm back to God.

Use a model:

- The Lord's Prayer or the
- A.C.T.S. pattern (Adoration, Confession, Thanksgiving, Supplication).
- Keep a prayer journal to record requests and answered prayers.

BUILDING A DEVOTED RHYTHM

- Pray out loud sometimes, even when alone it sharpens focus and sincerity.
- Build in silence, give the Spirit room to intercede on your behalf (Romans 8:26).
- Pray with others, not only in private, community prayer strengthens the body.
- Persist, do not quit praying simply because the answer has not yet come.

GROUP DISCUSSION

- What currently gets in the way of prayer being a devoted rhythm rather than an occasional event?
- Which "kind" of prayer do you practice the least, and why?

What keeps you from being fully honest with God in prayer?

Reasons to Pray

Understanding the Importance of Prayer

Commanded to Pray

We are called to communicate with God regularly.

Invited to Pray

We approach God's throne with confidence through Christ.

Dependent on God

Prayer helps us rely on God, not ourselves.

Powerful and Effective

The prayers of the righteous can change situations.

