

Prayer Counter: Prayer Commitment - 3000

Each number represents (if applicable): _____

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

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 3000 sick persons, enter "a sick person" on the "each number represents" field above).

Say a prayer for each number below. [Note: For easier readability, you may enlarge the prayer counter (e.g. at a copy store or office supply store, on larger size paper).]

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)

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

1	70	139	208	277	346	415	484	553	622	691	760	829	898	967	1036	1105	1174	1243	1312	1381	1450	1519	1588	1657	1726	1795	1864	1933	2002	2071	2140	2209	2278	2347	2416	2485	2554	2623	2692	2761	2830	2899	2968
2	71	140	209	278	347	416	485	554	623	692	761	830	899	968	1037	1106	1175	1244	1313	1382	1451	1520	1589	1658	1727	1796	1865	1934	2003	2072	2141	2210	2279	2348	2417	2486	2555	2624	2693	2762	2831	2900	2969
3	72	141	210	279	348	417	486	555	624	693	762	831	900	969	1038	1107	1176	1245	1314	1383	1452	1521	1590	1659	1728	1797	1866	1935	2004	2073	2142	2211	2280	2349	2418	2487	2556	2625	2694	2763	2832	2901	2970
4	73	142	211	280	349	418	487	556	625	694	763	832	901	970	1039	1108	1177	1246	1315	1384	1453	1522	1591	1660	1729	1798	1867	1936	2005	2074	2143	2212	2281	2350	2419	2488	2557	2626	2695	2764	2833	2902	2971
5	74	143	212	281	350	419	488	557	626	695	764	833	902	971	1040	1109	1178	1247	1316	1385	1454	1523	1592	1661	1730	1799	1868	1937	2006	2075	2144	2213	2282	2351	2420	2489	2558	2627	2696	2765	2834	2903	2972
6	75	144	213	282	351	420	489	558	627	696	765	834	903	972	1041	1110	1179	1248	1317	1386	1455	1524	1593	1662	1731	1800	1869	1938	2007	2076	2145	2214	2283	2352	2421	2490	2559	2628	2697	2766	2835	2904	2973
7	76	145	214	283	352	421	490	559	628	697	766	835	904	973	1042	1111	1180	1249	1318	1387	1456	1525	1594	1663	1732	1801	1870	1939	2008	2077	2146	2215	2284	2353	2422	2491	2560	2629	2698	2767	2836	2905	2974
8	77	146	215	284	353	422	491	560	629	698	767	836	905	974	1043	1112	1181	1250	1319	1388	1457	1526	1595	1664	1733	1802	1871	1940	2009	2078	2147	2216	2285	2354	2423	2492	2561	2630	2699	2768	2837	2906	2975
9	78	147	216	285	354	423	492	561	630	699	768	837	906	975	1044	1113	1182	1251	1320	1389	1458	1527	1596	1665	1734	1803	1872	1941	2010	2079	2148	2217	2286	2355	2424	2493	2562	2631	2700	2769	2838	2907	2976
10	79	148	217	286	355	424	493	562	631	700	769	838	907	976	1045	1114	1183	1252	1321	1390	1459	1528	1597	1666	1735	1804	1873	1942	2011	2080	2149	2218	2287	2356	2425	2494	2563	2632	2701	2770	2839	2908	2977
11	80	149	218	287	356	425	494	563	632	701	770	839	908	977	1046	1115	1184	1253	1322	1391	1460	1529	1598	1667	1736	1805	1874	1943	2012	2081	2150	2219	2288	2357	2426	2495	2564	2633	2702	2771	2840	2909	2978
12	81	150	219	288	357	426	495	564	633	702	771	840	909	978	1047	1116	1185	1254	1323	1392	1461	1530	1599	1668	1737	1806	1875	1944	2013	2082	2151	2220	2289	2358	2427	2496	2565	2634	2703	2772	2841	2910	2979
13	82	151	220	289	358	427	496	565	634	703	772	841	910	979	1048	1117	1186	1255	1324	1393	1462	1531	1600	1669	1738	1807	1876	1945	2014	2083	2152	2221	2290	2359	2428	2497	2566	2635	2704	2773	2842	2911	2980
14	83	152	221	290	359	428	497	566	635	704	773	842	911	980	1049	1118	1187	1256	1325	1394	1463	1532	1601	1670	1739	1808	1877	1946	2015	2084	2153	2222	2291	2360	2429	2498	2567	2636	2705	2774	2843	2912	2981
15	84	153	222	291	360	429	498	567	636	705	774	843	912	981	1050	1119	1188	1257	1326	1395	1464	1533	1602	1671	1740	1809	1878	1947	2016	2085	2154	2223	2292	2361	2430	2499	2568	2637	2706	2775	2844	2913	2982
16	85	154	223	292	361	430	499	568	637	706	775	844	913	982	1051	1120	1189	1258	1327	1396	1465	1534	1603	1672	1741	1810	1879	1948	2017	2086	2155	2224	2293	2362	2431	2500	2569	2638	2707	2776	2845	2914	2983
17	86	155	224	293	362	431	500	569	638	707	776	845	914	983	1052	1121	1190	1259	1328	1397	1466	1535	1604	1673	1742	1811	1880	1949	2018	2087	2156	2225	2294	2363	2432	2501	2570	2639	2708	2777	2846	2915	2984
18	87	156	225	294	363	432	501	570	639	708	777	846	915	984	1053	1122	1191	1260	1329	1398	1467	1536	1605	1674	1743	1812	1881	1950	2019	2088	2157	2226	2295	2364	2433	2502	2571	2640	2709	2778	2847	2916	2985
19	88	157	226	295	364	433	502	571	640	709	778	847	916	985	1054	1123	1192	1261	1330	1399	1468	1537	1606	1675	1744	1813	1882	1951	2020	2089	2158	2227	2296	2365	2434	2503	2572	2641	2710	2779	2848	2917	2986
20	89	158	227	296	365	434	503	572	641	710	779	848	917	986	1055	1124	1193	1262	1331	1400	1469	1538	1607	1676	1745	1814	1883	1952	2021	2090	2159	2228	2297	2366	2435	2504	2573	2642	2711	2780	2849	2918	2987
21	90	159	228	297	366	435	504	573	642	711	780	849	918	987	1056	1125	1194	1263	1332	1401	1470	1539	1608	1677	1746	1815	1884	1953	2022	2091	2160	2229	2298	2367	2436	2505	2574	2643	2712	2781	2850	2919	2988
22	91	160	229	298	367	436	505	574	643	712	781	850	919	988	1057	1126	1195	1264	1333	1402	1471	1540	1609	1678	1747	1816	1885	1954	2023	2092	2161	2230	2299	2368	2437	2506	2575	2644	2713	2782	2851	2920	2989
23	92	161	230	299	368	437	506	575	644	713	782	851	920	989	1058	1127	1196	1265	1334	1403	1472	1541	1610	1679	1748	1817	1886	1955	2024	2093	2162	2231	2300	2369	2438	2507	2576	2645	2714	2783	2852	2921	2990
24	93	162	231	300	369	438	507	576	645	714	783	852	921	990	1059	1128	1197	1266	1335	1404	1473	1542	1611	1680	1749	1818	1887	1956	2025	2094	2163	2232	2301	2370	2439	2508	2577	2646	2715	2784	2853	2922	2991
25	94	163	232	301	370	439	508	577	646	715	784	853	922	991	1060	1129	1198	1267	1336	1405	1474	1543	1612	1681	1750	1819	1888	1957	2026	2095	2164	2233	2302	2371	2440	2509	2578	2647	2716	2785	2854	2923	2992
26	95	164	233	302	371	440	509	578	647	716	785	854	923	992	1061	1130	1199	1268	1337	1406	1475	1544	1613	1682	1751	1820	1889	1958	2027	2096	2165	2234	2303	2372	2441	2510	2579	2648	2717	2786	2855	2924	2993
27	96	165	234	303	372	441	510	579	648	717	786	855	924	993	1062	1131	1200	1269	1338	1407	1476	1545	1614	1683	1752	1821	1890	1959	2028	2097	2166	2235	2304	2373	2442	2511	2580	2649	2718	2787	2856	2925	2994
28	97	166	235	304	373	442	511	580	649	718	787	856	925	994	1063	1132	1201	1270	1339	1408	1477	1546	1615	1684	1753	1822	1891	1960	2029	2098	2167	2236	2305	2374	2443	2512	2581	2650	2719	2788	2857	2926	2995
29	98	167	236	305	374	443	512	581	650	719	788	857	926	995	1064	1133	1202	1271	1340	1409	1478	1547	1616	1685	1754	1823	1892	1961	2030	2099	2168	2237	2306	2375	2444	2513	2582	2651	272				