



EXODUS

# Journey to Easter with Exodus Lent

40 days to grow closer to God  
and become a better man.

**If you're like most men today, you understand the frustration of feeling all-too-human; unfree from the charming and seemingly irresistible promises of our modern world.**

Having been raised in a society that promotes and even glorifies all sorts of vices, many of us are bound by addictions to binge-watching TV shows, over-working, materialism, alcohol, and, yes, even pornography.

More than 60,000 husbands, fathers, and single men have taken the journey of Exodus 90 since 2015. Bishops, priests, and laymen in over 65 countries across the globe have begun fraternities.

Through guided prayer, self-denial, and true brotherhood, Exodus summons men back to the foundations of their faith, stripping them of worldly addictions and reinvigorating their devotion to Christ.

# Warm Showers and holy hours.

Unlike Exodus 90, during The Exodus Lent, you are permitted to take **warm showers**, **drink alcohol**, and — **when you’re with others** — **watch sports**. But don’t be fooled, this will still be a challenging 40 days of preparation for living the Christian life, the rest of your life.

- ▶ Grow closer to God.
- ▶ Take control of your life.
- ▶ Become a better man.

## Download the app

The Exodus app is the hub for your 40-day journey with your fraternity. Read the daily content, communicate with your brothers, and track your progress every day.



Freedom begins  
Ash Wednesday

Exodus90.com

