



FIAT 90



*“Then Mary turned to the servants and said to them, ‘Do whatever He tells you.’”*

Ladies, we live in a time of talk. We talk about doing good, loving God, and being Saints. But what are we doing, what actions are we taking, what differences in our own lives are we making to accomplish these goals? In Mary’s last words we have the perfect formula, a call to obedience, so that we may end up with Jesus Christ for all of eternity. Christ tells us to go and sell everything that we own, to follow him, and then we will enter the kingdom of heaven. As young women living in the twenty-first century we are always striving, but FIAT 90 is here to present a challenge greater than most.

This simply began from a group of women from Benedictine College, desiring a way to prepare for the 100 year anniversary of Our Lady of Fatima. Inspired by Nineveh 90 and Exodus 90, FIAT 90 is a 90 day retreat written by and for Catholic college women who are seeking to live in the world and not be of it. So often we do small things to love Jesus, to become more like Mary, to strive for Sainthood. But this 90 day retreat looks at putting small things together to make one big thing. Mary has appeared over 100 times, and each time she brings the same message: do penance and fast, for it is in these actions that Mary’s most loving and gentle heart will restore hope and healing to our world. While the challenges of sanctifying your body, mind, and soul seem larger than the Rocky Mountains, at the end of these 90 days it is not possible to have not gained something from it all. As you look at the lists on the next page it is normal to feel overwhelmed and to quickly but up a mental block. *Stop*. Stop right now, and promise that you will not say, “I can’t do this.” Because you can. It’s one thing to say that you don’t want to; its one thing to decide this is not what God is calling you to right now. But this is possible. It will be hard, exhausting, and frustrating, but as Pope Emeritus Benedict XVI said, “The world promises you comfort, but you were not made for comfort. You have been made for greatness.” These next 90 days will feel anything but great, but when you get to day 91 you will see that you can indeed climb any mountain.

For those of you on the fence remember the famous quote told to Queen Esther. “Perhaps, this is the moment for which you have been created for.” We live in times when the lies of Satan are rampant, when lukewarmness is a natural state of life for most, and where God is put into a check box on my to-do list. Now is the time. Ask yourself, what do you have to lose? Mary wants us to put her Son back at the center of everything we do. She wants us to be obedient to him. She wants us to someday join her in Heaven.

Before you begin say this prayer: “Mary, Queen of Heaven and of Earth, pray for me. I invoke your help as I discern this task. Grant me the humility, the wisdom, and obedient spirit that does not hesitate to surrender and trust in God my Father.” Ladies, this is big. This is crazy. But the cross was bigger, and His crucifixion crazier. And the craziest part of it all was that He rose again.

LADIES, WILL YOU JOIN OUR MOTHER AS SHE EXTENDS HER  
HAND OUT TO YOU WELCOMING YOU TO JOIN FIAT90?

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“TELL EVERYBODY THAT GOD GIVES GRACES THROUGH THE IMMACULATE HEART OF MARY. TELL THEM TO ASK GRACES FROM HER AND THAT THE HEART OF JESUS WISHES TO BE VENERATED TOGETHER WITH THE IMMACULATE HEART OF MARY. ASK THEM TO PLEAD FOR PEACE FROM THE IMMACULATE HEART OF MARY, FOR THE LORD HAS CONFIDED THE PEACE OF THE WORLD TO HER.”

ST. LUCIA OF FATIMA

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### THE HEART

Ladies look at Mary's Heart. Look at the vibrant red, the healthy form, the strength that it radiates. How can we help but be captivated, for we know that in that heart there are many joys and many sufferings. The trials that heart has endured, and the celebrations it has been a part of. These next 90 days are about uniting your heart to that heart. We are called to be more like Mary, and it will begin first and foremost with our own hearts. Lay your heart in her hands, and trust that she will take them both to Jesus.

St. Faustina, Pray for Us.

### THE SWORD

Suffering is a central piece of the life that Mary lived, and so to will it be for us in these next 90 days. We will suffer temptations and frustrations as we take on these challenges. However, Mary at the foot of the cross is the witness that we can bear the crosses that we have been given. Just as Mary endured the pains and humiliations we must hand her our bodily sufferings in these next 90 days, uniting ourselves to her at the foot of the cross.

St. Maximilliam Kolbe, Pray for Us.

### THE ROSES

The rose is a symbol of love, pure, spotless, and unfailing. These roses are Mary, the pure and spotless virgin who was able to bear the Christ child. Our minds long to hold thoughts of the true, good, and beautiful but are so distracted and consumed. In these next 90 days we long for Mary to purify our minds, making room for the Christ child.

St. Therese of Liseux, Pray for Us.

### THE FIRE

As a fire is all consuming, so to is Mary's passionate love for her Son and for the whole world. This burning love must begin in the soul, and it starts with the desire to love God above all else. Thus the more we tend the fire, the larger it becomes, and the more it is able to engulf what is around it. This fire is our soul. In these next 90 days we need to tend to our souls, entrusting Mary to add the wood that allows the love for Christ and for everyone we encounter to continue to grow.

St. John Paul II, Pray for Us.

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"DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; YOU WERE BOUGHT AT A PRICE. THEREFORE HONOR GOD AT A PRICE."  
1 CORINTHIANS 6:19-20

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## LORD, I WILL PRAISE YOU THROUGH MY BODY...

1. *I will eat three meals a day, with no snacking in between.* A meal I will define as one main item with two side items.
2. *I commit to the Heroic Minute.* I will wake up with my first alarm and not hit snooze. Through this action I will give you the start of my day, as my first sacrifice to you.
3. *I will workout six times a week.* I recognize that my body is a temple of the Holy Spirit, and that you have given it to me as a gift. I will engage in physical activity, but I will not push my bodies outside its limits. I will take care of it, so that it does not make me prideful but that you can use it.
4. *I will not eat sweets or desserts.* I will not drink alcohol, soda, or add anything to my drinks.
5. *I will not have seconds in the caf.* I will decide on my entire meal before sitting down at the table, and will only get up to get another drink.
6. *I commit to fast on Wednesdays and Fridays.* I do this in memory of your death, and the suffering you endured for me. This fast will contain of one full meal, and the other two meals will only be one side dish. We we will abstain from meat.
7. *I will go to bed by midnight six nights a week.* I recognize that in order for me to always perform as the best version of myself I need my body to get the proper amount of sleep. Nothing good happens after midnight anyways, and I know that I will not be missing out on anything by letting my body recover from all that I am doing.

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"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS- HIS GOOD, PLEASING, AND PERFECT WILL."

ROMANS 12:2

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## LORD, I WILL PRAISE YOU THROUGH MY MIND...

1. *I will get rid of all my social media.*
2. *I will only watch one TV show or one movie per week.* I will not watch more than one show or one movie per week, and when I do I will be with at least two other people.
3. *I will only listen to things that point me to God.* That entails praise & worship music, homily podcasts, and the news.
4. *I will not make any unnecessary purchase.* I will hold off on buying any unnecessary clothes or food. If someone buys something for me I will graciously accept it, but I will not ask for anything.
5. *I will not gossip or complain about things out of my control.* I know that my words have effects far more than I realize, so I will learn to hold my tongue and think before I speak.
6. *I am going to stop trying to multitask.* "Concentration leads to contemplation." - Maria Montessori It is better for me to do one activity, and then move on to the next. I will use this as an opportunity to prioritize, getting my school-work done ahead of time and not putting it off until the last minute. I want to put 100% effort into the work that is right in front of me, and not try to do a million things at once.
7. *I am going to stop texting during class and at meals.* When people are present to me I am going to be present to them. Christ loves the person in front of me, and I want them to know that by how I treat them.

LADIES, WILL YOU JOIN OUR MOTHER AS SHE EXTENDS HER HAND OUT TO YOU WELCOMING YOU TO JOIN FIAT90?

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WHAT GOOD WILL IT BE FOR SOMEONE TO GAIN THE WHOLE WORLD,  
BUT FORFEIT THEIR SOUL? OR WHAT CAN ANYONE GIVE IN EXCHANGE  
FOR THEIR SOUL? FOR THE SON OF MAN IS GOING TO COME IN HIS  
FATHER'S GLORY WITH HIS ANGELS, AND THEN HE WILL REWARD  
EACH PERSON ACCORDING TO WHAT THEY HAVE DONE.  
MATTHEW 16:26-27

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## LORD, I WILL PRAISE YOU THROUGH MY SOUL...

1. *I will attend daily Mass.* This includes Saturdays. I will also try and make my Sunday Mass obligation on Sunday's and not the Saturday anticipatory mass.
2. *I will have a weekly holy hour.* I will also try to stop into the adoration chapel as often as possible, and commit to fifteen minutes of prayer each day.
3. *I will go to confession weekly.*
4. *I will be obedient to the four requests of Mary.* I will wear a Brown Scapular and a Miraculous Medal. I will say a daily Rosary, and I will get to Mass the first Saturday of every month.
5. *I will say the 3:00pm Memorare.* At 3:00 each day I will stop whatever I am doing to pray a Memorare for Mary's intercession in our world.
6. *I will do a 54-Day Rosary Novena.* For the first 27 days I will pray for my specific intention, and for the last 27 days I will pray in thanksgiving. I will start with the joyful mysteries, then the sorrowful, then the glorious and rotate through in that order.
7. *I will finish with the 33 Days to Morning Glory Marian Consecration.*

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# Trust. Hope. Humility.

## TRUST

“Have I not commanded you, be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go.” - Joshua 1:9 This challenge requires a tremendous amount of trust. Trust that you are not alone, and that you can do all 90 days. Trust that this is something He wants you to undertake. Trust that He loves you and has so much to teach you in these 90 days.

## HOPE

“You will live secure and full of hope; God will protect you and give you rest.” - Job 11:18 This challenge is all about hope, to believe in the things that are seemingly impossible but will indeed be done. It is about hoping for the greatness that God intends to bring out of this, and the hope that He will indeed use this for His glory.

## HUMILITY

“When pride comes, then comes disgrace. With humility, then comes wisdom.” - Proverbs 11:2 This challenge is not about you, its all about Him and His glory. There is no need to tell everyone or to make it a show. Take this as an opportunity to serve those around you, to think less about yourself, and to truly let Christ take over your life.

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## LADIES, GET READY.

These next 90 days will rock your world. It is impossible to undertake something like this and not be affected by Christ. We've told you it will be hard, but we also want you to know it will be worth it. We have a few helpful hints that we wanted to share before it all begins. **First**, form a group, and become accountable to one another. Whenever two or more are gathered in His name, He promises to be there too. Hold each other to it, and do not quit. **Second**, FIAT 90 is not meant to create guilt if mistakes are made or if there is reason you cannot fulfill all of the sacrifices. This is not a “required for holiness to-do list,” but simply a way to praise Him. **Finally**, we have included numerous prayers, saints, and links in this little booklet. Use the tools, they are meant to help you and be there throughout this journey.

Ladies, we are so excited to join in seeking more with you.

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# Prayers

## MOTHER TERESA'S HUMILITY LIST

To speak as little as possible of one's self.  
To mind one's own business.  
Not to want to manage other people's affairs.  
To avoid curiosity.  
To accept contradictions and correction cheerfully.  
To pass over the mistakes of others.  
To accept insults and injuries.  
To accept being slighted, forgotten and disliked.  
To be kind and gentle even under provocation.  
Never to stand on one's dignity.  
To choose always the hardest.

## PRAYER FOR THE PRESENT MOMENT

O My God,  
When I look into the future, I am frightened,  
But why plunge into the future?  
Only the present moment is precious to me,  
As the future may never enter my soul at all.  
It is no longer in my power to change, correct or add to the past;  
For neither sages nor prophets could do that.  
And so what the past has embraced I must entrust to God.  
O present moment, you belong to me, whole and entire.  
I desire to use you as best I can.  
And although I am weak and small,  
You grant me the grace of Your omnipotence.  
And so, trusting in Your mercy,  
I walk through life like a little child,  
Offering You each day this heart  
Burning with love for Your greater Glory.

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## PRAYER TO THE IMMACULATE HEART OF MARY

O Immaculate Heart of Mary,  
Heavenly beauty and splendor of the Father,  
You are the most valued Heavenly treasure.  
New Eve, immaculate in soul,  
spirit and body,  
Created of the godly seed by the Spirit of God,  
You are the spiritual Mother of mankind.  
Pure Virgin, full of grace then and now,  
Your whole being was raised Heavenly in full glory,  
To be elevated above all the hosts within the Kingdom of God.  
O Heavenly Mother, Queen of Heaven and earth,  
I recognize the glory of your highest title,  
The Immaculate Heart of Mary!  
Loving Mother, dispenser of endless blessings,  
You who continuously intercedes on our behalf,  
Please present my need before your loving Son Jesus.  
(In your own words, make your special request here.  
Do not just mention a word. Speak to the Immaculate Heart of Mary  
as you would speak to another person, begging your Heavenly Mother  
to plea to Jesus on your behalf, that you be granted this special request.)  
O Immaculate Heart of Mary,  
I know that you are now presenting my need before Jesus,  
For you have never turned away those in dire need.  
Mother dearest, I await your favorable answer,  
Submitting myself to the Divine will of the Lord,  
For all glories are His forever and ever.  
Amen.

## LOOK UPON US

Dearest Mother, look awhile,  
on your trusting people smile,  
who honor you, their Mother dear,  
and seek your help and comfort here.  
Bless us in your heart so pure,  
comfort us in all our fear,  
stand by us in all our need,  
show us Jesus, when we're freed.

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## Quotes

“Be who God meant you to be, and you will set the world on fire.” - Saint Catherine of Sienna

“Are you willing to offer yourselves to God and bear all the sufferings He wills to send you, as an act of reparation for the conversion of sinners?” - Mary’s Words to the Children of Fatima

“The sins of the world are very great ... If men only knew what eternity is, they would do everything in their power to change their lives.” - Mary’s Words to the Children of Fatima

“The greatest sense of freedom, along with peace of soul and an abiding sense of security, comes when a man totally abandons his own will in order to follow the will of God.” - Fr. Walter J. Ciszek

“Fear prevents us from doing a lot of things that we want to do, ought to do. Fear divides people against one another. Fear builds walls, invisible psychological walls, between us. Sometimes we need another person to shake us out of our fear, to encourage us, to stir up the boldness that lies within.” - Mark Giszczak

“Youth was not made for pleasure, youth was made for heroism.” - Jeanne Mayo

“Holiness doesn’t depend on superhuman powers, but rather demands a heart filled with courage, hope, and grace that strives for conversion each and every day.” - Pope Francis

“It’s that our whole selves, body, mind, and soul and then the significance of every season we live in, those are meant to be ordered toward our ultimate goal: Sainthood.” - St. Thomas Aquinas

“Love’s significance in our lives demands that we either accept the cross, changing the lives we live, or justify ourselves by redefining love itself.” - Pete Jermann

“She talked to God daily, and that is what made her lovely.” - Morning Prayer

[https://archive.org/stream/TheMessageOfOurLadyOfFatimaWithPicture/fatimaSelectionspic\\_djvu.txt](https://archive.org/stream/TheMessageOfOurLadyOfFatimaWithPicture/fatimaSelectionspic_djvu.txt)  
<http://bulldogcatholic.org/homilies-archive/>

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