

Prayer Counter: Prayer Commitment - 5000  
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.CatholicSource.com / www.CatholicCommunityCenter.com)  
Complete the above field if applicable (e.g. If praying for 5000 hungry persons, enter "a hungry 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.CatholicSource.com / www.CatholicCommunityCenter.com)

- \* Blessed be the Name of the Lord! \* Lord, increase our faith.
- \* O God, be merciful to me, a sinner. \* Heart of Jesus, I trust in Thee.
- \* Mary, our hope, have pity on us. \* Mother of mercy, pray for us.
- \* Virgin most sorrowful, pray for us. \* My God, I love Thee.
- \* Sweetest Jesus, be to me, not a Judge, but a Savior. \* My Jesus, mercy!
- \* 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  | 110 | 219 | 328 | 437 | 546 | 655 | 764 | 873 | 982  | 1091 | 1200 | 1309 | 1418 | 1527 | 1636 | 1745 | 1854 | 1963 | 2072 | 2181 | 2290 | 2399 | 2508 | 2617 | 2726 | 2835 | 2944 | 3053 | 3162 | 3271 | 3380 | 3489 | 3598 | 3707 | 3816 | 3925 | 4034 | 4143 | 4252 | 4361 | 4470 | 4579 | 4688 | 4797 | 4906 |
| 2  | 111 | 220 | 329 | 438 | 547 | 656 | 765 | 874 | 983  | 1092 | 1201 | 1310 | 1419 | 1528 | 1637 | 1746 | 1855 | 1964 | 2073 | 2182 | 2291 | 2400 | 2509 | 2618 | 2727 | 2836 | 2945 | 3054 | 3163 | 3272 | 3381 | 3490 | 3599 | 3708 | 3817 | 3926 | 4035 | 4144 | 4253 | 4362 | 4471 | 4580 | 4689 | 4798 | 4907 |
| 3  | 112 | 221 | 330 | 439 | 548 | 657 | 766 | 875 | 984  | 1093 | 1202 | 1311 | 1420 | 1529 | 1638 | 1747 | 1856 | 1965 | 2074 | 2183 | 2292 | 2401 | 2510 | 2619 | 2728 | 2837 | 2946 | 3055 | 3164 | 3273 | 3382 | 3491 | 3600 | 3709 | 3818 | 3927 | 4036 | 4145 | 4254 | 4363 | 4472 | 4581 | 4690 | 4799 | 4908 |
| 4  | 113 | 222 | 331 | 440 | 549 | 658 | 767 | 876 | 985  | 1094 | 1203 | 1312 | 1421 | 1530 | 1639 | 1748 | 1857 | 1966 | 2075 | 2184 | 2293 | 2402 | 2511 | 2620 | 2729 | 2838 | 2947 | 3056 | 3165 | 3274 | 3383 | 3492 | 3601 | 3710 | 3819 | 3928 | 4037 | 4146 | 4255 | 4364 | 4473 | 4582 | 4691 | 4800 | 4909 |
| 5  | 114 | 223 | 332 | 441 | 550 | 659 | 768 | 877 | 986  | 1095 | 1204 | 1313 | 1422 | 1531 | 1640 | 1749 | 1858 | 1967 | 2076 | 2185 | 2294 | 2403 | 2512 | 2621 | 2730 | 2839 | 2948 | 3057 | 3166 | 3275 | 3384 | 3493 | 3602 | 3711 | 3820 | 3929 | 4038 | 4147 | 4256 | 4365 | 4474 | 4583 | 4692 | 4801 | 4910 |
| 6  | 115 | 224 | 333 | 442 | 551 | 660 | 769 | 878 | 987  | 1096 | 1205 | 1314 | 1423 | 1532 | 1641 | 1750 | 1859 | 1968 | 2077 | 2186 | 2295 | 2404 | 2513 | 2622 | 2731 | 2840 | 2949 | 3058 | 3167 | 3276 | 3385 | 3494 | 3603 | 3712 | 3821 | 3930 | 4039 | 4148 | 4257 | 4366 | 4475 | 4584 | 4693 | 4802 | 4911 |
| 7  | 116 | 225 | 334 | 443 | 552 | 661 | 770 | 879 | 988  | 1097 | 1206 | 1315 | 1424 | 1533 | 1642 | 1751 | 1860 | 1969 | 2078 | 2187 | 2296 | 2405 | 2514 | 2623 | 2732 | 2841 | 2950 | 3059 | 3168 | 3277 | 3386 | 3495 | 3604 | 3713 | 3822 | 3931 | 4040 | 4149 | 4258 | 4367 | 4476 | 4585 | 4694 | 4803 | 4912 |
| 8  | 117 | 226 | 335 | 444 | 553 | 662 | 771 | 880 | 989  | 1098 | 1207 | 1316 | 1425 | 1534 | 1643 | 1752 | 1861 | 1970 | 2079 | 2188 | 2297 | 2406 | 2515 | 2624 | 2733 | 2842 | 2951 | 3060 | 3169 | 3278 | 3387 | 3496 | 3605 | 3714 | 3823 | 3932 | 4041 | 4150 | 4259 | 4368 | 4477 | 4586 | 4695 | 4804 | 4913 |
| 9  | 118 | 227 | 336 | 445 | 554 | 663 | 772 | 881 | 990  | 1099 | 1208 | 1317 | 1426 | 1535 | 1644 | 1753 | 1862 | 1971 | 2080 | 2189 | 2298 | 2407 | 2516 | 2625 | 2734 | 2843 | 2952 | 3061 | 3170 | 3279 | 3388 | 3497 | 3606 | 3715 | 3824 | 3933 | 4042 | 4151 | 4260 | 4369 | 4478 | 4587 | 4696 | 4805 | 4914 |
| 10 | 119 | 228 | 337 | 446 | 555 | 664 | 773 | 882 | 991  | 1100 | 1209 | 1318 | 1427 | 1536 | 1645 | 1754 | 1863 | 1972 | 2081 | 2190 | 2299 | 2408 | 2517 | 2626 | 2735 | 2844 | 2953 | 3062 | 3171 | 3280 | 3389 | 3498 | 3607 | 3716 | 3825 | 3934 | 4043 | 4152 | 4261 | 4370 | 4479 | 4588 | 4697 | 4806 | 4915 |
| 11 | 120 | 229 | 338 | 447 | 556 | 665 | 774 | 883 | 992  | 1101 | 1210 | 1319 | 1428 | 1537 | 1646 | 1755 | 1864 | 1973 | 2082 | 2191 | 2300 | 2409 | 2518 | 2627 | 2736 | 2845 | 2954 | 3063 | 3172 | 3281 | 3390 | 3499 | 3608 | 3717 | 3826 | 3935 | 4044 | 4153 | 4262 | 4371 | 4480 | 4589 | 4698 | 4807 | 4916 |
| 12 | 121 | 230 | 339 | 448 | 557 | 666 | 775 | 884 | 993  | 1102 | 1211 | 1320 | 1429 | 1538 | 1647 | 1756 | 1865 | 1974 | 2083 | 2192 | 2301 | 2410 | 2519 | 2628 | 2737 | 2846 | 2955 | 3064 | 3173 | 3282 | 3391 | 3500 | 3609 | 3718 | 3827 | 3936 | 4045 | 4154 | 4263 | 4372 | 4481 | 4590 | 4699 | 4808 | 4917 |
| 13 | 122 | 231 | 340 | 449 | 558 | 667 | 776 | 885 | 994  | 1103 | 1212 | 1321 | 1430 | 1539 | 1648 | 1757 | 1866 | 1975 | 2084 | 2193 | 2302 | 2411 | 2520 | 2629 | 2738 | 2847 | 2956 | 3065 | 3174 | 3283 | 3392 | 3501 | 3610 | 3719 | 3828 | 3937 | 4046 | 4155 | 4264 | 4373 | 4482 | 4591 | 4700 | 4809 | 4918 |
| 14 | 123 | 232 | 341 | 450 | 559 | 668 | 777 | 886 | 995  | 1104 | 1213 | 1322 | 1431 | 1540 | 1649 | 1758 | 1867 | 1976 | 2085 | 2194 | 2303 | 2412 | 2521 | 2630 | 2739 | 2848 | 2957 | 3066 | 3175 | 3284 | 3393 | 3502 | 3611 | 3720 | 3829 | 3938 | 4047 | 4156 | 4265 | 4374 | 4483 | 4592 | 4701 | 4810 | 4919 |
| 15 | 124 | 233 | 342 | 451 | 560 | 669 | 778 | 887 | 996  | 1105 | 1214 | 1323 | 1432 | 1541 | 1650 | 1759 | 1868 | 1977 | 2086 | 2195 | 2304 | 2413 | 2522 | 2631 | 2740 | 2849 | 2958 | 3067 | 3176 | 3285 | 3394 | 3503 | 3612 | 3721 | 3830 | 3939 | 4048 | 4157 | 4266 | 4375 | 4484 | 4593 | 4702 | 4811 | 4920 |
| 16 | 125 | 234 | 343 | 452 | 561 | 670 | 779 | 888 | 997  | 1106 | 1215 | 1324 | 1433 | 1542 | 1651 | 1760 | 1869 | 1978 | 2087 | 2196 | 2305 | 2414 | 2523 | 2632 | 2741 | 2850 | 2959 | 3068 | 3177 | 3286 | 3395 | 3504 | 3613 | 3722 | 3831 | 3940 | 4049 | 4158 | 4267 | 4376 | 4485 | 4594 | 4703 | 4812 | 4921 |
| 17 | 126 | 235 | 344 | 453 | 562 | 671 | 780 | 889 | 998  | 1107 | 1216 | 1325 | 1434 | 1543 | 1652 | 1761 | 1870 | 1979 | 2088 | 2197 | 2306 | 2415 | 2524 | 2633 | 2742 | 2851 | 2960 | 3069 | 3178 | 3287 | 3396 | 3505 | 3614 | 3723 | 3832 | 3941 | 4050 | 4159 | 4268 | 4377 | 4486 | 4595 | 4704 | 4813 | 4922 |
| 18 | 127 | 236 | 345 | 454 | 563 | 672 | 781 | 890 | 999  | 1108 | 1217 | 1326 | 1435 | 1544 | 1653 | 1762 | 1871 | 1980 | 2089 | 2198 | 2307 | 2416 | 2525 | 2634 | 2743 | 2852 | 2961 | 3070 | 3179 | 3288 | 3397 | 3506 | 3615 | 3724 | 3833 | 3942 | 4051 | 4160 | 4269 | 4378 | 4487 | 4596 | 4705 | 4814 | 4923 |
| 19 | 128 | 237 | 346 | 455 | 564 | 673 | 782 | 891 | 1000 | 1109 | 1218 | 1327 | 1436 | 1545 | 1654 | 1763 | 1872 | 1981 | 2090 | 2199 | 2308 | 2417 | 2526 | 2635 | 2744 | 2853 | 2962 | 3071 | 3180 | 3289 | 3398 | 3507 | 3616 | 3725 | 3834 | 3943 | 4052 | 4161 | 4270 | 4379 | 4488 | 4597 | 4706 | 4815 | 4924 |
| 20 | 129 | 238 | 347 | 456 | 565 | 674 | 783 | 892 | 1001 | 1110 | 1219 | 1328 | 1437 | 1546 | 1655 | 1764 | 1873 | 1982 | 2091 | 2200 | 2309 | 2418 | 2527 | 2636 | 2745 | 2854 | 2963 | 3072 | 3181 | 3290 | 3399 | 3508 | 3617 | 3726 | 3835 | 3944 | 4053 | 4162 | 4271 | 4380 | 4489 | 4598 | 4707 | 4816 | 4925 |
| 21 | 130 | 239 | 348 | 457 | 566 | 675 | 784 | 893 | 1002 | 1111 | 1220 | 1329 | 1438 | 1547 | 1656 | 1765 | 1874 | 1983 | 2092 | 2201 | 2310 | 2419 | 2528 | 2637 | 2746 | 2855 | 2964 | 3073 | 3182 | 3291 | 3400 | 3509 | 3618 | 3727 | 3836 | 3945 | 4054 | 4163 | 4272 | 4381 | 4490 | 4599 | 4708 | 4817 | 4926 |
| 22 | 131 | 240 | 349 | 458 | 567 | 676 | 785 | 894 | 1003 | 1112 | 1221 | 1330 | 1439 | 1548 | 1657 | 1766 | 1875 | 1984 | 2093 | 2202 | 2311 | 2420 | 2529 | 2638 | 2747 | 2856 | 2965 | 3074 | 3183 | 3292 | 3401 | 3510 | 3619 | 3728 | 3837 | 3946 | 4055 | 4164 | 4273 | 4382 | 4491 | 4600 | 4709 | 4818 | 4927 |
| 23 | 132 | 241 | 350 | 459 | 568 | 677 | 786 | 895 | 1004 | 1113 | 1222 | 1331 | 1440 | 1549 | 1658 | 1767 | 1876 | 1985 | 2094 | 2203 | 2312 | 2421 | 2530 | 2639 | 2748 | 2857 | 2966 | 3075 | 3184 | 3293 | 3402 | 3511 | 3620 | 3729 | 3838 | 3947 | 4056 | 4165 | 4274 | 4383 | 4492 | 4601 | 4710 | 4819 | 4928 |
| 24 | 133 | 242 | 351 | 460 | 569 | 678 | 787 | 896 | 1005 | 1114 | 1223 | 1332 | 1441 | 1550 | 1659 | 1768 | 1877 | 1986 | 2095 | 2204 | 2313 | 2422 | 2531 | 2640 | 2749 | 2858 | 2967 | 3076 | 3185 | 3294 | 3403 | 3512 | 3621 | 3730 | 3839 | 3948 | 4057 | 4166 | 4275 | 4384 | 4493 | 4602 | 4711 | 4820 | 4929 |
| 25 | 134 | 243 | 352 | 461 | 570 | 679 | 788 | 897 | 1006 | 1115 | 1224 | 1333 | 1442 | 1551 | 1660 | 1769 | 1878 | 1987 | 2096 | 2205 | 2314 | 2423 | 2532 | 2641 | 2750 | 2859 | 2968 | 3077 | 3186 | 3295 | 3404 | 3513 | 3622 | 3731 | 3840 | 3949 | 4058 | 4167 | 4276 | 4385 | 4494 | 4603 | 4712 | 4821 | 4930 |
| 26 | 135 | 244 | 353 | 462 | 571 | 680 | 789 | 898 | 1007 | 1116 | 1225 | 1334 | 1443 | 1552 | 1661 | 1770 | 1879 | 1988 | 2097 | 2206 | 2315 | 2424 | 2533 | 2642 | 2751 | 2860 | 2969 | 3078 | 3187 | 3296 | 3405 | 3514 | 3623 | 3732 | 3841 | 3950 | 4059 | 4168 | 4277 | 4386 | 4495 | 4604 | 4713 | 4822 | 4931 |
| 27 | 136 | 245 | 354 | 463 | 572 | 681 | 790 | 899 | 1008 | 1117 | 1226 | 1335 | 1444 | 1553 | 1662 | 1771 | 1880 | 1989 | 2098 | 2207 | 2316 | 2425 | 2534 | 2643 | 2752 | 2861 | 2970 | 3079 | 3188 | 3297 | 3406 | 3515 | 3624 | 3733 | 3842 | 3951 | 4060 | 4169 | 4278 | 4387 | 4496 | 4605 | 4714 | 4823 | 4932 |
| 28 | 137 | 246 | 355 | 464 | 573 | 682 | 791 | 900 | 1009 | 1118 | 1227 | 1336 | 1445 | 1554 | 1663 | 1772 | 1881 | 1990 | 2099 | 2208 | 2317 | 2426 | 2535 | 2644 | 2753 | 2862 | 2971 | 3080 | 3189 | 3298 | 3407 | 3516 | 3625 | 3734 | 3843 | 3952 | 4061 |      |      |      |      |      |      |      |      |