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*"I am the handmaiden of the
Lord. Let it be done to me
according to Your will."*

FIAT 40 *workbook*

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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.

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.

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.

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.

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.

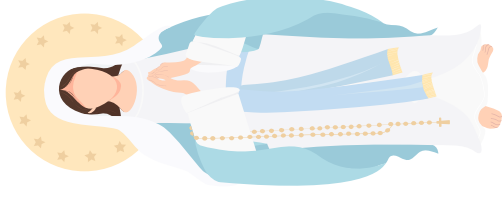
Sign of the Cross: † In the name of the Father and of the Son and of the Holy Spirit. Amen

Common Prayers

The Apostles Creed: I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come 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



Hello!

Fiat is Latin for "Let it Be Done." In Catholicism, we refer to the response that Mary gave to God when she boldly said "I am the handmaiden of the Lord. Let it be done to me according to Your will." Fiat 40 echoes Mary's "Yes." For the next 40 days, we will embark on the challenge of saying "Yes" to our Lord through mind, body, and soul.

Thank you for saying "Yes" to this challenge, sister. As we embark on this journey together, we will be challenged to grow deeper in our relationship with God and live out this Lenten season more fully through prayer, fasting, and almsgiving.

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Lord, I give you my “yes” through my body...

1. **I will begin my day with the heroic minute.** I will wake up to my first alarm without pressing the snooze button. By doing this, my first action of the day will be for God.
2. **I will eat only three meals a day.** I will refrain from snacking between these meals.
3. **I will refrain from eating sweets or desserts.** By doing this, I will be practicing self-discipline and offering gratitude for the meals I have been given.
4. **I will refrain from drinking alcohol.** By doing this, I will be practicing sobriety and asking God to fill me with His Holy Spirit.
5. **I will commit to the Lenten restriction of refraining from meat on Fridays as well as Wednesdays.** By refraining from meat, I will be reminded that I am called to be poor in spirit, asking God instead to give me his true riches.
6. **I will work out/exercise in some form at least five times a week for at least 20 minutes.** By doing this, I will be reminded that my body is a temple of the Holy Spirit and can be used by God to do His work.
7. **I will go to bed at a time that will allow me to attain seven hours of sleep per night.** By doing this, my last action of the day will be for God.

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Praying the Rosary

Glorious Mysteries (Sundays, Wednesdays, and Solemnities)

1. The Resurrection of Jesus from the Dead
2. The Ascension of Jesus into Heaven
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven and Earth

Joyful Mysteries (Mondays and Saturdays)

1. The Annunciation of Jesus' Birth
2. The Visitation of Mary to Elizabeth
3. The Nativity/Birth of Our Lord, Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of the Child Jesus in the Temple

Sorrowful Mysteries (Tuesdays and Fridays)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of our Lord, Jesus

Luminous Mysteries (Thursdays)

1. The Baptism of Jesus in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

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- Ask the Holy Spirit to direct you to some particular moment during the day either positive or negative. Look at it and pray about it spontaneously in your heart whether that be praise, repentance, intercession, gratitude, etc.
- Look toward tomorrow.
 - Ask God to give you courage, strength, light, etc. to take on tomorrow.

4. End with "(Saint of the Week)", pray for us.

Lord, I give you my "yes" through my mind...

1. **I will refrain from watching TV show or movies.** When I do watch a TV show/movie, it will be with at least two other people in order that my time may also build community.
2. **I will avoid all social media** (Instagram, Snapchat, Facebook, Pinterest, etc.) By doing this, I will be avoiding occasions of distraction and offering my time to God instead. Exceptions include using the Fiat 40 for Lent Facebook group and searching social media for ideas for work (i.e., a teacher looking for craft ideas on Pinterest).
3. **I will only listen to music, podcasts, books, etc. that glorify God.** By doing this, I will be filling my mind with that which is true, good, and beautiful, and orienting my mind to God.
4. **I will not make any unnecessary purchases.** This includes clothes, food, decorations, books, etc. that are not needed for school, work, or daily living. By doing this, I will be avoiding the occasion of greed and cultivate a spirit of gratitude and simplicity.
5. **I will avoid gossiping and complaining.** By doing this, I will be using my speech to glorify God.
6. **I will rest on the Sabbath and avoid work as much as possible.** By doing this, I will honor God's third commandment.

Lord, I give you my “yes” through my soul...

1. **I will commit to praying the morning prayers** included in Fiat 40 every morning. By doing this, I will begin each day by offering it to God.
2. **I will attend daily mass at least once a week.** By doing this, I will recognize the immense importance of receiving the body, blood, soul, and divinity of our Lord, Jesus Christ.
 - a. Alternatively, I will go to adoration.
3. **I will pray a daily rosary.** By doing this, I will be calling on our Mother Mary to assist me in this challenge.
4. **I will commit to 30 minutes of meditative prayer each day in my home or where I am.** This need not be in one sitting.
5. **I will go to the Sacrament of Confession at least three times** (beginning, middle, and end of Lent). By doing this, I will be recognizing my sinfulness in humility and returning to the Lord for His everlasting mercy.
6. **I will commit to praying the nighttime/bedtime prayers** included in Fiat 40 every night. By doing this, I will end my day in offering to God.

Night Prayer

1. **Act of Contrition:** O my God, I am heartily sorry for having offended thee and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, My God, who are all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life.
2. **Prayer to St. Michael:** St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the power of God, thrust into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.
3. **Examen steps:**
 - Become aware of God's presence.
 - Look back on the day in the company of the Holy Spirit and ask for clarity.
 - Review the day with gratitude.
 - Walk through your day giving thanks for all the gifts you received – food, clothes, friends, laughter, sights
 - Pay attention to your emotions.
 - Reflect on how you felt – happy, angry, sad, resentful, etc.
 - Choose one feature of the day and pray from it.

For sending Your Mother to me in both joyful and sorrowful moments...

With Mary I sing:

The Almighty has done great things for me, and holy is His Name. Amen

3. Five minutes of silence: Pray spontaneously or let the Lord speak into your heart

4. End with "(Saint of the Week)", pray for us.

Reading Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		22 Ruth 1	23 Ruth 2	24 Ruth 3	25 Ruth 4	26 Tobit 1
27 Tobit 2	28 Tobit 3	1 Tobit 4	2 Tobit 5	3 Tobit 6	4 Tobit 7	5 Tobit 8
6 Tobit 9	7 Tobit 10	8 Tobit 11	9 Tobit 12	10 Tobit 13	11 Tobit 14	12 Esther A
13 Esther 1	14 Esther 2	15 Esther 3	16 Esther B-3	17 Esther 4	18 Esther C	19 Esther D
20 Esther 5	21 Esther 6	22 Esther 7	23 Esther 8	24 Esther E-8	25 Esther 9	26 Esther 10-F
27 Song of Songs 1	28 Song of Songs 2	29 Song of Songs 3	30 Song of Songs 4	31 Song of Songs 5	1 Song of Songs 6	2 Song of Songs 7
3 Song of Songs 7	4 Song of Songs 8	5 Proverbs 31:10-31	6 Luke 1:26-38	7 Seven Sorrows of Mary	8 Mary's Way of the Cross	9 Easter

Weekly Planner

A S H W E D .

Songs: Rest on Us by Harvest and Communion by Maverick City Music
Saints: St. Catherine Laboure and St. Anne, pray for us.

W E E K 1

Songs: I Don't Have Much by Mission House and In Your Midst by Allie Paige
Saints: St. Frances of Rome and St. Maria Goretti, pray for us.

W E E K 2

Songs: Clean by Hillsong UNITED and Refiner by Maverick City Music
Saints: Susanna and St. Jane Frances de Chantal, pray for us.

W E E K 3

Songs: Rescue by Lauren Daigle and Make Room by The Church Will Sing
Saints: St. Philomena and St. Anastasia, pray for us.

W E E K 4

Songs: It is So by Elevation Worship and You're Not Finished Yet by The Belonging Co
Saints: St. Jacinta Marto and St. Catherine of Genoa, pray for us.

W E E K 5

Songs: Help is on the Way by Amanda Lindsey Cook and Defender by Francesca Battistelli
Saints: St. Emily de Violar and St. Gianna Molla, pray for us.

H O L Y W E E K

Songs: Alabaster Heart by Bethel Music and First Love by Kari Jobe
Saints: St. Veronica and St. Monica, pray for us.

When the Lord calls me to greater purity...

On the wings of your Fiat, Mary, I proclaim mine. Together we sing a Magnificat of praise:

For all the blessings in my life, **I praise You, Jesus.**
For the gift of today...
For the gift of loved ones...
For the gift of my life...

Immaculate Heart of Mary, Spouse of the Holy Spirit, **pray for us.**
For creating me with a special purpose and plan...
For never giving up on me...
For Your infinite love...
For never leaving me...
For your inexhaustible mercy...
For laying down Your life for me...
For Your presence in the Eucharist...

For the greater good You will bring out of everything, especially:

In moments when I feel helpless and vulnerable, **I praise You, Jesus.**

In the midst of uncertainty...
In the midst of humiliation...
In the midst of difficulty...
In the midst of what appears as failure...

Morning Prayer

1. Morning Offering: O my Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart, for the salvation of souls, the reparation for sins, and the reunion of all Christians. I offer them for all the intentions of our bishops, all the apostles of prayer, and in particular for those recommended by our Holy Father, the pope, for this month.

2. Magnificat Prayer from the Sisters of Life: Mary, with your consent to become the Mother of God, torrents of grace poured forth upon the earth, opening up for me a path to follow.

In times of loneliness, (respond with the following after each petition) **Mary be with me.**

In times of turmoil and uncertainty...

In times of grief, loss, or illness...

In times of sadness or depression...

In times of lost plans and broken promises...

When I am anxious about the welfare of my family...

When a job or financial stress weighs heavily on my heart...

When I am discouraged by the weight of my sins...

When I am tempted...

When I am afraid...

When the Lord calls me to greater kindness and love...

When the Lord calls me to greater forgiveness...

Ash Wednesday: Prudence

Prudence is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it. It is not to be confused with timidity or fear, nor with duplicity or dissimulation. It guides the other virtues by setting rule and measure. It is prudence that immediately guides the judgment of conscience. With the help of this virtue, we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid. (CCC 1806)

St. Catherine Laboure was a French member of the Daughters of Charity of Saint Vincent de Paul and a Marian visionary. She is believed to have relayed the request from the Blessed Virgin Mary to create the famous Miraculous Medal of Our Lady of Graces worn by millions of people around the world.

- “God always speaks to you when you approach him plainly and simply.”

St. Anne is the mother of Mary, Mother of Jesus. Tradition holds that St. Anne, like Hannah of the Old Testament was barren before conceiving Mary with St. Joachim. She is the patron of many cities, countries, and peoples including unmarried women, women who want to become pregnant, grandmothers, miners, and horseback riders.

- “St. Anne, you are my spiritual grandmother! Please pray for me.” – Novena to St. Anne

Week One: Temperance

Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion. (CCC 1809)

St. Frances of Rome is an Italian saint who was a wife, mother, mystic, organizer of charitable services and a Benedictine oblate who founded a religious community of oblates, who share a common life without religious vows. She is the patron saint of widows and oblates.

- "God's will is mine."

St. Maria Goretti was born on October 16, 1890, in Italy. Her neighbor, Alessandro, tried to rape her. She cried out to him that it was a mortal sin and warned that he would go to hell if he should commit such an act. She fought, but he pulled out a knife and stabbed her eleven times before she was able to flee to the door of the barn. She later died in the hospital after forgiving Alessandro for what he had done. She is the patron saint of teenage girls and modern youth.

- "Yes, I forgive him and want him to be in Paradise with me some day."

Holy Week: Charity

Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God. (CCC 1822)

St. Veronica lived during the time of Christ. Little is known about her except that she offered a cloth to Jesus so He could wipe His face while on His way to Calvary. After wiping His face, an image of His face was imprinted on the cloth. The cloth is kept at St. Peter's in Rome. She is patron saint of laundry workers and photographers.

- "I ask her (St. Veronica) to pray for the growth of my ability to see Your sacred image in others, to recognize their hurts, to stop and join them on their difficult journeys, and to feel the same compassion for them as she did for You." – Prayer to St. Veronica

St. Monica is the mother of St. Augustine (and two other sons who later entered religious life) and was instrumental in his conversion. She also played a huge role in the conversion of her husband. St. Monica prayed for Augustine's conversion for over seventeen years and even followed him from Hippo to Rome and Milan, never losing hope that he would turn to the Lord.

- "Above all, dear St. Monica, pray for me, that I may, like your son, turn from my sin and become a great saint for the glory of God." – Novena to St. Monica

Week Five: Hope

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. (CCC 1817)

St. Emily de Vialar invited the poor, old, and destitute into her family's home to take care of them. When her grandfather died, he left her with considerable wealth which she used to buy a house and start the Congregation of Sisters of St. Joseph of the Apparition -- inspired by the appearance of the angel to St. Joseph telling him to not be afraid to take Mary as his wife. She is the patron saint of single women.

- "Let us have no other wish than to work for God's glory."

St. Gianna Molla was a doctor who specialized in mothers, babies, the elderly, and the poor. During the first trimester of her fourth pregnancy, a tumor was found in her uterus. The doctors gave her several options including abortion, but she chose to remove the tumor only, asking the doctor to save the baby if it came to choosing. The surgery was successful and both mother and baby lived. However, several months later after giving birth to Gianna Emanuela, St. Gianna died in great pain after exclaiming "Jesus, I love you. Jesus, I love you." She is the patron saint of pregnant mothers and unborn children.

- "Love your children. In them you can see Baby Jesus. Pray for them a lot and every day put them under Holy Mary's protection."

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Week Two: Justice

Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbor. Justice toward God is called the "virtue of religion." Justice toward men disposes one to respect the rights of each and to establish in human relationships the harmony that promotes equity with regard to persons and to the common good. (CCC 1807)

Susanna is a woman of the Old Testament whose story is written in the book of Daniel. Susanna was a beautiful, God-fearing woman married to a man named Joakim. One day while she was bathing in her garden two elders approached her and tried to get her to "lie with them." She refused and cried out. The elders accused her of lying with a young man. She was sentenced to death. But Daniel, filled with the Holy Spirit, asked to question the elders further and found out their lie saving Susanna from death.

- "It is better for me to fall into your power without guilt than to sin before the Lord."

St. Jane Frances de Chantal was a French Catholic noble widow and nun. She founded the Congregation of the Visitation accepting women who were old or of poor health. She is remembered as patron saint of forgotten people, in-law problems, loss of parents, and parents separated from their children.

- "Love flows not from a heart of flesh but from the heart of our will."

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Week Three: Fortitude

Fortitude/Courage is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. (CCC 1808)

St. Philomena was born around the year 291 in Greece. When she was thirteen, Emperor Diocletian took a liking to her, but she refused to marry him. Because she was a Christian, she was given over to torture, scourging, and drowning. Yet, after every attack, angels healed her. She is the patron saint of infants, babies, and youth.

- "Whatever you ask from her, she will obtain for you." – Pope Gregory XVI on St. Philomena

St. Anastasia was secretly raised with Christian values by her mother. During the persecutions of Diocletian, Anastasia visited and cared for those in prison. It is believed that she was captured and ordered to death at least three times (torture, starvation, and drowning), but miraculously escaped. She was eventually found and burned alive sometime in the third century. She is patron saint of martyrs, weavers, and those suffering from poison.

- "Pray that I may never waver in my commitment to God, no matter what suffering I might face." – Novena to St. Anastasia

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Week Four: Faith

Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because He is Truth itself. (CCC 1814)

Bl. Jacinta Marto witnessed three apparitions of an angel and several apparitions of the Blessed Virgin Mary in Fatima, Portugal. Mary appeared to the children while they were tending sheep. She asked them to pray the rosary and to save sinners through penance and sacrifice. She also revealed to the children a vision of hell which led to Jacinta and Francisco taking to strict self-mortifications wearing ropes around their waist and giving up music and dancing. She is the patron saint of people ridiculed for their piety, captives, and sick people.

- "More than anything else I want to console Our Lord."

St. Catherine of Genoa was married to a nobleman named Giuliano Adorno. After ten years of a violent marriage, she went to confession and had a vision of herself and God which caused her to fall into ecstasy. For the rest of her life, she felt within herself the process of purification akin to what the souls in Purgatory are subjected to. She also lived to see the conversion of her husband and serve the sick in the Hospital of Genoa with him before he died. Catherine is the patron saint of brides, childless couples, widows, and difficult marriages.

- "In God is my being, my me, my strength, by beatitude, my good, and my delight."

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