

Prayer Counter: Prayer Commitment - 3000 Each number represents (if applicable):

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 3000 sick persons, enter "a sick 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 add 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, draw a line from the top of the page 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.

Table with 3000 rows and 4 columns (A-D) containing numbers 1-3000. Includes a legend for 'Prayer Commitment' and 'Prayer Counter'.

Main prayer table with 3000 rows and 25 columns (A-AA) containing numbers 1-3000. Includes a legend for 'Prayer Commitment' and 'Prayer Counter'.