

**Prayer Counter: Prayer Commitment for U.S. Bishops**  
**Each number below represents an active Bishop of the Roman Catholic Church in the U.S. (Qty. 285\*\*)**

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

\*\* Quantity is approximate. Source: USCCB, 6/05

**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))

Say a prayer for each bishop represented 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))

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|------------------------|------------------------------------|---|--|
| * Jesus!               | * My God and my all.               | * O God, be merciful to me, a sinner.     | * O Jesus, grant that I may be Thine, wholly Thine, solely Thine.                                      |
| * Mary!                | * My Jesus, mercy!                 | * Mary, our hope, have pity on us.        | * I thank Thee, O Lord, for having died upon the cross for my sins.                                    |
| * Jesus, Mary, Joseph. | * Heart of Jesus, I trust in Thee. | * Virgin most sorrowful, pray for us.     | * May the grace of the Holy Spirit enlighten our senses and our hearts.                                |
| * My Lord and my God!  | * Mother of mercy, pray for us.    | * O Lord, increase our faith.             | * Teach me, O Lord, to do Thy Will, for Thou art my God.   |
| * My God, I love Thee. | * Blessed be the Name of the Lord! | * 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. |

1	21	41	61	81	101	121	141	161	181	201	221	241	261	281
2	22	42	62	82	102	122	142	162	182	202	222	242	262	282
3	23	43	63	83	103	123	143	163	183	203	223	243	263	283
4	24	44	64	84	104	124	144	164	184	204	224	244	264	284
5	25	45	65	85	105	125	145	165	185	205	225	245	265	285
6	26	46	66	86	106	126	146	166	186	206	226	246	266	
7	27	47	67	87	107	127	147	167	187	207	227	247	267	
8	28	48	68	88	108	128	148	168	188	208	228	248	268	
9	29	49	69	89	109	129	149	169	189	209	229	249	269	
10	30	50	70	90	110	130	150	170	190	210	230	250	270	
11	31	51	71	91	111	131	151	171	191	211	231	251	271	
12	32	52	72	92	112	132	152	172	192	212	232	252	272	
13	33	53	73	93	113	133	153	173	193	213	233	253	273	
14	34	54	74	94	114	134	154	174	194	214	234	254	274	
15	35	55	75	95	115	135	155	175	195	215	235	255	275	
16	36	56	76	96	116	136	156	176	196	216	236	256	276	
17	37	57	77	97	117	137	157	177	197	217	237	257	277	
18	38	58	78	98	118	138	158	178	198	218	238	258	278	
19	39	59	79	99	119	139	159	179	199	219	239	259	279	
20	40	60	80	100	120	140	160	180	200	220	240	260	280	