

# FIAT 40

## Programme Information

### Welcome to Fiat 40

Fiat 40 is 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-sacrifice.

It has been adapted from Fiat 90 and is a shorter version of the same programme. A number of variations of this can be found online, so to avoid confusion a Fiat 40 programme booklet has been created especially for our diocese to use.

#### FIAT 40 invites participants to:

- Strengthen their spiritual life by fostering a deeper relationship with Christ through daily intentional prayer
- Take the opportunity during Lent to step back from distractions and live more simply through disciplines
- Join with other women in weekly meetings, share together and encourage each other

#### Who Should Join?

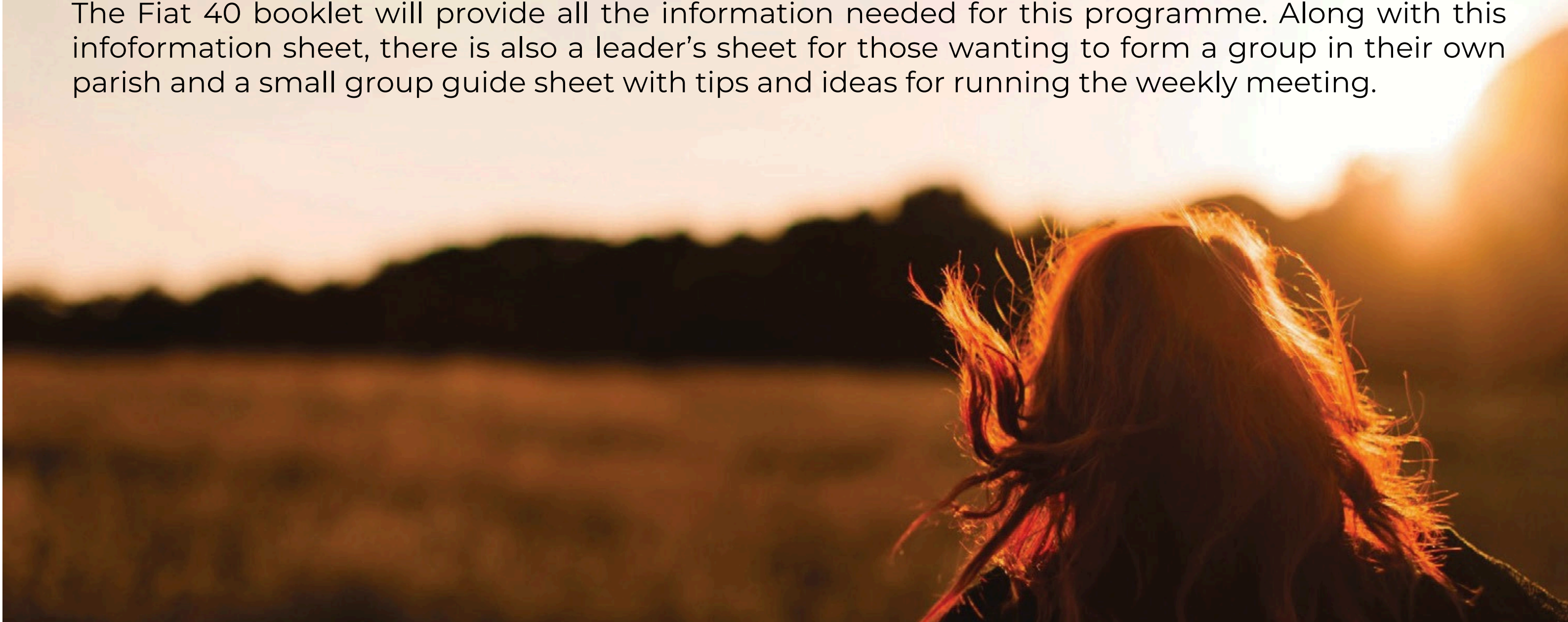
FIAT 40 is open to women of all ages, stages, and life circumstances. While the program involves sacrifices, each person is encouraged to adapt the disciplines to their own health, responsibilities, and personal discernment.

#### How FIAT 40 Works

There are three elements to this programme:

- Daily prayer and spiritual reading, ending the day with a nightly examen
- Lifestyle disciplines - such as refraining from dessert and social media
- Support through an anchor (daily accountability partner) and a weekly meeting with other women

The Fiat 40 booklet will provide all the information needed for this programme. Along with this information sheet, there is also a leader's sheet for those wanting to form a group in their own parish and a small group guide sheet with tips and ideas for running the weekly meeting.





# Three core elements of Fiat 40

## Prayer

We are encouraged to bring our mind and heart into God's presence daily, setting a foundation for growth and transformation

- Quiet prayer - 15 to 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

## Physical & Lifestyle Disciplines

We are invited to simplify our lives by limiting distractions or unnecessary luxuries. Disciplines will look different for each person, depending on your season of life.

- Fasting - No meat on Wednesdays and Fridays and aim for 1 large and 2 smaller meals
- Abstain from sweets, desserts, unneeded snacks, sweet/soda drink and alcohol
- Physical activity/exercise - 3 times a week if possible, more as able
- Sleep - 7 to 8 hours a night (if possible)
- Limit TV and movies - only when with others for a specific purpose
- Limit 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

## Community

We are encouraged to support each other through sharing and prayer.

- Daily check in with anchor (another woman completing Fiat 40, who is also part of your Fiat 40 weekly group)
- Weekly meeting with group of women completing Fiat to pray together, share and encourage each other

## Ready to begin?

Fiat 40 is partly a personal journey but it is also important to have the support and prayer of others. You could check if there is a group starting in your parish this Lent and if not, perhaps you could ask a friend to start one with you. Meet together before Lent begins so that you can go over the programme and choose the date and time of your weekly meetings.

Email [jacinta@sjr.nz](mailto:jacinta@sjr.nz) to receive the leaders guide sheet, small group guide sheet and the Fiat 40 booklets. Please also email if you have any questions, queries or need some help to set up or find a group.