

Prayer Counter: Prayer Commitment for the Unborn

Each number below represents a child killed, every day, through the act of abortion. (Qty. 4400**)

** Quantity is approximate. Source: PFL, 9/01

"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)

Say a prayer for each child represented below (as well as for their parents and those who helped or encouraged the abortion). [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!
* O God, be merciful to me, a sinner.
* Mary, our hope, have pity on us.
* Virgin most sorrowful, pray for us.
* Sweetest Jesus, be to me, not a Judge, but a Savior.
* Jesus!
* Mary!
* Jesus, Mary, Joseph.
* My Lord and my God!
* 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.

Table with 44 columns and 4400 rows, containing a grid of numbers for prayer counting.