



FIAT90
MANUAL

FIAT90: An Introduction

Based off the Exodus90 and Nineveh90 programs, Fiat90 is an opportunity for women to grow closer to God, closer to each other, and closer to the authentic femininity that we are called to.

Mary served God in all ways. She continually offered a yes, and as a result, God graced her with the purity needed to fulfill His plan for her. In contrast, when we say no to God, we turn away from Him and His graces. Thus, we are less equipped to fulfill His plans for us. We are called to be like Mary and offer our own *fiats* so that God can mold us and use us for His plan.

Through 90 days of prayer, fasting, and aestheticism, we choose to submit our lives more fully to God's will. Disciplining ourselves in this way merits beautiful graces, but it also gives us the opportunities to master self-control and think more clearly.

FIAT90: Our Background

I know men that, for the past few years, have embarked on the Exodus 90 journey, altering their lifestyle to include prayer, fasting, and aesthetic practices. In 2019, a group of girls attempted to complete the Nineveh90. FIAT90 is similar to EXODUS90 but focuses on a number of Marian prayers (Nineveh can also be completed by either men or women and was developed in preparation for the 100th anniversary of Our Lady of Fatima). When I say attempt, I mean that this is all that it was, an attempt. Before the 90 days were over, I began reflecting on why my guy friends had been so successful while we...had not. I came to three conclusions.

First, there was a serious lack of accountability in our small group. Whenever one of us messed up, we would confess to the group and receive a chorus of "That's okay," "Don't worry about it," and "As long as you're trying." We were great at encouraging each other, but not great at holding each other accountable.

Second, we never met in person as a group. I believe that in-person check-ins bring accountability and encouragement to a new level; it also reinforces the community that you have formed.

Finally, Exodus is designed for men. Nineveh was created for men *and women*. *After attempting Nineveh90 I came to the belief that if we were completing a program to help us grow in our femininity, we would be more successful because we were growing close to God's natural plan for us.*

The next step was to create a program. On Holy Thursday 2019, I sat in a parking lot after visiting Seven Churches, and my friends and I created an acronym that would guide our next steps: FIAT: Faith. Integrity. Accountability. Truth. Over the next few months, we looked at both Nineveh and Exodus and created the practices that we believed would merit grace, draw us closer to God, and help us grow as women. We also discovered a small program called Fiat that was developed at Benedictine College. While most of us were no longer in school and many of their practices did not apply, I will still give them a shout-out for inspiration.

Fiat 90: Disciplines and Practices

Disciplines of Our Bodies:

- ✓ **Fasting:** Fridays and another day during the week (personal/ group choice) Ex. 2 small meals and 1 large meal, while the 2 small meals together do not equal the large meal (See description under 'FIAT90 groups and disciplines' for details).
- Waking up after the first alarm, getting up and starting your day.
- Exercise (3-5/ week)
- Fast from desserts, sweets, and alcohol
- No snacks in between meals

Disciplines of Our Minds:

- ✓ **Practice of no gossiping/ complaining**
- Limited TV and movies – only when with others for a specific purpose
- Only listen to music that lifts the soul to God
- No phone use after 9PM
- No social media
- No unnecessary purchases (offering up worldly pleasures)

Disciplines for Our Souls:

- ✓ **Spiritual Adoption:** Choose a person who is living, deceased, or unborn (can be known or unknown) and spiritually “adopt” them, offering up your prayer and sacrifice
- ✓ **Marian Devotion:** Incorporate a new Marian devotion into your daily prayer life (Rosary, Angelus, St. Teresa’s Flying Novena, Memorare, etc.)
- ✓ **Confession:** Attempt Bi-weekly - Monthly
- ✓ **Spiritual Reading/ Prayer:** 15 minutes of Spiritual/ Bible reading (reading schedule options included)
- ✓ **Marian Consecration:** St. Louis DeMontfort Marian Consecration or 33 Day Morning Glory- Marian Consecration (Optional Schedule provided on Calendar)
- Novena: 54 Day Rosary Novena (Optional Schedule provided on Calendar) Other novenas are optional as well, but I highly recommend printing it out or having it easily accessible on your phone ahead of time.
- Attempt Daily Mass
- Morning Offering (ex. Inside Front Cover)
- Examen (ex. Inside Back Cover)

FIAT90 groups and disciplines:

Group Size: We have experienced that 3-5 per group is the best size to have a community aspect and the ability to plan weekly meetings around schedules.

Age Range: While some groups may want to involve their peer's ages, having a diverse age range can also be very fruitful. Having people in different seasons of life can provide different perspectives and deeper conversation for topics. Discern and pray what is best for you and your group.

Disciplines: Disciplines are split into 3 different categories: mind, body, and soul. Each category has a different set of disciplines; there are some in each section that are highly recommended for everyone, and then there are optional ones. We suggest picking 3 optional disciplines (one from each category) along with those that are recommended. You can add more disciplines if you feel called but try not to go over 10. The idea is to be able to take the disciplines you have been doing for 90 days and keep living them out to some extent after the 90 days. Additionally, having a long list of disciplines becomes a "laundry list" of things to do once you get to the second month of the program. Having a smaller number of things gives intentionality to the sacrifices you are making, while giving you room to breathe and not stress about getting everything completed before days end.

Fasting: Fasting 2 days a week is one of the recommended disciplines, but we do realize that there are ladies who are pregnant or who have eating habits that need to be maintained. In these cases, fasting can look different. It may just be cutting sugars and sweets out or doing an extra prayer/discipline on those days. That is perfectly okay, Jesus still sees the sacrifice made. If you can, fasting from meat and snacks in between meals is suggested, but is flexible to everyone's lifestyle and needs. If you struggle with a healthy relationship with food, after discussion with a professional, this discipline can also be a commitment to having three full meals on those days.

Spiritual Adoption: This discipline will look different for everyone. It can be for someone in your life that God has put on your heart to pray for or an unknown/ unborn soul in need of your prayers. It can also be for multiple people such as 1 person/ week (13 people) or 1 person/ month (3 people).

Prayer/ Meditation / Spiritual Reading: Praying and/or reading 15 minutes a day either in the morning or in the evening before bed, will provide opportunity to step back from the daily hustle and stress of getting your to-do list done. Without prayer and spiritual meditation this program will seem strenuous, frustrating, and endless. We cannot get through these 90 days without the graces and gifts that come from being in Christ's presence and silently reflect on how your soul is doing. There are outlines to do a 90-scripture reading through the Gospels or Women through the Old Testament, but any kind of devotional or reflection can work. We just highly suggest it being written out and planned ahead of time, so you can refer back too throughout the program.

Meetings: In-person **weekly** meetings are highly encouraged. Having that support and community, with a consistent and regularly scheduled time to meet will help immensely during the program. It can be easy to feel isolated and alone as the program progresses. This program is to build community and fellowship. During the 90 days it will become more difficult as the people in your life not completing the program are doing things that you have decided to sacrifice. Therefore, sticking close to your group is key. (Ideas for group meetings and discussion outline is on the next page.)

FIAT90 Meeting Discussion Outline:

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 program. 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 90 days' worth it.

Fiat90 isn't meant to be a miserable three months. Does it include sacrifice? Yes, most definitely. But there is also joy, love, and peace in our souls when we choose to sacrifice and say YES to God while walking beside our sisters in Christ. These ladies are your posy for the next 90 days. Have those dance parties, hard conversations, and cry those tears together. God created us for community and for each other.

Discussion Outline:

High: One good thing that happened that week.

Low: One struggle that was difficult to overcome that week.

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.

I include this because the Holy Spirit is very much present in our lives, and as we go through this program 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.

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.

Meeting Ideas:

- Saturday morning Mass and coffee after
- Friday night hangouts
- Weekday mass and conversation
- Sunday Mass and breakfast at someone's house/ coffee shop
- Dinner and conversation at someone's house
- Recreational activity (hiking, bowling, biking, etc.) and then after grabbing a bite to eat and praying together after.

90 Day Scripture Reading:
The Gospels

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

- Day 45: Luke 1
- Day 46: Luke 2
- Day 47: Luke 3
- Day 48: Luke 4
- Day 49: Luke 5
- Day 50: Luke 6
- Day 51: Luke 7
- Day 52: Luke 8
- Day 53: Luke 9
- Day 54: Luke 10
- Day 55: Luke 11
- Day 56: Luke 12
- Day 57: Luke 13
- Day 58: Luke 14
- Day 59: Luke 15
- Day 60: Luke 16
- Day 61: Luke 17
- Day 62: Luke 18
- Day 63: Luke 19
- Day 64: Luke 20
- Day 65: Luke 21
- Day 66: Luke 22
- Day 67: Luke 23
- Day 68: Luke 24
- Day 69: John 1
- Day 70: John 2
- Day 71: John 3
- Day 72: John 4
- Day 73: John 5
- Day 74: John 6
- Day 75: John 7
- Day 76: John 8
- Day 77: John 9
- Day 78: John 10
- Day 79: John 11
- Day 80: John 12
- Day 81: John 13
- Day 82: John 14
- Day 83: John 15
- Day 84: John 16
- Day 85: John 17
- Day 86: John 18
- Day 87: John 19
- Day 88: John 20
- Day 89: John 21
- Day 90: Consecration Day

90 Day Scripture Reading:

Women in the Old Testament/ Marian Consecration

- Day 1: Ruth 1
- Day 2: Ruth 2
- Day 3: Ruth 3
- Day 4: Ruth 4
- Day 5: Tobit 1
- Day 6: Tobit 2
- Day 7: Tobit 3
- Day 8: Tobit 4
- Day 9: Tobit 5
- Day 10: Tobit 6
- Day 11: Tobit 7
- Day 12: Tobit 8
- Day 13: Tobit 9
- Day 14: Tobit 10
- Day 15: Tobit 11
- Day 16: Tobit 12
- Day 17: Tobit 13
- Day 18: Tobit 14
- Day 19: Judith 1
- Day 20: Judith 2
- Day 21: Judith 3
- Day 22: Judith 4
- Day 23: Judith 5
- Day 24: Judith 6
- Day 25: Judith 7
- Day 26: Judith 8
- Day 27: Judith 9
- Day 28: Judith 10
- Day 29: Judith 11
- Day 30: Judith 12
- Day 31: Judith 13
- Day 32: Judith 14
- Day 33: Judith 15
- Day 34: Judith 16
- Day 35: Esther A
- Day 36: Esther 1
- Day 37: Esther 2
- Day 38: Esther 3
- Day 39: Esther B-3
- Day 40: Esther 4
- Day 41: Esther C
- Day 42: Esther D
- Day 43: Esther 5
- Day 44: Esther 6
- Day 45: Esther 7
- Day 46: Esther 8
- Day 47: Esther E-8
- Day 48: Esther 9
- Day 49: Esther 10-F
- Day 50: Song of Songs 1
- Day 51: Song of Songs 2-3
- Day 52: Song of Songs 4-5
- Day 53: Song of Songs 6-7
- Day 54: Song of Songs 8
- Day 55: Marian Consecration 1
- Day 56: MC 2
- Day 57: MC 3
- Day 58: MC 4
- Day 59: MC 5
- Day 60: MC 6
- Day 61: MC 7
- Day 62: MC 8
- Day 63: MC 9
- Day 64: MC 10
- Day 65: MC 11
- Day 66: MC 12
- Day 67: MC 13
- Day 68: MC 14
- Day 69: MC 15
- Day 70: MC 16
- Day 71: MC 17
- Day 72: MC 18
- Day 73: MC 19
- Day 74: MC 20
- Day 75: MC 21
- Day 76: MC 22
- Day 77: MC 23
- Day 78: MC 24
- Day 79: MC 25
- Day 80: MC 26
- Day 81: MC 27
- Day 82: MC 28
- Day 83: MC 29
- Day 84: MC 30
- Day 85: MC 31
- Day 86: MC 32
- Day 87: MC 33
- Day 88: Luke 1: 26-38 (Mary's Fiat)
- Day 89: Mary's Way of the Cross
- Day 90: Consecration Day

