



JAN 1ST - MAR 31ST



"And Mary said, 'Behold the handmaid of the Lord: be it unto me according to thy word.' And the angel departed from her."

Luke 1:38



A PRAYER FOR HEALING

LORD JESUS, YOU CAME TO HEAL OUR WOUNDED AND
TROUBLED HEARTS.

I BEG YOU TO HEAL THE TORMENTS THAT CAUSE
ANXIETY IN MY HEART;

I BEG YOU, IN A PARTICULAR WAY, TO HEAL ALL WHICH
ARE THE CAUSE OF SIN.

I BEG YOU TO COME INTO MY LIFE AND HEAL ME OF THE
PSYCHOLOGICAL HARMS

THAT STRUCK ME IN MY EARLY YEARS AND FROM THE
INJURIES THAT THEY CAUSED THROUGHOUT MY LIFE.

LORD JESUS, YOU KNOW MY BURDENS. I LAY THEM ALL
ON YOUR GOOD SHEPHERD'S HEART.

I BESEECH YOU & -BY THE MERITS OF THE GREAT, OPEN
WOUNDS IN YOUR HEART & -TO HEAL THE SMALL
WOUNDS THAT ARE IN MINE.

HEAL THE PAIN OF MY MEMORIES, SO THAT NOTHING
THAT HAS HAPPENED TO ME WILL CAUSE ME TO REMAIN
IN PAIN AND ANGUISH, FILLED WITH ANXIETY.

HEAL, O LORD, ALL THOSE WOUNDS THAT HAVE BEEN
THE CAUSE OF ALL THE EVIL THAT IS ROOTED IN MY LIFE.
I WANT TO FORGIVE ALL THOSE WHO HAVE OFFENDED
ME.

LOOK TO THOSE INNER SORES THAT MAKE ME UNABLE
TO FORGIVE.

YOU WHO CAME TO FORGIVE THE AFFLICTED OF HEART,
PLEASE, HEAL MY OWN HEART.

HEAL, MY LORD JESUS, THOSE INTIMATE WOUNDS THAT
CAUSE MY PHYSICAL ILLNESS.

I OFFER YOU MY HEART. ACCEPT IT, LORD; PURIFY IT AND
GIVE ME THE SENTIMENTS OF YOUR DIVINE HEART.
HELP ME TO BE MEEK AND HUMBLE.

HEAL ME, O LORD, FROM THE PAIN CAUSED BY THE
DEATH OF MY LOVED ONES, WHICH IS OPPRESSING ME.

GRANT ME TO REGAIN PEACE AND JOY IN THE
KNOWLEDGE THAT YOU ARE THE RESURRECTION AND
THE LIFE.

MAKE ME AN AUTHENTIC WITNESS TO YOUR
RESURRECTION, YOUR VICTORY OVER SIN AND DEATH,
YOUR LIVING PRESENCE AMONG US. 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.

A PRAYER FOR DELIVERANCE

MY LORD, YOU ARE ALL-POWERFUL, YOU ARE GOD, YOU ARE
FATHER.

WE BEG YOU THROUGH THE INTERCESSION AND HELP OF THE
ARCHANGELS MICHAEL, RAPHAEL, AND GABRIEL
FOR THE DELIVERANCE OF OUR BROTHERS AND SISTERS WHO
ARE ENSLAVED BY THE EVIL ONE.

ALL SAINTS OF HEAVEN, COME TO OUR AID.

FROM ANXIETY, SADNESS AND OBSESSIONS,
WE BEG YOU, FREE US, O LORD.

FROM HATRED, FORNICATION, ENVY,
WE BEG YOU, FREE US, O LORD.

FROM THOUGHTS OF JEALOUSY, RAGE, AND DEATH,
WE BEG YOU, FREE US, O LORD.

FROM EVERY THOUGHT OF SUICIDE AND ABORTION,
WE BEG YOU, FREE US, O LORD.

FROM EVERY FORM OF SINFUL SEXUALITY,
WE BEG YOU, FREE US, O LORD.

FROM EVERY DIVISION IN OUR FAMILY AND EVERY HARMFUL
FRIENDSHIP,

WE BEG YOU, FREE US, O LORD.

FROM EVERY SORT OF SPELL, MALEFICE, WITCHCRAFT, AND
EVERY FORM OF THE OCCULT,
WE BEG YOU, FREE US, O LORD.

LORD, YOU WHO SAID, "I LEAVE YOU PEACE, MY PEACE I GIVE
YOU," GRANT THAT, THROUGH THE INTERCESSION OF THE
VIRGIN MARY,

WE MAY BE LIBERATED FROM EVERY EVIL SPELL AND ENJOY
YOUR PEACE ALWAYS, IN THE NAME OF CHRIST, OUR LORD.

AMEN.



FIAT90 Disciplines and Practices:

Anchor: One person who will be your point of contact everyday, to check in, hold you accountable, support and pray with.

Age Range: FIAT90 is open to all ages.

Disciplines: Disciplines will look for each person, depending on Season of Life.

The lifestyle disciplines are highly recommended as they all are essentially taking something out of your current day-to-day, and don't add anything to it.

All other disciplines are optional and recommend you pray over them and discern where you can intentionally devote yourself, and run yourself "ragged". (Note: No one will complete these 90 days, perfectly, and that is not the purpose.)

Fasting: Suggested fasting is Friday's and one other day of the week. This will also look differently for everyone. If you are pregnant, struggling with weight and/or have medical reasons, please keep a well balanced diet that will keep you healthy.

Spiritual Adoption: 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 lose purpose and 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. Plan ahead so you don't have to worry about figuring it out half way through.



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.

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 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. Have those dance parties, hard conversations, and cry together. God did not put us here on this to be isolated and alone, but created us to thrive amongst one another in community.

Discussion Outline:

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. 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.



Fiat 90: Disciplines and Practices

Lifestyle Disciplines:

- **Practice of no gossiping/ complaining**
- **Limited TV and movies** – only when with others for a specific purpose
- **Limit secular Music/Podcasts/Media**
- **No phone use after 9PM**
- **No social media**
- **No unnecessary purchases** (offering up worldly pleasures)

Physical Disciplines:

- **Fasting** - Suggested 2 smalls meals/ 1 large meal. Fast from sweets, alcohol, desserts, snacks.
- **Getting up at the 1st Alarm**
- **Exercising/Activity:** 3-5/week

Spiritual Disciplines:

- **Spiritual Adoption:** Choose a person who is living, deceased, or unborn (can be known or unknown)
- **54 Day Rosary Novena** (typically done the first 54 days)
- **Marian Consecration:** St. Louis DeMontfort Marian Consecration or 33 Day Morning Glory- Marian Consecration (Typically done after the 54 Day Novena is completed)
- **Daily Mass:** if schedule allows
- **Individual Prayers:** Inside Front Cover, personal prayers
- **Confession:** Attempt Bi - Monthly/ Monthly
- **Spiritual/Spiritual Reading:** Scripture Outline provided, Spiritual Books, etc.

Suggestion: Input into your calendar specific things that will assist you in your disciplines (ex. start/end dates for novenas, Holy Days you hope to attend Mass, etc.)



90 Day Novena/Consecration Outline

☐ Day 1: 54 Day Novena Petition

☐ Day 2: Petition

☐ Day 3: Petition

☐ Day 4: Petition

☐ Day 5: Petition

☐ Day 6: Petition

☐ Day 7: Petition

☐ Day 8: Petition

☐ Day 9: Petition

☐ Day 10: Petition

☐ Day 11: Petition

☐ Day 12: Petition

☐ Day 13: Petition

☐ Day 14: Petition

☐ Day 15: Petition

☐ Day 16: Petition

☐ Day 17: Petition

☐ Day 18: Petition

☐ Day 19: Petition

☐ Day 20: Petition

☐ Day 21: Petition

☐ Day 22: Petition

☐ Day 23: Petition

☐ Day 24: Petition

☐ Day 25: Petition

☐ Day 26: Petition

☐ Day 27: Petition

☐ Day 28: 54 Day Novena Thanksgiving

☐ Day 29: Thanksgiving

☐ Day 30: Thanksgiving

☐ Day 31: Thanksgiving

☐ Day 32: Thanksgiving

☐ Day 33: Thanksgiving

☐ Day 34: Thanksgiving

☐ Day 35: Thanksgiving

☐ Day 36: Thanksgiving

☐ Day 37: Thanksgiving

☐ Day 38: Thanksgiving

☐ Day 39: Thanksgiving

☐ Day 40: Thanksgiving

☐ Day 41: Thanksgiving

☐ Day 42: Thanksgiving

☐ Day 43: Thanksgiving

☐ Day 44: Thanksgiving

☐ Day 45: Thanksgiving

☐ Day 46: Thanksgiving

☐ Day 47: Thanksgiving

☐ Day 48: Thanksgiving

☐ Day 49: Thanksgiving

☐ Day 50: Thanksgiving

☐ Day 51: Thanksgiving

☐ Day 52: Thanksgiving

☐ Day 53: Thanksgiving

☐ Day 54: Thanksgiving (Final Day)

☐ Day 55: Marian Consecration: Prep

☐ Day 56: MC - Day 1

☐ Day 57: MC - Day 2

☐ Day 58: MC - Day 3

☐ Day 59: MC - Day 4

☐ Day 60: MC - Day 5

☐ Day 61: MC - Day 6

☐ Day 62: MC - Day 7

☐ Day 63: MC - Day 8

☐ Day 64: MC - Day 9

☐ Day 65: MC - Day 10

☐ Day 66: MC - Day 11

☐ Day 67: MC - Day 12

☐ Day 68: MC - Day 13

☐ Day 69: MC - Day 14

☐ Day 70: MC - Day 15

☐ Day 71: MC - Day 16

☐ Day 72: MC - Day 17

☐ Day 73: MC - Day 18

☐ Day 74: MC - Day 19

☐ Day 75: MC - Day 20

☐ Day 76: MC - Day 21

☐ Day 77: MC - Day 22

☐ Day 78: MC - Day 23

☐ Day 79: MC - Day 24

☐ Day 80: MC - Day 25

☐ Day 81: MC - Day 26

☐ Day 82: MC - Day 27

☐ Day 83: MC - Day 28

☐ Day 84: MC - Day 29

☐ Day 85: MC - Day 30

☐ Day 86: MC - Day 31

☐ Day 87: MC - Day 32

☐ Day 88: MC - Day 33

☐ Day 89: MC - Prep for Consecration

☐ Day 90: Consecration Day



90 Day Scripture Reading: The Gospels

- | | |
|---|---|
| ☐ Day 1: Mark 1 | ☐ Day 45: Luke 1 |
| ☐ Day 2: Mark 2 | ☐ Day 46: Luke 2 |
| ☐ Day 3: Mark 3 | ☐ Day 47: Luke 3 |
| ☐ Day 4: Mark 4 | ☐ Day 48: Luke 4 |
| ☐ Day 5: Mark 5 | ☐ Day 49: Luke 5 |
| ☐ Day 6: Mark 6 | ☐ Day 50: Luke 6 |
| ☐ Day 7: Mark 7 | ☐ Day 51: Luke 7 |
| ☐ Day 8: Mark 8 | ☐ Day 52: Luke 8 |
| ☐ Day 9: Mark 9 | ☐ Day 53: Luke 9 |
| ☐ Day 10: Mark 10 | ☐ Day 54: Luke 10 |
| ☐ Day 11: Mark 11 | ☐ Day 55: Luke 11 |
| ☐ Day 12: Mark 12 | ☐ Day 56: Luke 12 |
| ☐ Day 13: Mark 13 | ☐ Day 57: Luke 13 |
| ☐ Day 14: Mark 14 | ☐ Day 58: Luke 14 |
| ☐ Day 15: Mark 15 | ☐ Day 59: Luke 15 |
| ☐ Day 16: Mark 16 | ☐ Day 60: Luke 16 |
| ☐ Day 17: Matthew 1 | ☐ Day 61: Luke 17 |
| ☐ Day 18: Matthew 2 | ☐ Day 62: Luke 18 |
| ☐ Day 19: Matthew 3 | ☐ Day 63: Luke 19 |
| ☐ Day 20: Matthew 4 | ☐ Day 64: Luke 20 |
| ☐ Day 21: Matthew 5 | ☐ Day 65: Luke 21 |
| ☐ Day 22: Matthew 6 | ☐ Day 66: Luke 22 |
| ☐ Day 23: Matthew 7 | ☐ Day 67: Luke 23 |
| ☐ Day 24: Matthew 8 | ☐ Day 68: Luke 24 |
| ☐ Day 25: Matthew 9 | ☐ Day 69: John 1 |
| ☐ Day 26: Matthew 10 | ☐ Day 70: John 2 |
| ☐ Day 27: Matthew 11 | ☐ Day 71: John 3 |
| ☐ Day 28: Matthew 12 | ☐ Day 72: John 4 |
| ☐ Day 29: Matthew 13 | ☐ Day 73: John 5 |
| ☐ Day 30: Matthew 14 | ☐ Day 74: John 6 |
| ☐ Day 31: Matthew 15 | ☐ Day 75: John 7 |
| ☐ Day 32: Matthew 16 | ☐ Day 76: John 8 |
| ☐ Day 33: Matthew 17 | ☐ Day 77: John 9 |
| ☐ Day 34: Matthew 18 | ☐ Day 78: John 10 |
| ☐ Day 35: Matthew 19 | ☐ Day 79: John 11 |
| ☐ Day 36: Matthew 20 | ☐ Day 80: John 12 |
| ☐ Day 37: Matthew 21 | ☐ Day 81: John 13 |
| ☐ Day 38: Matthew 22 | ☐ Day 82: John 14 |
| ☐ Day 39: Matthew 23 | ☐ Day 83: John 15 |
| ☐ Day 40: Matthew 24 | ☐ Day 84: John 16 |
| ☐ Day 41: Matthew 25 | ☐ Day 85: John 17 |
| ☐ Day 42: Matthew 26 | ☐ Day 86: John 18 |
| ☐ Day 43: Matthew 27 | ☐ Day 87: John 19 |
| ☐ Day 44: Matthew 28 | ☐ Day 88: John 20 |
| | ☐ Day 89: John 21 |
| | ☐ Day 90: Consecration Day |



90 Day Scripture Reading: Women in Scripture

- 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: 1 Timothy 2
- Day 56: Philippians 4
- Day 57: Ephesians 5
- Day 58: Titus 2
- Day 59: 1 Corinthians 11
- Day 60: 1 Corinthians 14
- Day 61: 1 Peter 3
- Day 62: Colossians 3
- Day 63: Proverbs 31
- Day 64: Luke 3:23-34
- Day 65: Luke 1:5-25
- Day 66: John 1:1-18
- Day 67: Luke 1: 26-38 (Mary's Fiat)
- Day 68: Luke 1:39-45
- Day 69: Luke 1:46-56
- Day 70: Luke 1:57-80
- Day 71: Matthew 1: 18-25
- Day 72: Luke 2:1-7
- Day 73: Luke 2:8-20
- Day 74: Luke 2:21-40
- Day 75: Matthew 2: 13-18
- Day 76: Matthew 2:19-43
- Day 77: Matthew 2:41-52
- Day 78: John 2:1-11
- Day 79: Matthew 12:48-50
- Day 80: Luke 7:36-50
- Day 81: Luke 10:38-42
- Day 82: John 4:5-30
- Day 83: Luke 8:43-48
- Day 84: John 11:1-44
- Day 85: Matthew 12:46-50
- Day 86: Matthew 26: 17-30
- Day 87: Matthew 26:31-56
- Day 88: John 19 (Crucifixion)
- Day 89: John 20:11-18
- Day 90: Consecration Day



Week 1

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Week 2

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Week 3

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Week 4

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Week 5

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Week 6

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Week 7

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Week 8

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Week 9

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Week 10

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Week 11

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Week 12

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Week 13

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Disciplines

Intentions



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 **Lord, have Mercy**
Christ, have Mercy **Christ, have Mercy**
Lord, have Mercy **Lord, have Mercy**
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 divine grace **Pray for us**
Mother most pure **Pray for us**
Mother most chaste **Pray for us**
Mother inviolate **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**
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 Peace **Pray for us**

Lamb of God, who takes away the sins of the world.

Spare us, O Lord Lamb of God, who takes away the sins of the world

Graciously hear us, O Lord Lamb of God, who takes 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: Lord God, give to Your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. Grant this through our Lord Jesus Christ, Your Son, who lives and reigns, with You and the Holy Spirit, one God, forever and ever. Amen



The Joyful Mysteries

1 x Hail Mary

Hail! Queen of the Most Holy Rosary, my Mother Mary, hail! At your feet I humbly pray and offer you a crown of snow-white roses, to remind you of your joys. Each ten bound together, recalling to you a joyful mystery, with my petition for a particular grace.

In the 27 days of petition pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I humbly implore you to receive my petition; from your bounty I rest assured that you will grant me the favor I so trustingly seek.

In the 27 days of thanksgiving pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I kindly implore you to receive my thanksgiving; from your bounty you have granted me the favor I so trustingly sought.

First Joyful Mystery – The Annunciation Sweet Mother Mary, meditating on the Mystery of the Annunciation, when the angel Gabriel appeared to you with the news that you were to become the Mother of God. He greeted you with that sublime salutation, "Hail, full of grace! The Lord is with thee!" and you did humbly submit yourself to the will of the Father, responding: "Behold the handmaid of the Lord. Be it done unto me according to thy word", I humbly pray... Our Father, etc.

Then say: I bind these snow-white roses with a petition for the grace of humility and humbly lay this bouquet at your feet.

Second Joyful Mystery – The Visitation Sweet Mother Mary, meditating on the Mystery of the Visitation, when, upon your visit to your holy cousin, Elizabeth, she greeted you with the prophetic utterance, "Blessed art thou among women, and blessed is the fruit of thy womb!" and you answered with that canticle of canticles, the Magnificat, I humbly pray... Our Father, etc.

Then say: I bind these snow-white roses with a petition for the grace of charity towards my neighbor and humbly lay this bouquet at your feet.

Third Joyful Mystery – The Nativity Sweet Mother Mary, meditating on the Mystery of the Nativity of Our Lord, when, your time being completed, you brought forth, O holy Virgin, the redeemer of the world in a stable at Bethlehem; whereupon choirs of angels filled the Heavens with their exultant song of praise "Glory to God in the highest, and on Earth peace to men of goodwill", I humbly pray... Our Father, etc.

Then say: I bind these snow-white roses with a petition for the grace of detachment from the world and humbly lay this bouquet at your feet.

Fourth Joyful Mystery – The Presentation Sweet Mother Mary, meditating on the Mystery of the Presentation, when, in obedience to the Law of Moses, you presented the Child in the temple, where the holy prophet Simeon, taking the Child in his arms, offered thanks to God for allowing him to look upon his Savior, I humbly pray... Our Father, etc.

Then say: I bind these snow-white roses with a petition for the grace of purity and humbly lay this bouquet at your feet.

Fifth Joyful Mystery – The Finding of the Child Jesus in the Temple Sweet Mother Mary, meditating on the Mystery of the Finding of the Child Jesus in the Temple, when, having sought Him for three days, distressed and anxious at His absence, your heart was gladdened when you found Him in the temple speaking to the doctors; and upon your request, He obediently returned home, I humbly pray... Our Father, etc.

Then say: I bind these snow-white roses with a petition for the grace of true wisdom and humbly lay this bouquet at your feet.

Concluding Prayers



The Sorrowful Mysteries

1 x Hail Mary

Hail! Queen of the Most Holy Rosary, my Mother Mary, hail! At your feet I humbly pray and offer you a crown of blood-red roses, in remembrance of the passion of your divine Son. Each ten bound together, recalling to you a sorrowful mystery, with my petition for a particular grace.

In the 27 days of petition pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I humbly implore you to receive my petition; from your bounty I rest assured that you will grant me the favor I so trustingly seek.

In the 27 days of thanksgiving pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I kindly implore you to receive my thanksgiving; from your bounty you have granted me the favor I so trustingly sought.

First Sorrowful Mystery – The Agony in the Garden Sorrowful Mother Mary, meditating on the Mystery of the Agony of Our Lord in the Garden, when, in the grotto of the Garden of Olives, Jesus saw the sins of the world unfolded before Him by Satan, who sought to dissuade Him from the sacrifice He was about to make; when, His soul shrinking from the sight, and His precious blood flowing from every pore at the vision of the torture and death He was to undergo, your own sufferings, dear Mother, the future sufferings of His Church, and His own sufferings in the Blessed Sacrament, He cried in anguish, "Abba! Father! If it be possible, let this chalice pass from Me!"; but, immediately resigning Himself to His Father's will, He prayed, "Not as I will, but as Thou wilt!", I humbly pray... Our Father, etc.

Then say: I bind these blood-red roses with a petition for the grace of uniformity with the will of God and humbly lay this bouquet at your feet.

Second Sorrowful Mystery – The Scourging at the Pillar Sorrowful Mother Mary, meditating on the Mystery of the Scourging of Our Lord when, at Pilate's command, your divine Son, stripped and bound to a pillar, was lacerated from head to foot with cruel scourges and His flesh torn away until His mortified body could bear no more, I humbly pray... Our Father, etc.

Then say: I bind these blood -red roses with a petition for the grace of mortifying my senses and lay this bouquet at your feet.

Third Sorrowful Mystery – The Crowning With Thorns Sorrowful Mother Mary, meditating on the Mystery of the Crowning of Our Lord with thorns, when, the soldiers, binding about His head a crown of sharp thorns, showered blows upon it, driving the thorns deeply into His head; then, in mock adoration, knelt before Him, crying, "Hail, King of the Jews!", I humbly pray... Our Father, etc.

Then say: I bind these blood -red roses with a petition for the grace of courage in tough trials and lay this bouquet at your feet.

Fourth Sorrowful Mystery – The Carrying of the Cross Sorrowful Mother Mary, meditating on the Mystery of the Carrying of the Cross, when, with the heavy wood of the Cross upon His shoulders, your divine Son was dragged, weak and suffering, yet patient, through the streets, amidst the revilements of the people, to Calvary; falling often, but urged along by the cruel blows of His executioners, I humbly pray... Our Father, etc

Then say: I bind these blood -red roses with a petition for the grace of patience in adversity and lay this bouquet at your feet.

Fifth Sorrowful Mystery – The Crucifixion Sorrowful Mother Mary, meditating on the Mystery of the Crucifixion, when, your divine Son was nailed to the cross, upon which He died after three hours of indescribable agony, during which time He begged His Father forgiveness of His enemies, I humbly pray... Our Father, etc

Then say: I bind these blood -red roses with a petition for the grace of forgiveness and lay this bouquet at your feet.

Concluding Prayers



The Glorious Mysteries

1 x Hail Mary

Hail! Queen of the Most Holy Rosary, my Mother Mary, hail! At your feet I humbly pray and offer you a crown of royal -purple roses, to remind you of your glories. Each ten bound together, recalling to you a glorious mystery, with my petition for a particular grace.

In the 27 days of petition pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I humbly implore you to receive my petition; from your bounty I rest assured that you will grant me the favor I so trustingly seek.

In the 27 days of thanksgiving pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I kindly implore you to receive my thanksgiving; from your bounty you have granted me the favor I so trustingly sought.

First Glorious Mystery – The Resurrection Glorious Mother Mary, meditating on the Mystery of the Resurrection of Our Lord from the Dead, when, on the morning of the third day after His death and burial, He arose from the dead and appeared to you, dear Mother, and filled your heart with unspeakable joy; then appeared to the holy women and to His disciples, who adored Him as their risen God, I humbly pray... Our Father, etc

Then say: I bind these royal-purple roses with a petition for the grace of faith and lay this bouquet at your feet.

Second Glorious Mystery – Ascension Glorious Mother Mary, meditating on the Mystery of the Ascension, when your divine Son, after forty days on Earth, went to Mount Olivet accompanied by His disciples, where they adored Him for the last time, after which He promised to remain with them until the end of the world; then, extending His pierced hands over them in a last blessing, He ascended into heaven, I humbly pray... Our Father, etc

Then say: I bind these royal-purple roses with a petition for the grace of desire for Heaven and lay this bouquet at your feet.

Third Glorious Mystery – The Descent of the Holy Spirit Glorious Mother Mary, meditating on the Mystery of the Descent of the Holy Spirit, when, the Apostles being assembled in a house in Jerusalem, the Holy Spirit descended upon them in the form of fiery tongues, inflaming the hearts of the Apostles with the fire of divine love, teaching them all truths and giving to them the gift of tongues, I humbly pray... Our Father, etc

Then say: I bind these royal-purple roses with a petition for the grace of receiving the Holy Spirit and lay this bouquet at your feet.

Fourth Glorious Mystery – The Assumption of Our Blessed Mother Into Heaven Glorious Mother Mary, meditating on the Mystery of your Assumption into Heaven, when, consumed with the desire to be united with your divine Son, your soul departed from your body and united itself to Him, Who, out of the excessive love He bore for you, His Mother, whose virginal body was His first tabernacle, took that body into Heaven and there, amidst the acclaims of the angels and saints, fused into it your soul, I humbly pray... Our Father, etc

Then say: I bind these royal-purple roses with a petition for the grace of true devotion to you, dear mother, and lay this bouquet at your feet.

Fifth Glorious Mystery – The Coronation of Our Blessed Mother Mary Glorious Mother Mary, meditating on the Mystery of your Coronation in Heaven, when, upon being taken up, you were triply crowned as the August Queen of Heaven by God the Father as His beloved daughter, by God the Son as His dearest mother, and by God the Holy Spirit as His chosen spouse; the most perfect adorer of the Blessed Trinity, pleading our cause as our most powerful and merciful mother, through you, I humbly pray...

Then say: I bind these royal-purple roses with a petition for the grace of trust in your intercession and lay this bouquet at your feet.

Concluding Prayers



The Luminous Mysteries

1 x Hail Mary

Hail! Queen of the Most Holy Rosary, my Mother Mary, hail! At your feet I humbly pray and offer you a crown of bright-yellow roses, to remind you of the ministry of your Son. Each ten bound together, recalling to you a luminous mystery, with my petition for a particular grace.

In the 27 days of petition pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I humbly implore you to receive my petition; from your bounty I rest assured that you will grant me the favor I so trustingly seek.

In the 27 days of thanksgiving pray: O Holy Queen, dispenser of God's graces and mother of all who invoke your holy name. Do not look upon my gift and fail to see its binding. As you graciously receive my gift, I kindly implore you to receive my thanksgiving; from your bounty you have granted me the favor I so trustingly sought.

First Luminous Mystery – The Baptism of Jesus in the Jordan River Courageous Mother Mary, meditating on the Mystery of the Baptism of Jesus in the Jordan River, when your Son, as an example to all, insisted on being baptized by His cousin John and the sky opened and the Holy Spirit came down to Him like a dove and a voice from Heaven said, "You are my own dear Son in whom I am well pleased", I humbly pray...Our Father, etc

Then say: I bind these bright-yellow roses with a petition for the grace of openness to the Holy Spirit and humbly lay this bouquet at your feet.

Second Luminous Mystery – The Wedding of Cana Courageous Mother Mary, meditating on the Mystery of the First Miracle of Jesus at the Wedding Feast at Cana, when at your urging, your Son performed the first of His many miracles by helping a couple celebrate their marriage, by changing water into wine of such quality that the chief steward upbraided the host by saying, "Usually people serve the best wine first and save the cheaper wine for last, but you have saved the choice wine for last", I humbly pray... Our Father, etc

Then say: I bind these bright-yellow roses with a petition for the grace of manifestation through faith and humbly lay this bouquet at your feet.

Third Luminous Mystery – The Proclamation of the Kingdom of God

Courageous Mother Mary, meditating on the Mystery of the Proclamation of the Kingdom of God, when your Son revealed that the reign of God has already begun "within us" and we are called to conversion and forgiveness, praying "Your Kingdom come, Your will be done, on Earth as it is in Heaven," I humbly pray... Our Father, etc

Then say: I bind these bright-yellow roses with a petition for the grace of trust in God and humbly lay this bouquet at your feet.

Fourth Luminous Mystery – The Transfiguration Courageous Mother Mary, meditating on the Mystery of the Transfiguration, when your Son revealed His glory to His three disciples, appearing on a mountain with Moses and Elijah, His face shining like the sun and a voice from heaven proclaiming, "This is my beloved Son...Listen to him", I humbly pray...

Then say: I bind these bright-yellow roses with a petition for the grace of desire for holiness and humbly lay this bouquet at your feet.

Fifth Luminous Mystery – Institution of the Eucharist Courageous Mother Mary, meditating on the Mystery of the Institution of the Sacrament of the Eucharist, when on the day before He died your Son celebrated the Passover with His disciples and took bread and gave it to them saying, "Take and eat; this is My body" and when dinner was finished He took a cup of wine and shared it with them saying, "Take and drink; this is My blood, which will be given up for you; do this in memory of Me", I humbly pray... Our Father, etc

Then say: I bind these bright-yellow roses with a petition for the grace of adoration of the Eucharist and humbly lay this bouquet at your feet.

Concluding Prayers



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?

Recommended Items Needed:

- A Rosary
- A journal
- A Bible
- 33 Marian Consecration book (St. Louis DeMontfort or “33 Days to Morning Glory”)
- Hallow App for prayers, meditations, etc.
- Spiritual Reading Content (Book on a Saint, Devotional)
- A Calendar to track daily (week format included in this booklet)

In all things, I give thanks to you, Father, for the gift of your grace in my life. I pray that this day will be filled with wonder and awe as I experience your love anew. In the name of Jesus Christ, I offer this prayer and ask that you guide my steps now and forevermore.
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 all my love.

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



Daily 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."



*"The world doesn't need what women
have, it needs what women are."*

St. Teresa Benedicta of the Cross

