

# FIAT 40

Diocese of Christchurch



CATHOLIC DIOCESE  
OF CHRISTCHURCH  
TE TAKIWA Ō TE PĪHOPA

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# Welcome

Welcome to **Fiat** - a 40 day Catholic programme designed to draw women closer to Christ through prayer, self-discipline, and the Marian virtues of faith, humility, and devotion. Rooted in the inspiration of the Virgin Mary's "fiat"—her wholehearted “yes” to God—the programme encourages participants to imitate Mary's virtues through a focused lifestyle of prayer, fasting, and self-disciplines.

During this programme we focus on three core elements:

- 1. Prayer:** Fiat 40 offers a structured daily prayer guide to help us center our hearts and minds on God throughout Lent. This programme encourages us to dedicate time each day for prayer and contemplation, fostering a deeper relationship with God and a greater openness to His will.
- 2. Personal Disciplines:** Through lifestyle disciplines, we focus on growing in the virtues that Mary embodied as we withdraw from worldly distractions, to create space for deeper prayer, reflection, and spiritual growth. Disciplines will look different for each person, depending on your season of life. The lifestyle disciplines are highly recommended as they all are essentially taking something out of your current day-to-day, without adding anything to it. All the other disciplines are optional and it is recommended you pray over them and discern where you can intentionally devote yourself.
- 3. Community:** Throughout this programme, we are encouraged to join small groups (either within our parish or our own circles) to pray together, share experiences, and support one another on our Lenten journey. Just as Mary was present with others in prayer, women are called to gather in community to grow together in faith and love.

Throughout the 40 days of Lent, Fiat 40 provides women with a gentle, yet profound, opportunity to embrace the season of penance and renewal, focusing on prayer, simple living, and community. Whether through daily prayer, reflecting on Mary's example, or sharing the journey with fellow women, Fiat 40 calls women to say “yes” to God's transformative love, just as Mary did. It is a time of deepening faith, drawing closer to Christ, and living out the call to holiness, all while being supported by a community of women walking the same path.



## A note of encouragement

As you begin your Fiat 40 journey, take time to prayerfully discern how best to participate. This programme is not just an ordinary lent where you choose one thing to give up or add, it is an opportunity to really stretch yourself for God but in a supported environment. Not all the physical disciplines will be suitable for everyone, you may choose to commit to two or three practices or embrace all of them. Each of you are encouraged to adapt the disciplines to your own health, responsibilities and personal discernment.

God sees every effort, no matter how small, and He will bless all that you offer with a sincere heart. Through each act of prayer and sacrifice, we open ourselves more fully to God's love, following the example of Our Blessed Mother, who said "Fiat" to God's will with trust and love.

Remember, it's okay to stumble or make mistakes along the way - God's grace will sustain us and strengthen us, guiding us back to his loving embrace.

# Three Core Elements

## 1. Prayer

- **Quiet prayer** - 30 minutes of quiet prayer each day, more if you are able
- **Daily Scripture** - reading and reflection (can be done during daily prayer time)
- **Spiritual adoption** - pray for another in need
- **Sacrament of Reconciliation** - twice during Lent
- **Nightly examen**

## 2. Disciplines

### Physical

- Fasting - No meat on Wednesdays and Fridays and aim for one large and two smaller meals
- Abstain from sweets, desserts, unneeded snacks, sweet/soda drink and alcohol
- Physical activity/exercise - three times a week, more as able
- Sleep - 7 to 8 hours a night (if possible)

### Lifestyle

- Limit TV and movies - only when with others for a specific purpose
- No social media (unless necessary for work commitments)
- Use computers and phones only for work, essential tasks and communication
- Read and listen to music, podcasts and books that glorify God and uplift the soul
- Abstain from non essential material purchases

## 3. Community

- Join the Fiat40 weekly meeting in your parish (ideally in a small group)
- Have an accountability partner (an anchor) who is also participating in the programme and check in with them daily

# Core Elements Explained

## *Spiritual Disciplines*

*“To be with Christ is the greatest joy,  
and it is through prayer that we grow closer to Him.”*

St Teresa Benedicta of the Cross

**Quiet prayer** - 30 minutes of quiet prayer each day

- Aim for this time of prayer towards the beginning of the day, although this will look different for everyone depending on their family and work commitments
- Prayers that can be used during this time are included in this booklet
- Try to make some space for silence and simply sit in God's presence
- This time can be used to read scripture, meditate on the life of Mary or reflect through a Catholic devotional (as below)

### **Spiritual reading**

Spend 15 minutes with scripture each day using a resource of your choice. Some suggestions:

- Use the Lenten scripture outline included in this booklet
- Psalms Lent devotional - [www.faithward.org/daily-lent-devotions-based-on-the-psalms](http://www.faithward.org/daily-lent-devotions-based-on-the-psalms)
- Choose your own daily devotional, Lenten study, life of a Saint etc

### **Spiritual adoption**

- Dedicate each week of the programme to pray for a particular person or intention. This could be a loved one, a person in need, or an unborn soul.
- Lift up this person or intention in your daily prayer

### **Reconciliation**

- Receive the sacrament of Reconciliation twice during Lent

## Nightly examen

- At the end of the day, reflect on how God has been present in your day, both in moments of joy and challenge. The examen steps are included in this booklet

Prayer is a conversation with God, sitting in his presence and allowing ourselves to be slowly transformed by his love. Just as Mary's prayerful life brought her closer to God, so too does our own prayer life draw us nearer to Him. It is in these quiet moments that God speaks to our hearts, renewing us and filling us with His peace.

Mary's life was a continual dialogue with God, marked by her deep prayerful spirit, surrender, and trust in His will. During Lent, we are invited to follow her example, to make more room for prayer and reflection in our own lives, and to let it transform our hearts.



# Physical Disciplines

***“Each sacrifice, no matter how small,  
is an offering that draws us nearer to the heart of God.”***

St Catherine of Siena

- Fasting - No meat on Wednesdays and Fridays and aim for one large and two smaller meals
- Abstain from sweets, desserts, unneeded snacks, sweet/soda drink and alcohol
- Physical activity/exercise - three times a week, more as able
- Sleep - Seven to eight hours a night (if possible - for many Mums we know what a challenge that would be)

These physical disciplines will look different for everyone. Lent is a season of spiritual growth, and while fasting is a traditional practice, it's not meant to harm or neglect our well-being. God sees the intention behind our actions, and He understands the challenges we face, including caring for our bodies. Fasting is a way to emulate Christ's own sacrifice and deepen our relationship with Him. If fasting in a traditional sense isn't suitable for your body or current health needs, remember that God honors any sacrifice made with love and intention.

# Lifestyle Disciplines

***“Lent is a time to simplify our lives, to detach from distractions,  
and to seek God with a pure heart.”***

St Teresa of Ávila

- Limit TV and movies - only when with others for a specific purpose
- No social media (unless necessary for work commitments)
- Use computers and phones only for work, essential tasks and communication
- Read and listen to music, podcasts and books that glorify God and uplift the soul
- Abstain from non-essential material purchases

When we fast from worldly distractions, we are intentionally making room for God. The purpose is not to deprive ourselves, but to detach from the things that distract us and to reorient our hearts toward God. It is through these small sacrifices that we make room for prayer, for meditation on the Scriptures, and for the grace to grow in the virtues of Christ and His Blessed Mother.





## Community

Join the Fiat40 weekly meeting in your parish

- Attend the weekly Fiat40 meeting in your parish (contact your parish office for more information). These will likely be a small group setting
- If there is not one organised, perhaps you could invite a few friends to join with you each week
- A suggested format for these sessions is outlined below

Have an accountability partner (an anchor) who is also participating in the programme and check in with them daily

- At the first weekly meeting (or before), buddy up with one other person who can be your anchor
- Check in with each other every day (short phone call or text)
- Pray for, challenge and encourage each other
- Suggested check-in topics are outlined below

Just as Mary gathered with the apostles in prayer, we too are called to come together, to support each other, and to journey through Lent as a community of faith. Mary was not only a woman of profound prayer but also a woman who lived in deep relationship with others. She shared in the joys and sorrows of those around her, offering her prayer and intercession for their needs.

## Sundays during Lent

The season of Lent lasts for 40 days beginning with Ash Wednesday (5th March 2025) which is when this programme begins and finishing on Holy Thursday (17th April 2025). Whilst this is not 40 days exactly, it is because many Catholics relax their Lenten sacrifices on Sundays as they celebrate the Lord's day.

Whether you relax just one of the disciplines on a Sunday or all of them is a personal decision which each participant makes for themselves at the beginning of the programme.

# What's your "Why"?

As you begin your Fiat 40 journey, take a moment to prayerfully reflect and write down your "why." Ask yourself: What is drawing you to this Lenten journey? Are there areas of your life where you seek to grow in holiness, or where you long to invite God more fully into your heart and daily walk? This reflection will help you discern the areas where God is calling you to deeper conversion.

Once you have written your "why," revisit it regularly throughout your journey. It will become a source of spiritual strength, helping you remain steadfast and focused, especially when challenges arise. Your "why" will serve as a constant reminder of your purpose, drawing you closer to Christ and His Blessed Mother with every prayer, sacrifice, and act of love.

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## Getting ready to start

- Decide on which disciplines you feel called to make
- Consider when your spiritual disciplines are going to happen during your day and mark them in your daily calendar or diary as priorities
- Reach out to a friend, family member or fellow parishioner who could support you by being your anchor ((if you are going to be in a small group, pair up with your anchor in this group). Share with your anchor which spiritual disciplines you will be focused on.
- Contact your parish office to check if a group is being organised in your area, confirm your weekly meeting time and schedule this in.
- Choose the bible study or devotional material that will guide your daily scripture reading
- Reflect on the person(s) or situations you will specifically pray and intercede for during this programme

# Lenten Scripture Reading plan

## Women in Scripture

Day 1 .....	Ruth 1	Day 17 .....	Tobit 13	Day 33 .....	Judith 15
Day 2 .....	Ruth 2	Day 18 .....	Tobit 14	Day 34 .....	Judith 16
Day 3 .....	Ruth 3	Day 19 .....	Judith 1	Day 35 .....	Esther A
Day 4 .....	Ruth 4	Day 20 .....	Judith 2	Day 36 .....	Esther 1
Day 5 .....	Tobit 1	Day 21 .....	Judith 3	Day 37 .....	Esther 2
Day 6 .....	Tobit 2	Day 22 .....	Judith 4	Day 38 .....	Esther 3
Day 7 .....	Tobit 3	Day 23 .....	Judith 5	Day 39 .....	Esther B-3
Day 8 .....	Tobit 4	Day 24 .....	Judith 6	Day 40 .....	Esther 4
Day 9 .....	Tobit 5	Day 25 .....	Judith 7	Day 41 ....	Esther C + D
Day 10 .....	Tobit 6	Day 26 .....	Judith 8	Day 42 ....	Esther 5 + 6
Day 11 .....	Tobit 7	Day 27 .....	Judith 9	Day 43 .....	Esther 7
Day 12 .....	Tobit 8	Day 28 .....	Judith 10	Day 44 ..	Esther 8 + E-8
Day 13 .....	Tobit 9	Day 29 .....	Judith 11	Day 45 .....	Esther 9
Day 14 .....	Tobit 10	Day 30 .....	Judith 12	Day 46 .....	Esther 10F
Day 15 .....	Tobit 11	Day 31 .....	Judith 13		
Day 16 .....	Tobit 12	Day 32 .....	Judith 14		

## Gospels Luke + John

Day 1 .....	Luke 1	Day 17 .....	Luke 17	Day 33 .....	John 9
Day 2 .....	Luke 2	Day 18 .....	Luke 18	Day 34 .....	John 10
Day 3 .....	Luke 3	Day 19 .....	Luke 19	Day 35 .....	John 11
Day 4 .....	Luke 4	Day 20 .....	Luke 20	Day 36 .....	John 12
Day 5 .....	Luke 5	Day 21 .....	Luke 21	Day 37 .....	John 13
Day 6 .....	Luke 6	Day 22 .....	Luke 22	Day 38 .....	John 14
Day 7 .....	Luke 7	Day 23 .....	Luke 23	Day 39 .....	John 15
Day 8 .....	Luke 8	Day 24 .....	Luke 24	Day 40 .....	John 16
Day 9 .....	Luke 9	Day 25 .....	John 1	Day 41 .....	John 17
Day 10 .....	Luke 10	Day 26 .....	John 2	Day 42 .....	John 18
Day 11 .....	Luke 11	Day 27 .....	John 3	Day 43 .....	John 19
Day 12 .....	Luke 12	Day 28 .....	John 4	Day 44 .....	John 20
Day 13 .....	Luke 13	Day 29 .....	John 5	Day 45 .....	John 21
Day 14 .....	Luke 14	Day 30 .....	John 6	Day 46 .....	.....
Day 15 .....	Luke 15	Day 31 .....	John 7	.....	Consecration Day
Day 16 .....	Luke 16	Day 32 .....	John 8		

## Daily morning prayers

- Morning offering
- Act of Contrition
- Our Father
- Hail Mary
- Glory Be
- Guardian Angel Prayer
- St Michael Prayer

### Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. Amen

### 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 thy love  
I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

### Guardian Angel Prayer

Angel of God, my guardian dear. To whom God's love commits me here. Ever this day, be at my side,  
To light and guard, Rule and guide. Amen.

### Nightly Examen

1. Place yourself in God's presence  
*Give thanks for God's great love for you*
2. Pray for the Grace to understand how God is acting in your life
3. Review your day  
*Recall specific moments and your feelings at the time*
4. Reflect on what you did, said or thought in those instances  
*Were you drawing closer to God, or further away?*
5. Look toward tomorrow  
*Think of how you might collaborate more effectively with God's plan.  
Be specific and conclude with the "Our Father"*

## Evening Prayer

Everlasting Father, thank you that I am never alone

Your presence calms the troubled sea of my life and speaks peace to my soul.

Remove the stress that I am carrying from my day and help me rest peacefully in the security of Your hand.

Bless me with restful sleep. May You, the God of all grace, who has called me into eternal glory by Christ Jesus, make me holy, strong and filled with peace.

To You be glory and honour forever and ever

Amen.

## Prayer for Priests

Gracious and loving God, we thank you for the gift of our priests

Through them, we experience your presence in the sacraments

Help our priests to be strong in their vocation.

Set their souls on fire with love for your people.

Grant them the wisdom, understanding and strength they

Need to follow in the footsteps of Jesus.

Inspire them with the vision of your Kingdom

Give them the words they need to spread the Gospel.

Allow them to experience joy in their ministry.

Help them to become instruments of your divine grace.

We ask this through Jesus Christ, who lives and reigns as our Eternal Priest

Amen.

## Daily “Anchor” conversation starters

**Sunday:** What about the Gospel spoke to you today?

**Monday:** What are you most looking forward to this week?

**Tuesday:** Which discipline is the hardest for you today?

**Wednesday:** How can I pray for you today?

**Thursday:** What is something you have learned about this week whether it be through reading or listening?

**Friday:** What is one thing you are proud of accomplishing this week?

**Saturday:** How has someone shown you Christ in this past week?

# Weekly Meetings

Weekly meetings are highly encouraged. Having that support and community, with a consistent and regularly scheduled time to meet will help immensely during the programme. It can be easy to feel isolated and alone as the programme progresses. 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 programme. 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. This practice will make the 40 days' worth it. Fiat40 isn't meant to be a miserable 40 days. Does it include sacrifice? Yes, most definitely. But there is also graces given and when we choose to sacrifice and say YES to God we are fulfilling and growing into how God designed us to be. God did not put us here on this to be isolated and alone, but created us to thrive amongst one another in community.

It has been said by some that have completed this programme, that the support and accountability of their small group was an essential aspect. With this in mind it's important that you take the commitment to your group seriously, you will be a key part of each other's success. Be sure therefore that your "yes" means "yes".

## Discussion Ideas:

**High:** One thing that happened where you felt God closest.

**Low:** One struggle that was difficult to overcome that week or where God felt distant.

**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. The Holy Spirit is very much present in our lives, and as we go through this programme 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.

**Spiritual Readings:** You could read the gospel of the day together, or an excerpt from one of the group's daily devotional reading. Listen and reflect on the message God is sharing with you.

**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.

*Common  
Prayers*



# Common Prayers

## 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 defense 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 on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

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 the Church, *pray for us.*  
Mother of Mercy, *pray for us.*  
Mother of Divine Grace, *pray for us.*  
Mother of Hope, *pray for us.*  
Mother Most Pure, *pray for us.*  
Mother Most Chaste, *pray for us.*  
Mother Inviolata, *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 Savior, *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 Honor, *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.*  
Solace of Migrants, *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 Families, *pray for us.*  
Queen of Peace, *pray for us.*

Lamb of God, who take away the sins of the world, *spare us, O Lord!*  
Lamb of God, who take away the sins of the world, *graciously hear us, O Lord!*  
Lamb of God, who take 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. Grant, we beseech you, O Lord God, that we your servants, may enjoy lasting health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enter into the joy of eternal happiness. Through Christ our Lord.

R. *Amen*

This Fiat 40 booklet has been adapted with permission from the Fiat 90  
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[cdoc.nz/jubilee](http://cdoc.nz/jubilee)