

Nineveh 90

For these 90 days,
set aside time for...

1. Daily Mass when possible
2. Regular Confession
3. Support System: "Nineveh 90 Squad" Meet 1-3 times/week
"Accountability Buddy" Meet 3-7 times/week.
4. Daily Prayer
 - Morning Offering
 - Angelus (6, Noon, 6)
 - Rosary
 - Holy Hour (20 minutes min.)
 - Bedtime Prayers

Sundays and Solemnities:

may be a day of relaxed discipline, but not abandoned.

Days of Fasting: Wednesdays & Fridays

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Nineveh 90 Day 1	14 Day 2	15 Day 3	16 Day 4	17 Day 5	18 Day 6
5 4 Day Rosary Novena						
19 Day 7	20 Day 8	21 Day 9	22 Day 10	23 Day 11	24 Day 12	25 Day 13
5 4 Day Rosary Novena						
26 Day 14	27 Day 15	28 Day 16				
5 4 Day Rosary Novena						

February 13 to April 7 ~ 54 Day Rosary Novena Prayer Intention:

Personal Holiness & for the Roman Catholic Church

April 10 to May 12 ~ 33 Day Preparation for Consecration

May 13, 2017—Marian Consecration – 100th Anniversary of Our Lady of Fatima

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Days of Fasting: Wednesdays & Fridays

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ash Wednesday	2	3	4
			Day 17	Day 18	Day 19	Day 20
5 4 Day Rosary Novena						
5	6	7	8	9	10	11
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
5 4 Day Rosary Novena						
12	13	14	15	16	17	18
Day 28	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34
5 4 Day Rosary Novena						
19	20 ST. JOSEPH	21	22	23	24	25 ANNUNCIATION
Day 35	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41
5 4 Day Rosary Novena						
26	27	28	29	30	31	
Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Day 47
5 4 Day Rosary Novena						

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April 2017



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Sundays and Solemnities:

may be a day of relaxed discipline, but not abandoned.

Days of Fasting: Wednesdays & Fridays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
5 4 Day Rosary Novena						
2	3	4	5	6	7	8
Day 49	Day 50	Day 51	Day 52	Day 53	Day 54	Day 55
5 4 Day Rosary Novena						
9 Palm Sunday	10	11	12	13 Holy Thursday	14 Good Friday	15 Holy Saturday
Day 56	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62
Preparation for Consecration (PFC)						
16 Resurrection Of the LORD	17	18	19	20	21	22
Day 63	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69
PFC Day: 7	8	9	10	11	12	13
23 Divine Mercy Sunday	24	25	26	27	28	29
Day 70	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76
PFC Day: 14	15	16	17	18	19	20
30						
Day 77						
21						

February 13 to April 7 ~ 54 Day Rosary Novena Prayer Intention:

Personal Holiness & for the Roman Catholic Church

April 10 to May 12 ~ 33 Day Preparation for Consecration

May 13, 2017—Marian Consecration – 100th Anniversary of Our Lady of Fatima

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 - Bedtime Prayers

Sundays and Solemnities:
may be a day of relaxed discipline, but not abandoned.

Days of Fasting: Wednesdays & Fridays

May 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Day 78	Day 79	Day 80	Day 81	Day 82	Day 83
	PFC Day: 22	23	24	25	26	27
7	8	9	10	11	12	13
Day 84	Day 85	Day 86	Day 87	Day 88	Day 89	
PFC Day: 28	29	30	31	32	33	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 13 to April 7 ~ 54 Day Rosary Novena Prayer Intention:
Personal Holiness & for the Roman Catholic Church

April 10 to May 12 ~ 33 Day Preparation for Consecration

THE NINEVEH 90 CHALLENGE BEGINS FEBRUARY 13 — “Consecration Day” will be on May 13, the 100th Anniversary of Our Lady of Fatima.

Nineveh 90 – Ten Elements: For these 90 days, resolve to...

1. Let go of repetitive sin you struggle with (e.g., masturbation, over-eating, alcohol, etc.)
2. Wear Brown Scapular (Scapular Medal allowed) – Akin to Sackcloth
3. Daily Mass (This is more of an encouragement, as many cannot do this)
4. Confession (at least once a month ... immediately following grave sin)
5. Support System: Create or join a “Nineveh 90 Squad” of 3-8 people. Meet 1-3 times/week (in person or online). Partner with an “Accountability Buddy.” Meet daily or, at least, 3 times/week.
6. Daily Prayer
 - Morning Offering
 - Angelus (6, Noon, 6)
 - Rosary
 - Holy Hour (or at least 20 minutes – does not need to be before the Blessed Sacrament)
 - Bedtime Prayers
7. For 90 Days, Commit to ...
 - Regular and intense exercise (**this may be one of the greater challenges for many**)
 - Seven hours of sleep is essential
 - No alcohol
 - No desserts & sweets
 - No eating between meals
 - Fasting: Wednesdays and Fridays (Water/Juice and bread only, if medically allowed, otherwise as [outlined by the USCCB](#))
 - No soda or sweetened drinks
 - No television or movies (news allowed)
 - Only music that lifts the soul to God
 - No televised sports (one per week allowed)
 - Limit recreational computer time (only use for personal needs and fulfillment. May be needed for Nineveh 90 too)
8. 54 Day Rosary Novena (Basic Training in Holiness) – February 13 to April 7*
9. 33 Day Preparation for Consecration – April 10 (Monday of Holy Week) to May 12
10. Marian Consecration – May 13, 2017. 100th Anniversary of Our Lady of Fatima

***Prayer Intention for 54 Day Rosary Novena:** Personal Holiness and for the Roman Catholic Church.

Sundays and Solemnities: may be a day of relaxed discipline, but not abandoned. (Sleep in an extra hour, cream in your coffee, a dessert, a beer, etc.)

You are encouraged (not required) to join the [Angelic Warfare Confraternity](#)

Sign-up for the daily email prayers and reflections at this website: nineveh90.com

Please join our “Special Forces Training” FB group to receive instructions and form Nineveh 90 squads and buddies: [SPECIAL FORCES TRAINING](#)