

# Prayer Commitment

My First Name



- Pray the rosary daily
- Keep ARISE in my prayer intentions
- Mediate daily on scripture
- Offer one day of fasting and prayer
- Make a Holy Hour before the Blessed Sacrament
- Assist at Mass and offer it for the success of ARISE
- Pray the ARISE prayer daily
- Other

# Prayer Commitment

My First Name



- Pray the rosary daily
- Keep ARISE in my prayer intentions
- Mediate daily on scripture
- Offer one day of fasting and prayer
- Make a Holy Hour before the Blessed Sacrament
- Assist at Mass and offer it for the success of ARISE
- Pray the ARISE prayer daily
- Other

# Prayer Commitment

My First Name



- Pray the rosary daily
- Keep ARISE in my prayer intentions
- Mediate daily on scripture
- Offer one day of fasting and prayer
- Make a Holy Hour before the Blessed Sacrament
- Assist at Mass and offer it for the success of ARISE
- Pray the ARISE prayer daily
- Other

# Prayer Commitment

My First Name



- Pray the rosary daily
- Keep ARISE in my prayer intentions
- Mediate daily on scripture
- Offer one day of fasting and prayer
- Make a Holy Hour before the Blessed Sacrament
- Assist at Mass and offer it for the success of ARISE
- Pray the ARISE prayer daily
- Other