

PRAYER COMMITMENT CARD

Name _____

Address _____

Phone _____

PRAYER COMMITMENT FOR ADULTS & TEENAGERS

I, _____
promise to make prayer a serious
part of my life. Therefore, for the
coming year, 20____, I will:

PRAYER COMMITMENT FOR CHILDREN

I, _____
will pray everyday. This means that
I will:

Please complete by checking off or
writing down your prayer commit-
ment, and return it according to the
parish instructions. Through your
prayer commitment, you become a
minister of prayer here in our parish.

- Sunday Mass
 - Daily Mass
 - Holy Day Mass
 - Liturgy of the Hours.
 - Rosary
 - Shared Prayer
 - Morning/Night Prayer
 - Scripture Reading
 - Stations of the Cross
 - Visits to the Blessed Sacrament
 - Prayer Before & After Meals
 - Fasting
 - Meditation
 - Intercessory Prayer
 - Novena
 - Retreat
 - Song
 - Reconciliation
 - Your Own Method
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See suggestions on reverse side.