

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.MyCatholicSource.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.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.
 - * Mother of mercy, pray for us.
 - * My God, I love Thee.
 - * 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.
 - * 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
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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
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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														