

Prayer Counter: Prayer Commitment for U.S. Dioceses

Each number below represents a diocese of the Roman Catholic Church in the U.S. (Qty. 200)**

"Pray without ceasing" (1Thes. 5:17)

** Quantity is approximate. Source: USCCB, 6/05

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 diocese represented 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.

* My God and my all.

* My Jesus, mercy!

* Heart of Jesus, I trust in Thee.

* Mother of mercy, pray for us.

* 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.

* 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.

* May the grace of the Holy Spirit enlighten our senses and our hearts.

* Sweetest Jesus, be to me, not a Judge, but a Savior.

* Teach me, O Lord, to do Thy Will, for Thou art my God.

* O Lord, repay us not according to the sins which we have committed, nor according to our iniquities.

1	21	41	61	81	101	121	141	161	181
2	22	42	62	82	102	122	142	162	182
3	23	43	63	83	103	123	143	163	183
4	24	44	64	84	104	124	144	164	184
5	25	45	65	85	105	125	145	165	185
6	26	46	66	86	106	126	146	166	186
7	27	47	67	87	107	127	147	167	187
8	28	48	68	88	108	128	148	168	188
9	29	49	69	89	109	129	149	169	189
10	30	50	70	90	110	130	150	170	190
11	31	51	71	91	111	131	151	171	191
12	32	52	72	92	112	132	152	172	192
13	33	53	73	93	113	133	153	173	193
14	34	54	74	94	114	134	154	174	194
15	35	55	75	95	115	135	155	175	195
16	36	56	76	96	116	136	156	176	196
17	37	57	77	97	117	137	157	177	197
18	38	58	78	98	118	138	158	178	198
19	39	59	79	99	119	139	159	179	199
20	40	60	80	100	120	140	160	180	200