

# TAPP into Prayer

**T**hank and praise God for the good things you have been given and the good people in your life.

**A**dmit the things you may have done wrong or the opportunities to help others that you may have ignored.

**P**etition God for your needs, and intercede for the needs of others (loved ones, people you know, and people throughout the world). But remember that there is a difference between what you want and what you need.

**P**onder what God has to say to you. Practice pausing long enough to listen.

Note: The four components of TAPP do not have to be prayed in any particular order.