

Prayer Counter: Prayer Commitment - 4000
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 4000 persons who are dying, enter "a dying 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! * Jesus!
- * O God, be merciful to me, a sinner. * Mary!
- * Mary, our hope, have pity on us. * Jesus, Mary, Joseph.
- * Virgin most sorrowful, pray for us. * My Lord and my God!
- * Sweetest Jesus, be to me, not a Judge, but a Savior. * My Jesus, mercy!
- * O Lord, increase our faith. * Heart of Jesus, I trust in Thee.
- * 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.
- * O Lord, I thank Thee, O Lord, for having died upon the cross for my sins. * Dear Lord Jesus, grant them eternal rest.
- * O Lord, I love Thee. * I teach Me, O Lord, to do Thy Will, for Thou art my God.
- * O Lord, send laborers into Thy harvest.

1	101	201	301	401	501	601	701	801	901	1001	1101	1201	1301	1401	1501	1601	1701	1801	1901	2001	2101	2201	2301	2401	2501	2601	2701	2801	2901	3001	3101	3201	3301	3401	3501	3601	3701	3801	3901
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3	103	203	303	403	503	603	703	803	903	1003	1103	1203	1303	1403	1503	1603	1703	1803	1903	2003	2103	2203	2303	2403	2503	2603	2703	2803	2903	3003	3103	3203	3303	3403	3503	3603	3703	3803	3903
4	104	204	304	404	504	604	704	804	904	1004	1104	1204	1304	1404	1504	1604	1704	1804	1904	2004	2104	2204	2304	2404	2504	2604	2704	2804	2904	3004	3104	3204	3304	3404	3504	3604	3704	3804	3904
5	105	205	305	405	505	605	705	805	905	1005	1105	1205	1305	1405	1505	1605	1705	1805	1905	2005	2105	2205	2305	2405	2505	2605	2705	2805	2905	3005	3105	3205	3305	3405	3505	3605	3705	3805	3905
6	106	206	306	406	506	606	706	806	906	1006	1106	1206	1306	1406	1506	1606	1706	1806	1906	2006	2106	2206	2306	2406	2506	2606	2706	2806	2906	3006	3106	3206	3306	3406	3506	3606	3706	3806	3906
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9	109	209	309	409	509	609	709	809	909	1009	1109	1209	1309	1409	1509	1609	1709	1809	1909	2009	2109	2209	2309	2409	2509	2609	2709	2809	2909	3009	3109	3209	3309	3409	3509	3609	3709	3809	3909
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