

Exodus 90 is Connecting Men with Proven, Age-Old Methods

January 9th marks the start of 90-day program for men to connect, grow together in Christ

Fort Wayne, IN, December 12, 2022— What started out as a program for future priests has exploded onto the lay formation scene as the impactful 90 day journey based on the book of Exodus where men leave worldly distractions behind to grow closer to God, their spouse, and family. Now, Exodus 90 is ready to welcome tens of thousands of men starting January 9 for the 90-day journey to Easter Sunday in 2023. This much-anticipated time of year gives men all over the world the ability to connect with each other in small fraternity groups for accountability during, and far past, the program's traditional 90 days.

“As the new year dawns, everyone looks forward to a fresh start, myself included!” James Baxter, co-founder and CEO of Exodus 90 said. “Throughout the centuries, when good men stood by idly, the Church and the world, our families, and communities suffered. Now more than ever, men need to embrace their identity as sons of the Father and lead with newfound conviction in the gravity of their calling.”

Over 60,000 men have taken part in the 90-day exercise and have found great value in the personal steps they took as men of faith. Another 20,000 are expected to take on the journey starting Monday, January 9, 2023.

Men seeking to start on that date can download the Exodus 90 app at StartExodus90.com. Once they've created a free account, they will be invited to start a new fraternity and invite men they know who would benefit from a deeper freedom and a more honest relationship with the Lord.

“We need to get back to our roots — to who we are in Jesus Christ,” adds Baxter. “So many men are stuck in a rut, and most of us cannot even tell the extent of our disintegration and attachments to the world. That's the subtlety of the devil. If we do not know that we are not free, we will not seek out the ancient traditions of our Church and the Lord's grace to help us.”

Focusing on the three pillars of prayer, asceticism, and fraternity, Exodus 90 provides spiritual formation and growth over a focused period of 90 days with the goal of finishing the 90 days more dependent on God and less attached to worldly distractions and pleasures. This program has been completed by laymen and clergy alike – endorsed by numerous bishops including Most Rev. Kevin C. Rhoades, the group's spiritual advisor.

“Exodus 90 is having a significant impact on men,” says Rhoades. “After 90 days, men truly experience a greater freedom – I've seen it with my own eyes.”

Bishop Joseph Strickland, of Tyler, TX, agrees, telling Exodus men recently: “with Exodus 90, the Holy Spirit is inviting you to be a man, while society wants you to be boys.”

Exodus 90 is a thriving presence on college campuses, Knights of Columbus councils, and in parishes all over the world. Men are invited to participate in the Exodus 90 experience in the ninety days leading up to Easter Sunday, which begins in 2023 on January 9.

Exodus 90 has been translated into several languages, including Spanish, Polish, Slovak, Slovenian, German and English.

For more information on Exodus 90 and a complete press kit, visit <https://exodus90.com/media/>.

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

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Since 2013, Exodus 90 has evolved into a powerful 90-day spiritual exercise that reaches across the globe to impact fraternities in more than 65 countries, freeing over 60,000 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 addictions and reinvigorating their devotion to Christ.