

January 5 – April 4, 2026

FIAT 90



*"Behold, I am the handmaid of the Lord; let
it be done to me according to your word."*

“Then Mary turned to the servants and said to them, ‘Do whatever He tells you’.”

Ladies, we live in a time of talk. We talk about doing good, loving God, and being Saints. But what are we doing, what actions are we taking, what differences in our own lives are we making to accomplish these goals? In Mary’s last words we have the perfect formula, a call to obedience, so that we may end up with Jesus Christ for all of eternity. Christ tells us to go and sell everything that we own, to follow him, and then we will enter the kingdom of heaven. As young women living in the twenty-first century we are always striving, but FIAT 90 is here to present a challenge greater than most.

This simply began from a group of women from Benedictine College, desiring a way to prepare for the 100 year anniversary of Our Lady of Fatima. Inspired by Nineveh 90 and Exodus 90, FIAT 90 is a 90 day retreat written for women who are seeking to live in the world and not be of it. So often we do small things to love Jesus, to become more like Mary, to strive for Sainthood. But this 90 day retreat looks at putting small things together to make one big thing. Mary has appeared over 100 times, and each time she brings the same message: do penance and fast, for it is in these actions that Mary’s most loving and gentle heart will restore hope and healing to our world. While the challenges of sanctifying your body, mind, and soul seem larger than the Rocky Mountains, at the end of these 90 days it is not possible to have not gained something from it all. As you look at the lists on the next page it is normal to feel overwhelmed and to quickly put up a mental block. Stop. Stop right now, and promise that you will not say, “I can’t do this.” Because you can. It’s one thing to say that you don’t want to; it’s one thing to decide this is not what God is calling you to right now. But this is possible. It will be hard, exhausting, and frustrating, but as Pope Emeritus Benedict XVI said, “The world promises you comfort, but you were not made for comfort. You have been made for greatness.” These next 90 days will feel anything but great, but when you get to day 91 you will see that you can indeed climb any mountain.

For those of you on the fence remember the famous quote told to Queen Esther. “Perhaps, this is the moment for which you have been created for.” We live in times when the lies of Satan are rampant, when lukewarmness is a natural state of life for most, and where God is put into a check box on my to-do list. Now is the time. Ask yourself, what do you have to lose? Mary wants us to put her Son back at the center of everything we do. She wants us to be obedient to him. She wants us to someday join her in Heaven.

Before you begin say this prayer: “Mary, Queen of Heaven and of Earth, pray for me. I invoke your help as I discern this task. Grant me the humility, the wisdom, and obedient spirit that does not hesitate to surrender and trust in God my Father.” Ladies, this is big. This is crazy. But the cross was bigger, and His crucifixion crazier. And the craziest part of it all was that He rose again.

“TELL EVERYBODY THAT GOD GIVES GRACES THROUGH THE IMMACULATE HEART OF MARY. TELL THEM TO ASK GRACES FROM HER AND THAT THE HEART OF JESUS WISHES TO BE VENERATED TOGETHER WITH THE IMMACULATE HEART OF MARY. ASK THEM TO PLEAD FOR PEACE FROM THE IMMACULATE HEART OF MARY, FOR THE LORD HAS CONFIDED THE PEACE OF THE WORLD TO HER.”

- ST. LUCIA OF FATIMA

THE HEART

Ladies look at Mary’s Heart. Look at the vibrant red, the healthy form, the strength that it radiates. How can we help but be captivated, for we know that in that heart there are many joys and many sufferings. The trials that heart has endured, and the celebrations it has been a part of. These next 90 days are about uniting your heart to that heart. We are called to be more like Mary, and it will begin first and foremost with our own hearts. Lay your heart in her hands, and trust that she will take them both to Jesus. St. Faustina, Pray for Us.

THE SWORD

Suffering is a central piece of the life that Mary lived, and so too will it be for us in these next 90 days. We will suffer temptations and frustrations as we take on these challenges. However, Mary at the foot of the cross is the witness that we can bear the crosses that we have been given. Just as Mary endured the pains and humiliation, we must hand her our bodily sufferings in these next 90 days, uniting ourselves to her at the foot of the cross. St. Maximilliam Kolbe, Pray for Us.

THE ROSES

The rose is a symbol of love, pure, spotless, and unfailing. These roses are Mary, the pure and spotless virgin who was able to bear the Christ child. Our minds long to hold thoughts of the true, good, and beautiful but are so distracted and consumed. In

these next 90 days we long for Mary to purify our minds, making room for the Christ child. St. Therese of Lisieux, Pray for Us.

THE FIRE

As a fire is all consuming, so too is Mary's passionate love for her Son and for the whole world. This burning love must begin in the soul, and it starts with the desire to love God above all else. Thus the more we tend the fire, the larger it becomes, and the more it is able to engulf what is around it. This fire is our soul. In these next 90 days we need to tend to our souls, entrusting Mary to add the wood that allows the love for Christ and for everyone we encounter to continue to grow. St. John Paul II, Pray for Us.

"DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; YOU WERE BOUGHT AT A PRICE. THEREFORE HONOR GOD AT A PRICE."

1 CORINTHIANS 6:19-20

LORD, I WILL PRAISE YOU THROUGH MY BODY...

1. *I will not eat sweets or desserts. I will not drink alcohol, soda, or add anything to my drinks (this includes sugar, milk, or creamer in my tea and coffee).*
2. *I commit to fast on Wednesdays and Fridays. I do this in memory of your death, and the suffering you endured for me. This fast will contain of one full meal, and the other two meals will only be one side dish. These meals will also not contain meat.*
3. *I will eat three meals a day, with no snacking in between. A meal is defined as one main item with two side items.*
4. *I will work out 3 - 5 times a week. I recognize that my body is a temple of the Holy Spirit, and that you have given it to me as a gift. I will engage in physical activity that is catered towards my physical needs, but I will not push my bodies outside its limits.*
5. *I will commit to the Heroic Minute. I will wake up with my first alarm and not hit snooze. Through this action I will give you the start of my day, as my first sacrifice to you.*

6. *I will get at least 7 hours of sleep each night and go to bed/wake up at consistent times.*
I recognize that in order for me to perform as the best version of myself, I need my body to get the proper amount of sleep.

Exceptions:

- On Sundays, I can relax one discipline of my choosing (have a dessert, latte, watch a movie, etc.).
- On feast days and special occasions (like birthdays, anniversaries, weddings, etc), I can have dessert, alcohol, and feast.
- On solemnities, I can have dessert, alcohol, feast, and relax one other discipline of my choosing.

Remember: Feasting is not binging. Do everything in moderation. Be prudent about the discipline you choose to relax and how you choose to relax it. After a good feast, you should not have post-feast depression and struggle to recover, but rather feel well-rested and refreshed.

“DO NOT CONFORM TO THE PATTERN OF THE WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE OF WHAT GOD’S WILL IS – HIS GOOD, PLEASING, AND PERFECT WILL.”

ROMANS 12:2

LORD, I WILL PRAISE YOU THROUGH MY MIND...

1. *I will not go on social media, and I will delete the apps off my phone* (unless I need to use for work, in that case, I will only use it for work purposes, not personal).
2. *I will not spend unnecessary time on my phone.* I will limit texting and call people instead. I will be present to the people around me and not look at my phone in the company of others. I will not turn to my phone for entertainment, and I will break the habit of reaching for my phone to fill in time.
3. *I will only watch one movie or tv show a week.* I will only watch things that I would be comfortable with watching with Mary and Jesus. If possible, I will only watch with others present.

LORD, I WILL PRAISE YOU THROUGH MY SOUL...

3. *I will frequent the Sacrament of Confession, as I need His mercy and grace to renew me.* At least monthly, or as often as weekly.
4. *I will spend 30-60 minutes in daily prayer, which I will aim to include some of the following prayers (find which ones are most fruitful for you, personally):*
 - Morning Offering
 - Lectio Divina with the Daily Gospel
 - Rosary
 - Angelus at 12pm and 6pm (in reminder of Our Lady's Fiat)
 - Divine Mercy at 3pm
 - Nightly Examen
5. *54-Day Rosary Novena* – starting January 5; ending February 27
 - a. 1st 27 days I will pray for my specific intention(s).
 - b. 2nd 27 days I will pray in thanksgiving.Here is the link to the Novena:
<http://www.54daynovena.com/Fifty%20Four%20Day%20Novena.pdf>
6. *I will finish with a 33 Day Marian Consecration* – starting March 1; ending April 2; consecration day on April 3 (Good Friday).
 - a. This could be done on the Hallow app with Sr. Miriam, with the “Morning Glory” book, or St. Louis de Montfort’s preparations.

Trust. Hope. Humility.

TRUST

“Have I not commanded you, be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go.” – Joshua 1:9.

This challenge requires a tremendous amount of trust. Trust that you are not alone, and that you can do all 90 days. Trust that this is something He wants you to undertake. Trust that He loves you and has so much to teach you these 90 days.

HOPE

“You will live secure and full of hope; God will protect you and give you rest.” – Job 11:18. This challenge is all about hope, to believe in the things that are seemingly impossible but will indeed get done. It is about hoping for the greatness that God intends to bring out of this, and the hope that He will use this for His glory.

HUMILITY

“When pride comes, then comes disgrace. With humility, then comes wisdom.”
– Proverbs 11:2.

This challenge is not about you, it’s all about Him and His glory. There is no need to tell everyone or make it a show. Take this as an opportunity to serve those around you, to think less of yourself, and to truly let Christ take over your life.

LADIES, GET READY.

These next 90 days will rock your world. It is impossible to undertake something like this and not be affected by Christ. We’ve told you it will be hard, but we also want you to know that it will be worth it. We have a few helpful hints that we wanted to share before it all begins. First, form a group, and become accountable to one another. Where two or more are gathered in His name, He promises to be there too. Hold each other to it, and do not quit. Second, FIAT 90 is not meant to create guilt if mistakes are made or if there is a reason that you cannot fulfil all of the sacrifices. This is not a “required for holiness to-do list,” but simply a way to praise Him. Finally, we have included numerous prayers, saints, and links in this little booklet. Use the tools, they are meant to help you and be there throughout this journey.

Ladies, we are so excited to join in seeking more with you.

Prayers

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 throughout the world,

for the salvation of souls, the reparation of sins, the reunion of all Christians,
and in particular for the intentions of the Holy Father this month.

Amen.

THE DIVINE MERCY CHAPLET

Opening Prayer:

You expired, Jesus, but the source of life gushed forth for souls,
and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in
you! (Repeat three times)

Our Father

Hail Mary

The Apostles' Creed

Mention intentions here (please keep your Fiat Sisters in your intentions)

For each of the five decades:

On each "Our Father" bead of the rosary, pray:

V. Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son, our
Lord Jesus Christ,

R. in atonement for our sins and those of the whole world.

On each of the 10 "Hail Mary" beads, pray:

V. For the sake of his sorrowful Passion,

R. have mercy on us and on the whole world.

Concluding the last decade:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

(Repeat three times)

Closing Prayer:

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly
upon us and increase your mercy in us, that in difficult moments we might not despair nor become
despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy
itself.

Amen

THE ANGELUS

The Angel of the Lord declared to Mary: 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.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God, 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.

EXAMEN PRAYER

1. Prepare for prayer

Find a comfortable position. Begin with a few deep breaths to calm your heart and mind. Acknowledge the intent of this prayer: to grow closer with God.

2. Thanksgiving

Start by thanking God for the gifts of the day and anything you are grateful for.

3. Review

Ask the Holy Spirit to help you see your day clearly. Now, walk through your day as though you are playing a movie in your mind. What stands out? Any particular emotions or moments? Any consolations – when you felt close to God or noticed Him working? Or desolations – times when you felt far from God and from who you are called to be?

4. Respond

Talk with God about what stood out from your day. What might God be telling you through your experiences and feelings? Take some time to ask forgiveness for the times you weren't at your best. Offer up more gratitude for the blessings that stood out. Whatever comes to mind, talk with God about it.

5. Look to tomorrow

What are you excited for? What are you nervous about? Visualize yourself walking through the day with God and ask for His help.

6. Close

Spend a few more moments with God, listening for Him and finding peace in His presence.

ST. PATRICK'S BREASTPLATE

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

PRAYER FOR THE PRESENT MOMENT

O My God,
When I look into the future, I am frightened,
But why plunge into the future?
Only the present moment is precious to me,
As the future may never enter my soul at all.
It is no longer in my power to change, correct or add to the past;
For neither sages nor prophets could do that.
And so what the past has embraced I must entrust to God.
O present moment, you belong to me, whole and entire.
I desire to use you as best I can.
And although I am weak and small,
You grant me the grace of Your omnipotence.
And so, trusting in Your mercy, I walk through life like a little child,
Offering You each day this heart
Burning with love for Your greater Glory.

PRAYER TO THE IMMACULATE HEART OF MARY

O Immaculate Heart of Mary,
Heavenly beauty and splendor of the Father,
You are the most valued Heavenly treasure.
New Eve, immaculate in soul, spirit and body,
Created of the godly seed by the Spirit of God,
You are the spiritual Mother of mankind.
Pure Virgin, full of grace then and now,
Your whole being was raised Heavenly in full glory,
To be elevated above all the hosts within the Kingdom of God.
O Heavenly Mother, Queen of Heaven and earth,
I recognize the glory of your highest title,
The Immaculate Heart of Mary!
Loving Mother, dispenser of endless blessings,
You who continuously intercedes on our behalf,
Please present my need before your loving Son Jesus.
(In your own words, make your special request here.
Do not just mention a word.



Speak to the Immaculate Heart of Mary
as you would speak to another person,
begging your Heavenly Mother to plea
to Jesus on your behalf,
that you be granted this special request.)
O Immaculate Heart of Mary,
I know that you are now presenting my need before Jesus,
For you have never turned away those in dire need.
Mother dearest, I await your favorable answer,
Submitting myself to the Divine will of the Lord,
For all glories are His forever and ever.
Amen.

LOOK UPON US

Dearest Mother, look awhile,
on your trusting people smile,
who honor you, their Mother dear,
and seek your help and comfort here.
Bless us in your heart so pure,
comfort us in all our fear,
stand by us in all our need,
show us Jesus, when we're freed.

THE MEMORARE

ST. IGNATUIS' SURRENDER PRAYER

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

MOTHER TERESA'S HUMILITY LIST

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

Amen.

To speak as little as possible of one's self.
To mind one's own business.
Not to want to manage other people's affairs.
To avoid curiosity.
To accept contradictions and correction
cheerfully.
To pass over the mistakes of others.
To accept insults and injuries.
To accept being slighted, forgotten and
disliked.
To be kind and gentle even under provocation.
Never to stand on one's dignity.
To choose always the hardest.

ST. FAUSTINA'S PRAYER TO BE MERCIFUL

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbour's souls and come to their rescue.

Help me, that my ears may be merciful, so that I may give heed to my neighbours' needs and not be indifferent to their pains and moanings.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbour, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbours and take upon myself the more difficult and toilsome tasks.

Help me, that my feet may be merciful, so that I may hurry to assist my neighbour overcoming my own fatigue and weariness. My true rest is in the service of my neighbour.

Help me, O Lord, that my heart may be merciful so that I myself may feel all the sufferings of my neighbour. I will refuse my heart to no one. I will be sincere even with those who, I know, will abuse my kindness. And I will lock myself up in the most merciful Heart of Jesus. I will bear my own suffering in silence. May Your mercy, O Lord, rest upon me.

Amen.

LITANY OF TRUST

After each petition, respond with "Deliver me, Jesus."

From the belief that I have to earn Your love...

From the fear that I am unlovable...

From the false security that I have what it takes...

From the fear that trusting You will leave me more destitute...

From all suspicion of Your words and promises...

From the rebellion against childlike dependency on You...

From refusals and reluctances in accepting Your will...

From anxiety about the future...

From resentment or excessive preoccupation with the

past...

From restless self-seeking in the present moment...

From disbelief in Your love and presence...

From the fear of being asked to give more than I have...

From the belief that my life has no meaning or worth...

From the fear of what love demands...

From discouragement...

After each petition, respond with "Jesus, I trust in You."

That You are continually holding me, sustaining me, loving me...

*That Your love goes deeper than my sins and failings
and transforms me...*

*That not knowing what tomorrow brings is an
invitation to lean on You...*

That You are with me in my suffering...

*That my suffering, united to Your own, will bear
fruit in this life and the next...*

*That You will not leave me orphan, that You are
present in Your Church...*

That Your plan is better than anything else...

*That You always hear me and in Your goodness
always respond to me...*

*That You give me the grace to accept forgiveness and
to forgive others...*

*That You give me all the strength I need for what is
asked...*

That my life is a gift...

That You will teach me to trust You...

OUR LADY, UNDOER OF KNOTS

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life.

No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone.

Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot...I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains.

Hear my plea.

Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me