Consecration to Mary

O Mary, Virgin most powerful and Mother of mercy, Queen of Heaven and Refuge of sinners, we consecrate ourselves to thine Immaculate Heart.

We consecrate to thee our very being and our whole life; all that we have, all that we love, all that we are. To thee we give our bodies, our hearts and our souls; to thee we give our homes, our families, our country.

We desire that all that is in us and around us may belong to thee, and may share in the benefits of thy motherly benediction. And that this act of consecration may be truly efficacious and lasting, we renew this day at thy feet the promises of our Baptism and our first Holy Communion.

We pledge ourselves to profess courageously and at all times the truths of our holy Faith, and to live as befits Catholics who are duly submissive to all the directions of the Pope and the Bishops in communion with him.

We pledge ourselves to keep the commandments of God and His Church, in particular to keep holy the Lord's Day.

We likewise pledge ourselves to make the consoling practices of the Christian religion, and above all, Holy Communion, an integral part of our lives, in so far as we shall be able so to do.

Finally, we promise thee, O glorious Mother of God and loving Mother of men, to devote ourselves wholeheartedly to the service of thy blessed cult, in order to hasten and assured, through the sovereignty of thine Immaculate Heart, the coming of the kingdom of the Sacred Heart of thine adorable Son, in our own hearts and in those of all men, in our country and in all the world, as in heaven. so on earth. Amen.
1) **Follow Jesus.** Reflect on whether we lived our commitment to be a follower of Jesus. How well today did we follow Jesus in our personal vocation as: religious, single, married, mother, teacher, therapist, nurse, minister, etc. By the way I did or did not follow Jesus, in any way, did I set a bad example or cause scandal to anyone who knew I am a Christian?

2) **Use Of Time.** How was my time spent today: well, disciplined, procrastinating or wasted. Did I waste time watching TV, watching sports, going on Line, FaceBook, playing video games?

3) **God’s Will.** In what area of my life today did I complete God’s will or did not do God’s will? What kept me from doing God’s will?

4) **Charity.** Did I love God above everyone and everything today? Was I charitable or uncharitable with my family, friends, coworkers or the poor. Was I impatient with anyone today?

5) **Prayer.** Did I do my prayers that I was obliged to pray today? Did I rush through them? Did I pray from my heart? Did I make time to pray? Did I offer the Holy Sacrifice of the Mass with great devotion? Could I have gone to the Latin Mass today? Did I pray in a proper place? Did I allow worldly distractions to interfere with my prayers?

6) **Flesh.** Did I eat healthy today? Did I get proper rest? Did I give in to laziness today? Were there any sinful sexual actions or thoughts that I willfully engaged in today? Did I see pornography or show pornography to others? Did I have custody of the eyes? Did I dress immodestly and provoke others to sin?

7) **Tongue.** Did I gossip today? Did I engage in useless chatter? Did I give bad advice to anyone? Did I use the gift of my tongue to share Jesus with others? Did I say bad words?

9) **Trust.** Did I live my life trusting that God was with me and protecting me? Did I over worry about my health, finances, family or job?

10) **Gratitude.** Was I grateful for my Catholic faith, my life, family, friends, housing, work, clothing, transportation, health and food today?

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**Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.
3 Hail Mary Novena

Oh, Immaculate Mary, Virgin most Powerful, I beseech you, through that immense Power which you have received from the Eternal Father, obtain for me Purity of heart; - Strength to overcome all the enemies of my soul; - and the special favor I implore in my present necessity.

(Name It)

Mother most pure! Forsake me not, despise not my prayer, graciously hear me for God's glory, your honor, and the welfare of my soul.

To obtain this favor I honor your Power by reciting:

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now, and at the hour of death.

Amen

Oh Virgin Mary, My Mother, through that ineffable Wisdom bestowed upon you by the Incarnate Word of God, I humbly beseech you, obtain for me Meekness and humility of heart; - a perfect knowledge of the divine Will and strength to accomplish it always.

Oh Mary, Seat of Wisdom; as a tender Mother lead me in the path of Christian Virtue and perfection; enlighten and enable me to do what is most pleasing to your beloved Son. and obtain my petition.

To obtain this grace I honor your Wisdom by reciting:

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now, and at the hour of death.

Amen

Oh, Mother of Mercy, Mother of penitent sinners, I stand before you sinful and sorrowful, beseeching you through the immense Love given to you by the Holy Spirit for us poor sinners, obtain for me true and perfect contrition for my sins, which I hate and detest with all my heart, because I love God.

Mother most Merciful, help me in my present necessity.

Turn, then those eyes of Mercy toward us, Oh Clement, Oh Loving oh Sweet Virgin Mary!

To obtain this precious gift, I honor Your Loving Mercy by reciting:

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now, and at the hour of death.

Amen

40 Hail Mary Novena

"0 Jesus, I promise You to submit myself to all that You permit to happen to me, make me only know Your Will."

- St. Gianna Molla,

Consecration Prayer to Jesus through Mary

Fiat40: An Introduction

Based off the Exodus90 and Nineveh90 programs, Fiat40 is an opportunity for women to grow closer to God, closer to each other, and closer to the authentic femininity that we are called to through the season of Lent.

Mary served God in all ways. She continually offered a yes, and as a result God graced her with the purity needed to fulfill His plan for her. In contrast, when we say no to God, we turn away from Him and His graces. Thus, we are less equipped to fulfill His plans for us. We are called to be like Mary and offer our own fiats so that God can mold us and use us for His plan.

Through the season of Lent of prayer, fasting, and aestheticism we choose to more fully submit our lives to God’s will. Disciplining ourselves in this way merits beautiful graces, but it also gives us the opportunities to master self-control and think more clearly.

Fiat40: Our Background

For the past two years men that I know embarked on the Exodus 90 journey, altering their lifestyle to include prayer, fasting, and aesthetic practices. Last year a group of girls attempted to complete the Nineveh90 which is similar to Exodus but focuses on a number of Marian prayers (Nineveh can also be completed by either men or women and was developed in preparation for the 100th anniversary of Our Lady of Fatima).

When I say attempt, I mean that that is all that it was, an attempt. Before the 90 days were over I began reflecting on why my guy friends had been so successful while we…had not. I came to three conclusions.

First, there was a serious lack of accountability in our small group. Whenever one of us messed up, we would confess to the group and receive a chorus of “that’s ok”, “don’t worry about it”, and “as long you trying”. We were great at encouraging each other, but not great at holding each other accountable.

Second, we never met in person as a group. I believe that in-person check-ins bring accountability and encouragement to a new level; it also reinforces the community that you have formed.

Finally, Exodus is aimed at men. Nineveh is aimed at men or women. I came to the belief that if we were completing a program that were to help us grow in our femininity that we would be more successful because we were growing close to God’s natural plan for us.

The next step was to create a program, and on Holy Thursday 2019 I sat in a parking lot after visiting Seven Churches and my friends and I created an acronym that would guide our next steps: FIAT: Faith. Integrity. Accountability. Truth. Over the next few months we looked at both Nineveh and Exodus and created the practices that we believed would merit grace, draw us closer to God, and help us grow as women. We also discovered a small program also called FIAT90 that was developed at Benedictine College, and we felt called to shorten it as 40 day Lenten devotion. However, as most of us were no longer in school many of their practices did not apply, but I will give them a shout-out for inspiration.
Fiat 40: Disciplines and Practices

Disciplines of Our Bodies:
- Only eat 3 meals a day, with no snacks between meals (4 meals is also an option, depending on your lifestyle and schedule)
- Will go to bed by midnight 6 times a week.
- After waking up, get out of bed and start your day right away
- Make time for regular exercise (at least 20 minutes, 4-6 times a week)
- Fast from desserts, sweets, and alcohol
- Fast and abstain from meat on Wednesdays and Fridays (2 small meals and 1 large meal, and the 2 small meals when together may not equal the large meal)

Disciplines of Our Minds:
- Will fast from all social media
- Limited TV and movies – only when with others for a specific purpose
- Only listen to music that lifts the soul to God
- No unnecessary purchases (make large purchases with consent of the group)
- No gossip/complaining

Disciplines for Our Souls:
- Spiritual Adoption -- Choose a person who is living, deceased, or unborn (can be known to you or unknown) and spiritually “adopt” them, offering up your prayer and sacrifice
- Attempt daily Mass
- Daily Rosary
- At least 15 minutes of quiet prayer/ Bible Reading daily
- Weekly Holy Hour
- Confession every 1-2 weeks
- 33 day preparation for consecration
- Morning Offering
- Nightly examination of conscience and Act of Contrition
- Attend weekly meetings for accountability and community growth
- Incorporate a new Marian devotion into your daily prayer life (choose from saying the Angelus 3 times a day, praying the Memorare 10 times (St. Mother Theresa’s “Flying Novena”), the Three Hail Marys devotion, or the Little Office of the Blessed Virgin Mary)

**Doing this FIAT 40 is encouraged to be done in small groups with a community of girls you are close with for weekly meetings for support and accountability.**

Let us pray: Lord God, give to Your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. Grant this through our Lord Jesus Christ, Your Son, who lives and reigns, with You and the Holy Spirit, one God, forever and ever. Amen.

The Angelus

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.
Hail Mary, full of grace,
The Lord is with Thee;
Blessed art thou among women,
And blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners,
Now and at the hour of our death. Amen

V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.
Hail Mary, etc.
V. And the Word was made Flesh.
R. And dwelt among us.
Hail Mary, etc.
V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

LET US PRAY

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.
The Litany of the Blessed Virgin Mary

Lord, have mercy
Christ, have mercy
Lord, have mercy
Christ, have mercy
Lord, have mercy
Christ, have mercy
God the Father of Heaven
Have mercy on us
God the Son, Redeemer of the world
Have mercy on us
God the Holy Spirit
Have mercy on us
Holy Trinity, one God
Have mercy on us

Holy Mary
Pray for us
Holy Mother of God
Pray for us
Holy Virgin of virgins
Pray for us
Mother of Christ
Pray for us
Mother of divine grace
Pray for us
Mother most pure
Pray for us
Mother most chaste
Pray for us
Mother inviolate
Pray for us
Mother undefiled
Pray for us
Mother most amiable
Pray for us
Mother most admirable
Pray for us
Mother of good counsel
Pray for us
Mother of our Creator
Pray for us
Mother of our Saviour
Pray for us
Virgin most prudent
Pray for us
Virgin most venerable
Pray for us
Virgin most renowned
Pray for us
Virgin most powerful
Pray for us
Virgin most merciful
Pray for us
Virgin most faithful
Pray for us
Mirror of justice
Pray for us
Seat of wisdom
Pray for us
Cause of our joy
Pray for us
Spiritual vessel
Pray for us
Vessel of honour
Pray for us
Singular vessel of devotion
Pray for us
Mystical rose
Pray for us
Tower of David
Pray for us
Tower of ivory
Pray for us
House of gold
Pray for us
Ark of the covenant
Pray for us
Gate of Heaven
Pray for us
Morning star
Pray for us
Health of the sick
Pray for us
Refuge of sinners
Pray for us
Comforter of the afflicted
Pray for us
Help of Christians
Pray for us
Queen of Angels
Pray for us
Queen of Patriarchs
Pray for us

FEBRUARY

"IF YOU SHOULD FAIL, BE HUMBLE, MAKE A RESOLUTION TO BE SUBMISSIVE TO GOD’S WILL AND THEN GET UP, AND CARRY ON.*
- ST. PADRE PIO

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MARCH

"NEVER BE AFRAID OF LOVING THE BLESSED VIRGIN TOO MUCH. YOU CAN NEVER LOVE HER MORE THAN JESUS DID.*
- ST. MAXIMILLIAN KOLBE

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**Common Prayers**

**Sign of the Cross**: In the name of the Father and of the Son and of the Holy Spirit. Amen.

**Glory Be**: Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

**The Fatima Prayer**: O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those in most need of Thy mercy.

**Our Father**: Our Father, who art in Heaven; hallowed be Thy Name; Thy kingdom come; Thy will be done, on Earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

**Hail Mary**: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Apostles’ Creed**: I believe in God, the Father almighty, creator of Heaven and Earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day He rose again. He ascended into Heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Hail Holy Queen**: Hail, Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, O most gracious advocate, thine eyes of mercy towards us and after this our exile show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose only-begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal life; grant, we beseech you, that meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

**Prayer to Saint Michael the Archangel**: St Michael the Archangel, defend us in battle; be our defence against the wickedness and snares of the Devil. May God rebuke him, we humbly pray and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

**The Memorare**: Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come, before thee I stand, sinful and sorrowful. 0 Mother of the Word Incarnate, despise not my petition, but in thy mercy hear and answer me. Amen.

**Lenten Prayer**

Look down upon me, good and gentle Jesus while before Your face I humbly kneel and, with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity; true contrition for my sins, and a firm purpose of amendment.

While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said to You, my Jesus:

“**They have pierced My hands and My feet, they have numbered all My bones.**

Amen.