

New Study Shows Exodus 90 Spurs Growth in Men of All Ages

Successful men's movement set to kick off January 17

Fort Wayne, IN, January 3, 2022— The worldwide men's movement, Exodus 90, is set to begin its widely successful journey for men of all ages and vocations leading up to Easter Sunday 2022. On January 17, tens of thousands of men will begin the three-month spiritual exercise in churches, workplaces, colleges, and family rooms throughout the United States and in many countries throughout the world.

Exodus 90 offers men a rewarding challenge through the book of Exodus based on three pillars: prayer, asceticism, and fraternity. As the movement continues to encompass growing demographics of men from all generations and stages of the faith journey, Exodus 90 summons them back to the foundations of their faith to help them experience freedom from worldly attachments and to better love those entrusted to their care.

Third-party independent research indicates 99 percent of men report a freedom from previous attachments to sins and pleasures of the world, after completion of the three-month exercise. In all areas tested, men who took on the Exodus 90 journey revealed significant increases in faith-life satisfaction, marital relationships, dramatic decrease in wasting time on smartphones, and more. Since its founding, more than 50,000 men from around the world, including priests and bishops, have journeyed through Exodus 90.

"After 90 days of Exodus, men experience true freedom," said Bishop Kevin C. Rhoades, of the Diocese of Fort Wayne-South Bend. "I have seen this fruit with my own eyes."

Exodus 90 was created by Fr. Brian Doerr in 2013 as a seminary formation program. It has since exploded under the leadership of James Baxter, a Co-Founder who also serves as CEO. Early on, the co-founders recognized that these tools, designed to help young men find personal freedom in preparation for the priesthood, were needed by men of all ages and vocations battling a culture of self-indulgence and disordered passions. As the movement grew, so did the age range of participants; Exodus 90 is now thriving in places like college campuses, Knights of Columbus councils, and in parishes all over the world with young men between the ages of 26 and 40 being the largest age group represented.

For 90 days, men form a small fraternity for accountability and support, committing to a daily holy hour, fasting two days a week, limiting the use of technology, and offering up specific personal sacrifices.

"Men everywhere of all ages, walks of life, and places in their vocation journeys are finding fraternity and freedom in Exodus 90," CEO James Baxter said. "The majority of Exodus 90 participants report greater peace and joy in their lives. They feel closer to their families, wives, and children, and they are growing in the virtues of chastity and sobriety."

Nathaniel Binversie, the Director of Mission for Exodus 90, added to Baxter's observation saying, "Though it's impossible to quantify the full impact and value of this spiritual journey, nearly all the men who complete the 90 days report that they were challenged in ways that transform their lives far beyond completing Exodus 90."

Men everywhere are encouraged to find or start a local Exodus 90 group in preparation for Easter by January 17.

For more information on Exodus 90 and a complete press kit, visit www.exodus90.com/media.

To request an interview with James Baxter, contact Carrie Kline at carriek@revolutionizingmissions.com.

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Since 2013, Exodus, Inc. has grown significantly with its flagship 90-day spiritual exercise that reaches across the globe to impact fraternities in more than 65 countries, freeing over 50,000 bishops, priests, and laymen from enslavement. Through a regimen of daily prayer, asceticism, and fraternity, Exodus 90 summons men back to the foundations of their faith, stripping them of worldly attachments and reinvigorating their devotion to Christ. After Exodus 90, the highly-rated Exodus app offers The Biblical Series, a continued journey of prayer, asceticism and fraternity with over 1,000 days of content. Additionally, the Exodus Advent and Lent programs have been used by thousands of men around the world.