

**Prayer Counter: Prayer Commitment - 365**  
**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](http://www.MyCatholicSource.com) / [www.CatholicCommunityCenter.com](http://www.CatholicCommunityCenter.com)) Complete the above field if applicable (e.g. If praying for each day of the year, enter "a day of the year" 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](http://www.MyCatholicSource.com) / [www.CatholicCommunityCenter.com](http://www.CatholicCommunityCenter.com))

- \* Jesus!
- \* Mary!
- \* Jesus, Mary, Joseph.
- \* My Lord and my God!
- \* My God, I love Thee.
- \* My God, be merciful to me, a sinner.
- \* My Jesus, mercy!
- \* Heart of Jesus, I trust in Thee.
- \* Mother of mercy, pray for us.
- \* Blessed be the Name of the Lord!
- \* 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.
- \* Sweetest Jesus, be to me, not a Judge, but a Savior.
- \* O Lord, repay us not according to the sins which we have committed, nor according to our iniquities.

1	26	51	76	101	126	151	176	201	226	251	276	301	326	351
2	27	52	77	102	127	152	177	202	227	252	277	302	327	352
3	28	53	78	103	128	153	178	203	228	253	278	303	328	353
4	29	54	79	104	129	154	179	204	229	254	279	304	329	354
5	30	55	80	105	130	155	180	205	230	255	280	305	330	355
6	31	56	81	106	131	156	181	206	231	256	281	306	331	356
7	32	57	82	107	132	157	182	207	232	257	282	307	332	357
8	33	58	83	108	133	158	183	208	233	258	283	308	333	358
9	34	59	84	109	134	159	184	209	234	259	284	309	334	359
10	35	60	85	110	135	160	185	210	235	260	285	310	335	360
11	36	61	86	111	136	161	186	211	236	261	286	311	336	361
12	37	62	87	112	137	162	187	212	237	262	287	312	337	362
13	38	63	88	113	138	163	188	213	238	263	288	313	338	363
14	39	64	89	114	139	164	189	214	239	264	289	314	339	364
15	40	65	90	115	140	165	190	215	240	265	290	315	340	365
16	41	66	91	116	141	166	191	216	241	266	291	316	341	
17	42	67	92	117	142	167	192	217	242	267	292	317	342	
18	43	68	93	118	143	168	193	218	243	268	293	318	343	
19	44	69	94	119	144	169	194	219	244	269	294	319	344	
20	45	70	95	120	145	170	195	220	245	270	295	320	345	
21	46	71	96	121	146	171	196	221	246	271	296	321	346	
22	47	72	97	122	147	172	197	222	247	272	297	322	347	
23	48	73	98	123	148	173	198	223	248	273	298	323	348	
24	49	74	99	124	149	174	199	224	249	274	299	324	349	
25	50	75	100	125	150	175	200	225	250	275	300	325	350	