

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 assure, 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.



FIAT 40
BOOKLET

Morning Offering

O Jesus, through the
Immaculate Heart of Mary,
I offer You my prayers, works,
joys and sufferings of this day
for all the intentions of Your
Sacred Heart,
in union with the
Holy Sacrifice of the Mass
offered throughout the world,
in reparation for my sins,
for the intentions of all my
relatives and friends, and
also for the intentions of
the Holy Father.
Amen.

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Evening Examine

- 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?
- 8) **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?

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.

Lenten Prayer

Lord God Almighty, shaper and ruler of all creatures, we pray for your great mercy, that you guide us towards you, for we cannot find our way.

And guide us to your will, to the need of our soul, for we cannot do it ourselves. And make our mind steadfast in your will and aware of our soul's need.

Strengthen us against the temptations of the devil, and remove from us all lust and every unrighteousness, and shield us against our foes, seen and unseen.

Teach us to do your will, that we may inwardly love you before all things with a pure mind. For you are our maker and our redeemer, our help, our comfort, our trust, our hope; praise and glory be to you now and forever.

Amen.

Fiat 40: Disciplines and Practices

Disciplines of Our Bodies:

- **Fasting:** Fridays and another day during the week (personal/ group choice) Ex. 2 small meals and 1 large meal, while the 2 small meals together do not equal the large meal (See description under 'FIAT90 groups and disciplines' for details).
- ◇ Waking up after the first alarm, getting up and starting your day.
- ◇ Exercise (3-5/ week)
- ◇ Fast from desserts, sweets, and alcohol
- ◇ No snacks in between meals

Disciplines of Our Minds:

- **Practice of no gossiping/ complaining**
- ◇ Limited TV and movies – only when with others for a specific purpose
- ◇ Only listen to music that lifts the soul to God
- ◇ No phone use after 9PM
- ◇ No social media
- ◇ No unnecessary purchases (offering up worldly pleasures)

Disciplines for Our Souls:

- **Spiritual Adoption:** Choose a person who is living, deceased, or unborn (can be known or unknown) and spiritually “adopt” them, offering up your prayer and sacrifice
- **Marian Devotion:** Incorporate a new Marian devotion into your daily prayer life (Rosary, Angelus, St. Teresa's Flying Novena, Memorare, etc.)
- **Confession:** Attempt Bi-weekly - Monthly
- **Spiritual Reading/ Prayer:** 15 minutes of Spiritual/ Bible reading (reading schedule options included)
- **Marian Consecration:** St. Louis DeMontfort Marian Consecration or 33 Day Morning Glory- Marian Consecration
- ◇ Attempt Daily Mass
- ◇ Morning Offering (ex. Inside Front Cover)
- ◇ Examen (ex. Inside Back Cover)

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
Queen of Prophets	Pray for us
Queen of Apostles	Pray for us
Queen of Martyrs	Pray for us
Queen of Confessors	Pray for us
Queen of Virgins	Pray for us
Queen of all Saints	Pray for us
Queen conceived without original sin	Pray for us
Queen assumed into Heaven	Pray for us
Queen of the most Holy Rosary	Pray for us
Queen of Peace	Pray for us

Lamb of God, who takes away the sins of the world Spare us, O Lord Lamb of God, who takes away the sins of the world Graciously hear us. O Lord Lamb of God, who takes away the sins of the world Have mercy on us
V. Pray for us, O Holy Mother of God R. That we may be made worthy of the promises of Christ.

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.

Meetings: In-person **weekly** meetings are highly encouraged. Having that support and community, with a consistent and regularly scheduled time to meet will help immensely during the program. It can be easy to feel isolated and alone as the program progresses. This program is to build community and fellowship. During the 40 days it will become more difficult as the people in your life not completing the program are doing things that you have decided to sacrifice. Therefore, sticking close to your group is key. (coffee meetings, dinner, daily mass, etc.)

FIAT40 Meeting Discussion Outline:

It can be easy to get together with your group and get caught up in conversation about life, as well as the intensity of the program. These discussion topic outlines will enable you to identify these difficulties, but also allow you to see the fruit and graces that surround these challenges. This conversation does not have to take long, but we encourage you to dig deep, and identify the stirrings of your soul.

Lent isn't meant to be a miserable time. Does it include sacrifice? Yes, most definitely. But there is also joy, love, and peace in our souls when we choose to sacrifice and say YES to God while walking beside our sisters in Christ. These ladies are your posy for the next 40 + days. Have those dance parties, hard conversations, and cry those tears together. God created us for community and for each other.

Discussion Outline:

High: One good thing that happened that week.

Low: One struggle that was difficult to overcome that week.

Holy Spirit Moment: A Holy Spirit moment that happened that week (sometimes these moments are weird, and that's okay). They are not necessarily good or bad. It may be something that the Holy Spirit has been speaking to you in a place you haven't seen him before.

I include this because the Holy Spirit is very much present in our lives, and as we go through this program and allow God to sanctify us, we are going to experience things that can't be explained. Identifying these moments helps us see how God is working in our lives, when otherwise we may brush it off and not think much of it.

Intentions: How can your group pray for you this coming week?

Prayer: End the meeting in prayer by going around the circle and have everyone pray for the person sitting next to their right or left. You can end the meeting by praying a specific prayer or saying the Rosary or Divine Mercy Chaplet together.

FIAT 40: Readings

Day 1: Ruth 1
Day 2: Ruth 2
Day 3: Ruth 3
Day 4: Ruth 4
Day 5: Tobit 1
Day 6: Tobit 2
Day 7: Tobit 3
Day 8: Tobit 4
Day 9: Tobit 5
Day 10: Tobit 6
Day 11: Tobit 7
Day 12: Tobit 8
Day 13: Tobit 9
Day 14: Tobit 10
Day 15: Tobit 11
Day 16: Tobit 12
Day 17: Tobit 13
Day 18: Tobit 14
Day 19: Esther A
Day 20: Esther 1
Day 21: Esther 2
Day 22: Esther 3
Day 23: Esther B-3
Day 24: Esther 4
Day 25: Esther C
Day 26: Esther D
Day 27: Esther 5
Day 28: Esther 6
Day 29: Esther 7
Day 30: Esther 8
Day 31: Esther E-8
Day 32: Esther 9
Day 33: Esther 10-F
Day 34: Song of Songs 1
Day 35: Song of Songs 2
Day 36: Song of Songs 3
Day 37: Song of Songs 4
Day 38: Song of Songs 5
Day 39: Song of songs 6
Day 40: Song of Songs 7
Day 41: Song of Songs 8
Day 42: Proverbs 31:10-31 (Woman of virtue)
Day 43: Luke 1: 26-38 (Mary's Fiat)
Day 44: Seven Sorrows of Mary
Day 45: Mary's Way of the Cross

Common Prayers

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. O Mother of the Word Incarnate, despise not my petition, but in thy mercy hear and answer me. Amen.

The Litany of the Blessed Virgin Mary

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
Christ, hear us	Christ, graciously hear us
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