Say an extra ‘Our Father’ for people in our Parish.

Say an extra ‘Hail Mary’ for pregnant women.

Say an extra ‘Our Father’ for children who
will go to bed hungry tonight.

Say an extra ‘Hail Mary’ for priests and religious.

Say an extra ‘Our Father’ for lonely people.

Say an extra ‘Hail Mary’ for the bishops and the Pope.

Say an extra ‘Glory be’ for the leaders of our world.

Say an extra ‘Our Father’ for anyone who is sick.

Say an extra ‘Act of Contrition’ to thank Jesus
for coming to earth to die for our sins.

Say an extra ‘Hail Mary’ for people with a disability.

Say an extra ‘Our Father’ for women thinking about getting an abortion.

Say an extra ‘Glory Be’ for religion teachers.
May they teach the faith correctly.

Say an extra ‘Act of Contrition’ for all the sins you committed.

Say an extra ‘Hail Mary’ for the Souls in Purgatory.

Say an extra ‘Hail Mary’ for anyone with an addiction.

Say an extra ‘Our Father’ for someone who helped you this week.

Say an extra ‘Memorare’ to thank Mary for any time she helped us.

Say an extra ‘Hail Mary’ for those in the military and their families.

Say an extra ‘Glory Be’ to praise God for
His Awesome Glory and Love!

Say an extra ‘Hail Mary’ for anyone who is out in the cold.

Say an extra ‘Hail Mary’ for doctors
May they always take good care of their patients.

Say an extra ‘Our Father’ for firefighters
and those who risk their lives to help others.

Say an extra ‘Hail Mary’ for those who are sad or depressed.

Say an extra ‘Glory be’ for those who recently lost a loved one.

Say an extra ‘Our Father’ for all our family and friends who have died.

Say an extra ‘Our Father’ for people of influence, like actors, and actresses.
May they live as Jesus taught us to, and help others to live holy lives, too!

Say an extra ‘Hail Mary’ for our family and friends.

Say an extra ‘Our Father’ for children who don’t have a mother or a father.

Say an extra ‘Glory Be’ to thank all the saints who have interceded for us.

Say an extra ‘Our Father’ for those who are abused.

Say an extra ‘Hail Mary’ for those who hate God.

Say an extra ‘Glory be’ for those who need to forgive someone.

Say an extra ‘Our Father’ for the leaders of our country!

Say an extra ‘Our Father’ for people of influence,
like the media. May they speak the truth.

Say an extra ‘Our Father’ for policemen
and those who risk their lives to help others.

Say an extra ‘Our Father’ for people in prison.

Say an extra ‘Hail Mary for those who are unhappy with life.

Say an extra ‘Our Father’ for those who need a job.

Say an extra ‘Hail Mary’ for parents. May they raise their children to love and respect God.

Say an extra ‘Hail Mary’ for marriages. May they be happy!

Say an extra ‘Hail Mary’ for fallen-away Catholics!

Say an extra ‘Our Father’ for those who stand up and do what’s right.

Say an extra ‘Hail Mary’ for those who have shut their hearts to God.

Say an extra ‘Our Father’ for the rich. May they use their wealth to help others who are truly in need.

Say an extra ‘Glory Be’ for those who feel hopeless.

Say an extra ‘Our Father’ for those who feel God has abandoned them.