

TAPP into Prayer Journal

Thanks

What are the things or blessings in my life for which I am thankful?

Who are the people I am thankful for?

Admit

What actions do I want to talk with God about?

What have I done wrong that has hurt myself or others?

What have I failed to do? What did I ignore or not do that God might have called me to do?

Petition

What do I want to ask God?

For myself?

For family, friends, enemies, people in my community?

For my brothers and sisters throughout the world?

For the world and all of creation?

Ponder

What do I hear God telling me?

How is God speaking to me about my actions?

How is God speaking to me about my petitions?