

Prayer Counter: Prayer Commitment - 100

"Pray without ceasing" (1Thes. 5:17)

Each number represents (if applicable): _____

Instructions: (Note: For additional instructions and tips, see the Catholic Fun & Activities section at www.MyCatholicSource.com / www.CatholicCommunityCenter.com)

Complete the above field if applicable (e.g. If praying for 100 homeless people, enter "a homeless person" on the "each number represents" field above).

Say a prayer for each number below.

Short prayers, called "exclamations" (or, more commonly, "aspirations") appear below for your convenience. Feel free, however, to use any prayer of your choice.

To aid in counting, use your rosary. Each rosary contains 59 beads, for a total of 59 prayers (60 if you say a prayer also on the crucifix).

To keep your place, draw a line down the column below after you finish the prayers for that column. For example, if you use the rosary and say a prayer on each bead and the crucifix, draw a line from #1 through #60 below. Continue until completed.

Feel free to spread your praying out over several days or weeks (or, if necessary, months). Your prayer commitment should not be a replacement for the rosary, but rather, a supplement to it.

Tip: Keep your counter in your wallet or purse or place it somewhere that will remind you to pray. As a reminder, do not be tempted to brag about your prayerfulness and do not pray methodically, but from the heart.

Exclamations: (Tip: For additional prayers, see the Prayers & Devotions section at www.MyCatholicSource.com / www.CatholicCommunityCenter.com)

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| * Jesus! | * Heart of Jesus, I trust in Thee. | * O Lord, send laborers into Thy harvest. |
| * Mary! | * Mother of mercy, pray for us. | * O Jesus, grant that I may be Thine, wholly Thine, solely Thine. |
| * Jesus, Mary, Joseph. | * Blessed be the Name of the Lord! | * I thank Thee, O Lord, for having died upon the cross for my sins. |
| * My Lord and my God! | * O God, be merciful to me, a sinner. | * Dear Lord Jesus, grant them eternal rest. |
| * My God, I love Thee. | * Mary, our hope, have pity on us. | * Sweetest Jesus, be to me, not a Judge, but a Savior. |
| * My God and my all. | * Virgin most sorrowful, pray for us. | * Teach me, O Lord, to do Thy Will, for Thou art my God. |
| * My Jesus, mercy! | * O Lord, increase our faith. | * O Lord, repay us not according to the sins which we have committed, nor according to our iniquities. |

1	11	21	31	41	51	61	71	81	91
2	12	22	32	42	52	62	72	82	92
3	13	23	33	43	53	63	73	83	93
4	14	24	34	44	54	64	74	84	94
5	15	25	35	45	55	65	75	85	95
6	16	26	36	46	56	66	76	86	96
7	17	27	37	47	57	67	77	87	97
8	18	28	38	48	58	68	78	88	98
9	19	29	39	49	59	69	79	89	99
10	20	30	40	50	60	70	80	90	100