

Prayer Counter: Prayer Commitment - 500
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 500 ancestors, enter "an ancestor" 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 / www.CatholicCommunityCenter.com)

- * Jesus!
- * Mary!
- * Jesus, Mary, Joseph.
- * My Lord and my God!
- * My God, I love Thee.
- * O God, be merciful to me, a sinner.
- * Mary, our hope, have pity on us.
- * Virgin most sorrowful, pray for us.
- * O Lord, increase our faith.
- * O Lord, send laborers into Thy harvest.
- * 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	35	69	103	137	171	205	239	273	307	341	375	409	443	477
2	36	70	104	138	172	206	240	274	308	342	376	410	444	478
3	37	71	105	139	173	207	241	275	309	343	377	411	445	479
4	38	72	106	140	174	208	242	276	310	344	378	412	446	480
5	39	73	107	141	175	209	243	277	311	345	379	413	447	481
6	40	74	108	142	176	210	244	278	312	346	380	414	448	482
7	41	75	109	143	177	211	245	279	313	347	381	415	449	483
8	42	76	110	144	178	212	246	280	314	348	382	416	450	484
9	43	77	111	145	179	213	247	281	315	349	383	417	451	485
10	44	78	112	146	180	214	248	282	316	350	384	418	452	486
11	45	79	113	147	181	215	249	283	317	351	385	419	453	487
12	46	80	114	148	182	216	250	284	318	352	386	420	454	488
13	47	81	115	149	183	217	251	285	319	353	387	421	455	489
14	48	82	116	150	184	218	252	286	320	354	388	422	456	490
15	49	83	117	151	185	219	253	287	321	355	389	423	457	491
16	50	84	118	152	186	220	254	288	322	356	390	424	458	492
17	51	85	119	153	187	221	255	289	323	357	391	425	459	493
18	52	86	120	154	188	222	256	290	324	358	392	426	460	494
19	53	87	121	155	189	223	257	291	325	359	393	427	461	495
20	54	88	122	156	190	224	258	292	326	360	394	428	462	496
21	55	89	123	157	191	225	259	293	327	361	395	429	463	497
22	56	90	124	158	192	226	260	294	328	362	396	430	464	498
23	57	91	125	159	193	227	261	295	329	363	397	431	465	499
24	58	92	126	160	194	228	262	296	330	364	398	432	466	500
25	59	93	127	161	195	229	263	297	331	365	399	433	467	
26	60	94	128	162	196	230	264	298	332	366	400	434	468	
27	61	95	129	163	197	231	265	299	333	367	401	435	469	
28	62	96	130	164	198	232	266	300	334	368	402	436	470	
29	63	97	131	165	199	233	267	301	335	369	403	437	471	
30	64	98	132	166	200	234	268	302	336	370	404	438	472	
31	65	99	133	167	201	235	269	303	337	371	405	439	473	
32	66	100	134	168	202	236	270	304	338	372	406	440	474	
33	67	101	135	169	203	237	271	305	339	373	407	441	475	
34	68	102	136	170	204	238	272	306	340	374	408	442	476	