

**WHAT WILL  
YOU BECOME  
BY DAY 91?**



**THE 90-DAY JOURNEY STARTS  
JANUARY 1 AND ENDS ON EASTER SUNDAY.**

# HOW IT WORKS

For 90 days, men learn to persevere, suffer and depend on God, above all else. Well-documented science tells us it takes a minimum of 90 days to break addictions and bad habits. The 90 days of Exodus aids men in beginning anew and preparing them for a life of greater virtue.



## Prayer

Men adopt the discipline of daily prayer—taking on the story of the Israelites journeying from the slavery of sin into the freedom of the promised land. With a daily passage from the book of Exodus and a corresponding, written meditation, men discover the personal slavery preventing greater love of God and neighbor.



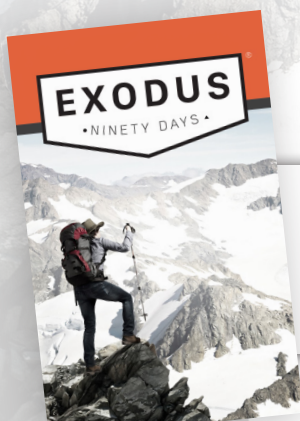
## Asceticism

Learning to deny themselves, Exodus 90 men take up their cross, and learn to offer up cold showers, fasting from all alcohol, sweets, eating between meals, television & movies, televised sports, and more. In emptying themselves of modern comfort, noise, and vice, men dispose themselves greater to the voice and presence of God in their lives.



## Fraternity

Men band together, in groups of four or more, for encouragement and accountability as well as to share difficulties and challenges through the 90 days. Weekly fraternity meetings provide the context for a virtuous brotherhood, serving to foster greater communion and friendship within, and after, the 90 days.



Get Started by January 1 at:

**EXODUS90.COM**