



fiat90
2026

Be Where You Are

What is Fiat90?

Purpose: Fiat90 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 her own health, responsibilities, vocation, and personal discernment. Fiat90 is intentionally designed to meet people where they are. The following are the main focal points:

Disciplines - The disciplines are meant to be invitations to enter deeper into holiness, not burdens. They will not look the same for everyone. For example, fasting will look different for a mother who is pregnant and/or small children or someone who has health/dietary restrictions. There are two type of disciplines:

Daily Disciplines (p.4) will ask you to give up unnecessary things, not pile on endless new tasks. If anything you may find that you have more time.

Spiritual Disciplines (p.4) encourage you to discern: “*What will help me grow closer to Christ?*” or “*Where is Jesus inviting me to focus on my spiritual growth?*”

There is no right or wrong way to choosing the disciplines. Each person’s “yes” to God will be unique, but together we are united in the same spirit of surrender.

Spiritual Adoption - You are invited to “adopt” a soul in prayer, someone God places on your heart or an unknown person in need of grace. This could be an unborn child, a struggling family member, or a soul who has no one to pray for them. Each day, you offer your prayers, sacrifices, and acts of love for their good. In this way, you quietly share in Mary’s maternal heart, interceding for the world with a hidden yet powerful “yes” to God’s will.

During the span of the 90 days, you can choose to pray for one individual for all 90 days. You can also choose to do 1/week (13 individuals) or 1/month (3 individuals). The only recommendation is that you are spiritually adopting only one individual at any given time.

Community/Anchor - These 90 days are not meant to be done alone, and ideally done with a small group. That can look like one other person, or up to 3-5 other individuals.*

- Daily check-ins will be done with your “Anchor” (who is a person - friend, sister, someone from church, etc. that you check in with daily for encouragement, accountability, and prayer and vice versa).
- Weekly meetings will be done with your small group (this may just be you and your Anchor, and that’s okay). This time is meant to be a deeper conversation of how your week is going and identifying where God has been present. The outline for Small Group Meetings can be found in the Fiat90 booklet/guide.

**If needed your anchor/community can be virtual, but it is important to have daily communication. Weekly meetings are recommended to be done as a phone/video call.*

My Fiat

Date Begin: _____ Date End: _____

My Anchor: _____

My Disciplines:

My Personal Intentions:

My Spiritual Adoption:

Fiat90 Disciplines

Daily Disciplines: Try and adhere to these disciplines as much as you can. They are the distractions we often find in our life, preventing us from entering deeper into the present moment.

- No TV and movies – except when with others for a specific purpose
- No secular Music/Podcasts/Media
- No phone use after 9PM
- No social media
- No unnecessary purchases/online shopping
- Getting up at the First Alarm (The Heroic Minute)
- Fasting - Suggested 2 smalls meals/ 1 large meal (health/dietary needs please adjust to your needs)
- 90-day Fast from sweets, alcohol, desserts, snacks.
- Exercising/Activity: 3-5/week (walking, workout, etc.)
- Confession: Bi - Monthly/Monthly Recommended
- Spiritual Adoption: Choose a person who is living, deceased, or unborn (can be known or unknown)

For the following select 2-3 disciplines that you feel called to take on, that you are not currently doing. You can add more later if you find the time and ability to do so.

Spiritual Disciplines:

- Morning/Evening Daily Prayers
- 54 Day Rosary Novena (typically done the first 54 days)
- Marian Consecration: *St. Louis DeMontfort - Marian Consecration* or *33 Day Morning Glory - Marian Consecration* (Typical start date is after the 54 Day Novena is completed)
- Attend Daily Mass (as schedule allows)
- Daily 15 minutes of silence: Just you and Jesus.
- 90 Day Scripture Reading: “Women in Scripture” or “The Gospels” as noted on Journal pages.
- Weekly Hour in Eucharistic Adoration
- Spiritual Reading: Books on the Saints or the Catholic Faith, Liturgy of the Hours, etc.

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

Small Group Meeting Outline

It's easy to gather with your group and dive right into conversations about life or the challenges of the program. But this outline is designed to help you do something deeper: to recognize both the struggles you face and the graces God is giving you through them.

The conversation doesn't have to take long, but we encourage you to take the opportunity to slow down, open your heart, and notice the stirrings of your soul.

These weekly meetings will be the highlight of your week. Fiat90 is not meant to be a miserable three months. Yes, it includes sacrifice — most definitely. But in sacrifice there is joy, peace, and love when we say “Yes” to God while walking alongside our sisters in Christ. These women will be your posse for the next 90 days.

Celebrate together, have those honest conversations, cry when you need to — and rejoice in the gift of community. God made us for one another.

Discussion Outline

- High: Share one good thing that happened this week.
- Low: Share one struggle that was difficult to overcome this week.
- Holy Spirit Moment: Share a moment when you experienced the Holy Spirit this week. (Sometimes these moments may feel strange — and that's okay! They're not always clearly “good” or “bad.” They may simply be God speaking in a place you hadn't noticed Him before. As we walk through this program, these moments help us see how God is at work in our lives, even in ways we can't fully explain.)
- Intentions: Share one intention — an area where you need God's help and the support of your sisters this week.
- Prayer: End the meeting in prayer. Go around the circle and pray for the person sitting to your right or left. End with a Hail Mary. (You may also close with a specific prayer together, such as the Rosary, Divine Mercy Chaplet, etc.)

Weekly Breakdown

Spiritual
Adoption

S

M

T

W

T

F

S

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

*Weekly
Breakdown*

S M T W T F S							

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

Week 13

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 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 Scripture

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

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world.

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.

Guardian Angel Prayer

Angel of God, my guardian dear, to whom God's love commits me here, ever this day, be at my side, to light and guard, rule and guide. 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.

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.

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.

A Prayer to the Holy Family for Protection

O Jesus, look graciously upon our family before You. We
consecrate ourselves to You, our trials and joys, that our home
may ever be a shrine of peace, purity, love, and faith. Protect
and bless all of us, both absent and present, and be merciful to
those departed. Amen.

Daily Evening Prayer

Everlasting Father, thank You that I am never alone, Your presence calms the troubled sea of my life and speaks peace to my soul. Remove the stress that I am carrying from my day and help me rest peacefully in the security of Your hand. Bless me with restful sleep. May You, the God of all grace, who has called me into eternal glory by Christ Jesus, make me holy, strong and filled with peace. To You be glory and honor forever and ever. Amen.

Daily Examen

- 1. Place yourself in God's presence.** Give thanks for God's great love for you and all that He has given you.
- 2. Pray for the grace to understand how God is acting in your life.**
- 3. Review your day** — recall specific moments that and how you felt at the time (joy, stress, difficulty, gratitude, etc.)
- 4. Reflect on what you did, said, or thought in those instances.** Did you feel close to God or further away?
- 5. Look toward tomorrow** — In what area is God calling you to be more aware, understanding or present? Be specific, and conclude with the "Our Father."

Surrender Novena Prayer

(Repeat 10 times)

O Jesus, I surrender myself to you, take care of everything!

The Litany of the Blessed Virgin Mary

Lord, have Mercy Lord, have Mercy	Seat of wisdom Pray for us
Christ, have Mercy Christ, have Mercy	Cause of our joy Pray for us
Lord, have Mercy Lord, have Mercy	Spiritual vessel Pray for us
Christ, hear us Christ, Graciously hear us	Vessel of honor Pray for us
God the Father of Heaven Have Mercy on us	Singular vessel of devotion Pray for us
God the Son, Redeemer of the world	Mystical rose Pray for us
Have Mercy on us	Tower of David Pray for us
God the Holy Spirit Have Mercy on us	Tower of ivory Pray for us
Holy Trinity, One God Have Mercy on us	House of gold Pray for us
Holy Mary Pray for us	Ark of the covenant Pray for us
Holy Mother of God Pray for us	Gate of Heaven Pray for us
Holy Virgin of virgins Pray for us	Morning star Pray for us
Mother of Christ Pray for us	Health of the sick Pray for us
Mother of divine grace Pray for us	Refuge of sinners Pray for us
Mother most pure Pray for us	Comforter of the afflicted Pray for us
Mother most chaste Pray for us	Help of Christians Pray for us
Mother inviolate Pray for us	Queen of Angels Pray for us
Mother undefiled Pray for us	Queen of Patriarchs Pray for us
Mother most amiable Pray for us	Queen of Prophets Pray for us
Mother most admirable Pray for us	Queen of Apostles Pray for us
Mother of good counsel Pray for us	Queen of Martyrs Pray for us
Mother of our Creator Pray for us	Queen of Confessors Pray for us
Mother of our Savior Pray for us	Queen of Virgins Pray for us
Virgin most prudent Pray for us	Queen of all Saints Pray for us
Virgin most venerable Pray for us	Queen conceived without original sin
Virgin most renowned Pray for us	Pray for us
Virgin most powerful Pray for us	Queen assumed into Heaven Pray for us
Virgin most merciful Pray for us	Queen of the most Holy Rosary Pray for us
Virgin most faithful Pray for us	Queen of Peace Pray for us
Mirror of justice 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

Rosary Outline

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the **Apostles' Creed**.
3. On the first bead, say an **Our Father**.
4. Say one **Hail Mary** on each of the next three beads.
5. Say the **Glory Be**.
6. For each of the five decades, announce the Mystery (and possibly the fruit of the mystery) then say the **Our Father**.
7. While fingering each of the ten beads of the decade, next say ten **Hail Marys** while meditating on the Mystery. Then say a **Glory Be**.

Followed by the Fatima Prayer: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*

8. After saying the five decades, say the **Hail, Holy Queen**, followed by this dialogue and prayer:

V. *Pray for us, O holy Mother of God.*

R. *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 thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

The Glorious Mysteries

1. **The Resurrection** — *Faith*
2. **The Ascension** — *Hope and Desire for Heaven*
3. **The Descent of the Holy Spirit** — *Wisdom and Love of God*
4. **The Assumption of Mary** — *Devotion to Mary*
5. **The Coronation of the Blessed Virgin Mary** — *Eternal Happiness*

The Joyful Mysteries

1. **The Annunciation** — *Humility*
2. **The Visitation** — *Love of Neighbor*
3. **The Nativity of the Lord** — *Poverty of Spirit, Detachment from the Things of the World*
4. **The Presentation** — *Obedience*
5. **Finding of the Child Jesus in the Temple** — *Piety*

The Sorrowful Mysteries

1. **Agony in the Garden** — *Conformity to the Will of God*
2. **Scourging at the Pillar** — *Purity*
3. **Crowning with Thorns** — *Moral Courage*
4. **Carrying of the Cross** — *Patience*
5. **Crucifixion** — *Self-Denial*

The Luminous Mysteries

1. **The Baptism of Jesus** — *Openness to the Holy Spirit*
2. **The Miracle at Cana** — *To Jesus through Mary*
3. **Proclamation of the Kingdom of God** — *Repentance for Sins*
4. **The Transfiguration** — *Desire for Holiness*
5. **Institution of the Eucharist** — *Eucharistic Adoration*

54 Day

Rosary

Novena



To pray the 54-Day Rosary Novena, pray the Rosary every day for 54 consecutive days, with the first 27 days dedicated to petition (asking for a specific grace) and the last 27 days dedicated to thanksgiving. During the petition period, you make "bouquets" of roses for each mystery with a binding petition. On the first day, begin with the Joyful Mysteries, then the Sorrowful Mysteries on the second day, the Glorious Mysteries on the third day, and the Luminous Mysteries on the fourth day. Repeating this sequence for the entire 54 days.

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

The Concluding Prayers for all the Mysteries

The following prayers are said after all the five mysteries for any category are completed. There are four overarching categories (Joyful, Sorrowful, Glorious and Luminous) and five underlying mysteries per category. So take the Joyful Mysteries as an example: Once you have completed The Annunciation, The Visitation, The Birth of Jesus, The Presentation and Finding of the Child Jesus in the Temple, then you pray these concluding prayers. They are not said after each underlying mystery (meaning five times per Rosary), only once at the end of the rosary. So you end up saying them once a day.

Please note that the concluding prayers are the same for any category (Joyful, Sorrowful, Glorious and Luminous).

Spiritual Communion: My Jesus, really present in the most Holy Sacrament of the altar, since I cannot now receive you under the Sacramental Veil, I beseech you, with a heart full of love and longing, to come spiritually into my soul through the immaculate heart of Your most Holy Mother, and abide with me forever.

In the 27 days of petition pray: Sweet Mother Mary, I offer you this Spiritual Communion to bind my bouquets in a wreath to place upon your brow. O my Mother! Look with favour upon my gift, and in your love obtain for me (specify request here).

In the 27 days of thanksgiving pray: Sweet Mother Mary, I offer you this Spiritual Communion to bind my bouquets in a wreath to place upon your brow in thanksgiving for (specify request here).

After you have said the above, you conclude with the following:

1 x Hail Mary

1 x Hail Holy Queen

1 x Prayer to St Michael the Archangel

1 x Memorare

1 x The Litany of the Blessed Virgin Mary

1 x Sign of the Cross

Marian Consecration Prayer

Morning Glory Consecration Prayer

I, _____, a repentant sinner, renew and ratify today in your hands, O, Immaculate Mother, the vows of my Baptism. I renounce Satan and resolve to follow Jesus Christ even more closely than before.

Mary, I give you my heart. Please set it on fire with love for Jesus. Make it always attentive to his burning thirst for love and for souls. Keep my heart in your most pure Heart that I may love Jesus and the members of his Body and with your own perfect love.

Mary, I entrust myself totally to you: my body and soul, my goods, both interior and exterior, and even the value of all my good actions. Please make of me, of all that I am and I have, whatever most pleases you. Let me be a fit instrument in your immaculate and merciful hands for bringing the greatest possible glory to God.

If I fall, please lead me back to Jesus. Wash me in the blood and water that flow from his pierced side, and help me never to lose my trust in this fountain of love and mercy.

With you, O Immaculate Mother – you who always do the will of God – I unite myself to the perfect consecration of Jesus as he offers himself in the spirit to the Father for the life of the world.
Amen.

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

St. Teresa Benedicta of the Cross

