



FIAT 40

Diocese of Christchurch

OF
CATHOLIC DIOCESE
TE TAKIWA O TE PIHOA

CHRISTCHURCH

As a diocese, Bishop Michael is inviting women to participate in Fiat 40 during LENT 2025.

What is Fiat 40?

It's a 40 day Lenten journey for women seeking to grow closer to Christ by embracing the virtues of Mary - faith, humility and devotion.

How does it work?

Inspired by Mary's fiat - her whole hearted "YES" to God, this programme combines daily prayer and intentional lifestyle sacrifices to create space for God's grace and deeper spiritual growth.

With the support of a small group, women are invited to simplify their lives, strengthen their faith, and model Mary's trust and obedience in their walk with Christ.



THREE CORE PILLARS

① Prayer

Fiat 40 offers a structured daily prayer guide to help us center our hearts and minds on God throughout Lent.

- Morning prayers
- Daily scripture reading
- Nightly examine

② Disciplines

Through physical and lifestyle disciplines, we focus on growing in the virtues that Mary embodied as we withdraw from worldly distractions, to create space in our lives.

Disciplines may look different for each person, depending on your season of life

- No meat on Wednesday and Friday
- Fasting from desserts and sweets
- Break from social media and limited technology

③ Support

Through joining a small group, we share this journey with others encouraging one another in faith and accountability.

- Daily check in one other person - an anchor (quick call or text)
- Weekly meetings together

HOW TO PARTICIPATE?

By joining a group forming in your parish, or inviting a few women to join you in a small group. All resources for small groups and the Fiat 40 programme are provided.

FOR MORE INFORMATION

Contact Jacinta Nicholls - jacinta@sjr.nz or phone 022 6774249.

*“Behold, I am the handmaid of the Lord.
May it be done to me according to your word.”*