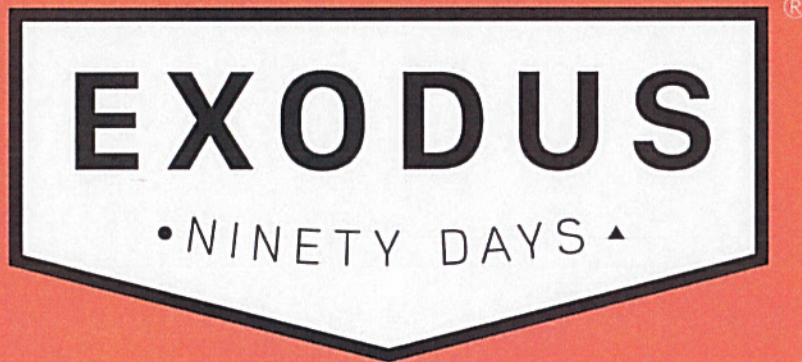


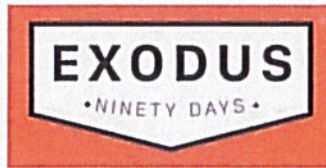
YOU. YOUR BROTHERS. 90 DAYS.



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2024

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DANIEL ISLAND, SC

But as for you, man of God, shun all this;  
pursue righteousness, godliness, faith, love, endurance, gentleness.  
1 Timothy 6:11



## WHY 90 DAYS?

How long does it take to regain freedom? Eight days, thirty days, ninety days, five years? When it comes to regaining our freedom, we need to do more than just successfully jump through a set of hoops for a duration of time. We need to respond to God's grace and reorient our lives towards him. Think of a man who struggles with alcoholism. After giving up alcohol and faithfully attending ninety Alcoholics Anonymous meetings in ninety days, will he be free to return to an empty house stocked with liquor? Unlikely. There is more to recovery and more to freedom than that.

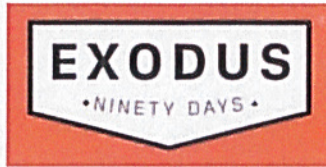
We must reorient our life towards Jesus Christ, the source of our fulfillment and freedom. Regardless of what you struggle with, these 90 days are a time to reorient your life by changing unhealthy patterns. Who do you spend your time with? Where do you go in times of stress? What do you turn to in periods of perceived boredom? Whatever it is that enslaves us, we will gain greater freedom only if we change our hearts, minds, and the overall pattern of our lives, and center them on Christ.

In his book *Your Brain on Porn*, Professor Gary Wilson notes that individuals trying to "reboot" their brains in order to achieve freedom from their addiction to pornography try to go three months without looking at pornographic images. Men with serious addiction symptoms sometimes need a far longer period to achieve freedom. For them, eight days is not enough, thirty days is not enough; ninety days is a very strong start, but still not enough for true and lasting freedom.

Be of good hope. The heart of this period of ninety days is a roadmap to freedom that will provide you with the means to give your life to God anew and allow him to reorient it. Christ's roadmap of prayer, asceticism, and fraternity, emphasized in *Exodus 90*, disposes us to receive the graces we need to obtain the freedom God made us for.

"For freedom Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery" (Galatians 5:1).

During these ninety days, you will encounter our Lord in a new way. You will learn Christ's roadmap to freedom. And if you allow God's grace to work, you will experience the reorientation of your life to that which matters most. These ninety days have the ability to serve as a meaningful start to the rest of your life.



## WHAT'S YOUR WHY

Begin Exodus 90 with a clear intention. Why have you come to this spiritual exercise? Nearly all men who come to Exodus 90 are seeking a new level of freedom. They realize that they are not free to love and serve their families and God as they ought. But let's be more specific. In what ways are men unfree?

We men are enslaved in many different ways by our dependencies and attachments: to sports, email, mobile devices, work, television, videos, video games, food, alcohol, caffeine, tobacco, smoking, money, stock trading, news, homework, public appearance, power, control, hobbies, gambling, materialism, laziness, activism, and narcissism. Most prominently in our day, men have become enslaved to pornography and masturbation.

Take time to look over this list. It is by no means exhaustive. Rather, it is meant to help you reflect on—and specifically name—your dependencies and attachments. Be honest about what you need to be freed from. Be honest with yourself, with your brothers, and with the Lord. This honesty is a vital step toward freedom.

Naming the specific dependencies or attachments from which you desire freedom is enough to get you started on Exodus 90, but it won't be enough to get you to Day 91. For that, you will need to acknowledge something more, and someone more. Specifically, you'll need to name someone you love for whom you are willing to do whatever it takes to be free. Love is powerful. Love can motivate a man beyond his usual limits—even to the point of death. Look to the cross; the cross says it all.

### Writing Your Why

You will be prompted to refer back to your written "why" throughout the ninety days of this exercise and beyond, so it's important to take this writing project seriously.

Your written why should follow these four parameters:

1. Name a dependency or attachment that you hope to be free from.
2. Name a person(s) you love that you want to be free for.
3. Explain how your freedom will be at the service of those you have named.
4. State how the freedom you desire will aid you in living out God's plan for your life.

Here are two examples of a written why:

#### Example 1

"I want to be free so that I can be more present to people."

#### Example 2

"I want to break my attachment to my mobile device for my wife, daughter, and new child on the way so that I can be lovingly present to them as the Lord has called me to be in my role as husband and father."

The first example fails to meet the first three requirements of a written why and only vaguely meets the fourth. The second example, on the other hand, is a solid and specific why that a man can fight for.

When you set about determining your dependency or attachment, it is likely that many things will come to mind. This is the reality for most men today. Do your best to narrow your choice down to just one or two. This will help you to stay focused on what's most important for your freedom and keep you from getting overwhelmed. In making your selection, it is almost always best to name the biggest and most consistent obstacle to your freedom. If there is a habitual sin that could be considered grave, this should be what you write down in your why.

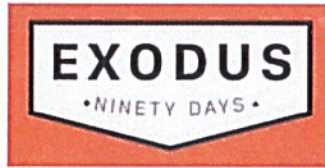
In writing your why, consider the words of Christ:

"He who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God" (John 3:21).

Be courageous and come into the light. All the way into the light. Write your why with honesty toward self and with love for others.

Review the four criteria above and take your time to write your why now or during your time of prayer today. Remember: God wants your freedom even more than you do. Listen to him as he guides you in an honest writing of your why. A well thought-out why will pay dividends for you in the wilderness.

Once you have your written why, save it in a place that is accessible to you daily. Type it into your phone or take a picture of it so you have it with you throughout this ninety day exercise. It will help inspire the motivation you need from Day 1 through Day 90.



## **MADE FOR FRATERNITY**

### **A Practice in Fraternity**

Man, created to live in the image and likeness of God, is called to unity, for God himself is eternally a unity of persons, the Trinity. As Christian men, we belong to something much bigger than ourselves: the body of Christ. Somehow, we've forgotten this in our culture and replaced the good of fraternity with the fairytale of the self-made man.

What man wages war against a great multitude on his own? What climber attempts to summit K2 without an expedition team? What Olympic athlete stands upon the podium without ever having had a coach or partners to aid him in training? Even a successful businessman (honest or not) never formed his own body out of clay. Rather, he only made it to the top by learning from mentors and relying on partners to help him prosper.

Each man is at his best when he is surrounded by men pushing him to triumph. The eyes of onlookers might keep us on our toes, but it is the active presence of men we can trust that keeps us both perseverant and headed in the right direction. Real fraternity leads to real success.

Exodus 90 is just as much a practice in fraternity as it is in prayer or asceticism. Distaste for prayer or unwillingness to take on ascetic disciplines often reveals a need to grow in those areas. The same is true of fraternity. If you'd rather not be a part of a fraternity, you may be acknowledging that you don't understand what real fraternity is. This should cause no shame, as too few men have had the gift of real fraternity in their lives. Now is your chance to change that.

### **Commitment is Key**

Men who weren't fully committed to building a fraternity (or worse, were slack in attending their fraternity meetings) have tended to experience substantial difficulties both during the ninety days of Exodus and afterwards. Unfortunately, they too often return to the very things they desired to be freed from. This should come as no surprise. Men who act a certain way without fraternity before Exodus 90, can expect to act a similar way if they don't commit to living fraternity during Exodus 90. The good news is that the solution is simple. Commit to living the life the Lord is calling all men to; commit to living fraternity.

Exodus Men who speak of the success they were able to experience during their ninety days in the wilderness consistently give abundant credit to the great fraternity they built along the way. Many Exodus Men speak long after their spiritual exercise about the success they are continuing to have together in Day 91. In addition, Exodus Men, who have set time aside for fraternity, regularly report how they have become a greater source of grace to their families. This should be no surprise. God values families. His roadmap to freedom is not made to hinder family or community life, but to bring greater grace to it.

What will your fraternity be like? That will depend on how much you invest in it. This doesn't mean you need to be the leader, but it does mean that you won't just be "going along for the ride." Do your part to make your fraternity a committed band of brothers.

## **Be a Well-Set Anchor**

"The spirit indeed is willing, but the flesh is weak." (Matthew 26:41)

As veteran rock-climbers and mountaineers know, some of the most breathtakingly worthwhile views can only be reached with the use of ropes and solid anchors. A climber or mountaineer's life often hangs by a rope that relies completely on the weight bearing strength of an anchor he sets during his ascent or descent. Without solid, well set, anchors many climbs would be impossible.

"I love the term 'anchor.' In climbing, rappelling, and mountaineering, people's lives depend on anchors. In sport climbing, anchors are easy and reliable with bolts pre-anchored into the rockface for anyone to use. But the views at the top of these routes are often not as prized. In traditional climbing, rappelling, and mountaineering, you depend on anchors you build yourself, whether it is with cams, nuts, snow, trees, etc. If your anchor fails, death is likely. In these grave instances, you might build two or three redundant anchors for additional safety. Climbing without proper anchors is foolish, especially if you know you lack the skill to successfully complete the ascent without them."

- Logan Tuura, Ski Mountaineer, Salt Lake City, Utah

We cannot ascend to the heights of freedom on our own—we have proven this repeatedly to ourselves and to others. This truth applies as you begin Exodus 90. Within your fraternity, each man should pair up with a brother. This particular brother is now your anchor, and you are his. If there is an odd number, make it a group of three. No one should attempt this ascent without an anchor. "Climbing without proper anchors is foolish..."

As your brother's anchor, your commitment to him will include checking in with him daily; a simple text message or brief phone call can work great. You are also committed to pray for, encourage, admonish, apologize to, and consistently forgive your anchor throughout the exercise. If your anchor gets shaky (if he starts watching sports, perusing social media, or leaning into food or drink), help him to get reset in a solid, dependable place. This is not only for his sake but also for yours.

If "you are the man" (cf. 2 Samuel 12:7) skipping disciplines and starting to fall into sin, call your brother immediately. Let him know that his anchor is weak. This serves both you and your brother. It is far better to alert him to your weakness than to let him experience your failure as a dependable anchor.

Whatever brother you choose as your anchor within your fraternity, make a commitment to him. Be a steady and dependable anchor. The journey to the heights is challenging, but the view at the top is "breathtakingly worthwhile." Help your brother get there.

## **Now Is the Time to Commit**

Whether the men in your fraternity were chosen by you or not, remember: these are your brothers. The quality of the fraternity in large part depends on you. Take a look at the men with whom you are about to make this exodus. They are worth respecting, challenging, and persevering with all the way to the promised land.

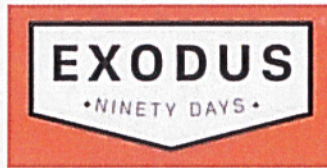
Remember Christ's words: "This is my commandment, that you love one another as I have loved you" (John 15:12). As much as you desire freedom, recall that these ninety days are not for you alone. They are for your friends, your family, the Church, and your brothers. Don't allow selfish thoughts to hinder the success God wants to give you. Be ready to make sacrifices for your fraternity, just as Christ made sacrifices for you. If you do so, your efforts will be like water in the wilderness and a fountain of life for

you and your fraternity in Day 91. Commit to greater freedom for yourself and for your brothers. Commit to your fraternity.

### **Strengthen Your Fraternity**

Here are three proven recommendations for strengthening your fraternity:

- 1) Consider scheduling a weekly fraternity holy hour. Your daily holy hours can be done on your own, but coming into the presence of the Lord as a fraternity has a mysterious unifying effect, even as each man prays silently on his own. It is worth scheduling a weekly fraternity holy hour, even if not everyone is able to attend every week. And if your circumstances as a fraternity allow for a daily holy hour together, all the better.
- 2) Go to confession regularly. Regular confession every few weeks (at a minimum, once per month) is a great way to renew your brotherly bonds, both with your fraternity and with Christ.
- 3) Attend one extra Mass each week. "The Eucharist is 'the source and summit of the Christian life.'" If Exodus Men want to discover the real influence of the Eucharist in their lives, let them commit to the holy reception of Christ at least one more day each week. "For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself" (CCC 1324). Past Exodus fraternities have found that attending an extra Mass each week worked best when a consistent day of the week was chosen. Many fraternities paired their weekly Mass with their fraternity holy hour before or after Mass.



## THE EXODUS MAN & HIS BRIDE

“Husbands, love your wives, as Christ loved the Church and gave himself up for her” (Ephesians 5:25).

The reorientation to Christ that Exodus 90 makes possible for a married man will necessarily impact his wife and children. Because of this, a married man must prepare not just himself, but his family—and most especially his wife—for these changes. With proper communication ahead of time and a good measure of God’s grace, this ninety day spiritual exercise will lead to positive results, not just for himself, but for the whole family.

The preparation starts with proper communication. That means finding the right kind of communication, and discerning the right timing. If you inform your wife of the Wednesday abstention from meat for the first time at the dinner table, while her delectable pork roast and bacon-enriched mashed potatoes are sitting in front of you, your timing can’t be said to be good. To help with proper communication, we have provided a list of the five steps to proper communication with your wife before Day 1 of your Exodus 90 venture.

### 5 Steps to Proper Communication with Your Spouse Before Day 1

#### 1. Acknowledge and apologize for your past failures.

Let’s face it: we aren’t perfect, and we regularly fail in our duties as men. We know it, our wives see it, and our children sense it—yet we dodge acknowledging it. Take time to acknowledge the ways you have let down your wife and your children in the past years. Then, consider making a sincere and appropriate apology to them. This can lead to substantial healing and can greatly strengthen your marriage and family.

#### 2. Share your why.

A sincere apology is often received best when it is accompanied by a resolution and a concrete plan to do better. With your why prayerfully written and Day 1 approaching, you have your resolution and your plan in place. Sit down with your wife and share with her the why you wrote down. Tell her your hopes for your family and the ways you want to become a better husband and father. Be specific about your search for greater freedom. Don’t overlook or take lightly the importance of sharing the specifics of your vision with your wife. This is a crucial part of your conversation.

#### 3. Discuss the basics of Exodus 90.

Bring your wife into the practical details of the exercise. Show her the section of the Field Guide that lays out all the disciplines. Ask her if she foresees any of the requirements posing a problem for your family life. Talk about how each of them could benefit the family in the long term, connecting them back to why you are doing Exodus 90 in the first place.

Be sure to listen carefully to your wife’s concerns, and avoid downplaying the possible effects of the disciplines on the rhythms of home life. Be quick to acknowledge the difficulties they might present,



and work together to find solutions that are in line with the spirit of the exercise and acceptable to your wife.

As an example, many families frequently watch television together, and Exodus Men are asked to give up watching TV, which could mean a disruption of a family activity. In such a case, your conversation with your wife should bring up possible alternatives, such as a family game night or family bike ride instead. Your wife will no doubt have some good ideas. She may have been waiting for a long time for a free Sunday to go on a family picnic, only to find that televised sports have consistently been in the way.

If your wife is less excited about Exodus 90 than you are, let her sit with the idea for a couple days and plan a specific time to talk about it again when she is ready. If you do this, be sure to intentionally follow up before Day 1.

#### **4. Support your wife.**

Some wives love the idea of their husband entering into Exodus 90. Your wife may have been waiting for you to do something about your spiritual lethargy since the day you waffled about where you would get married. On the other hand, your wife may have a harder time seeing the value in it. Here, your fraternity may help. Wives who are in full support of their husbands' venture may be willing to share their excitement and understanding with other wives. Connect them for the opportunity to discuss concerns.

Pray for the men in your fraternity as each is discerning the best route for his family, and check in with one another along the way. Keep communicating with your wife throughout the ninety days about how the disciplines are impacting family life. Even if she is not enthusiastic in the beginning, over time, you may see a change of heart.

Many wives who are less than excited about their husband doing Exodus 90 are worried that it will take him away from them and their family. This is not entirely wrong: the disciplines do take the husband away from his family for prayer, exercise, and weekly fraternity meetings. At the same time, the disciplines give a man many opportunities to be present to his wife and family more generously. He is no longer checking his work emails or sports scores while "playing" with his children. He isn't wasting one-on-one time with his wife each night by catching up on Netflix shows or playing video games.

This gift of presence that frees a man to give time to his wife and family far outweighs the time that he spends away from them. And when he is away, he is reorienting his life to Christ. He is more likely to listen to the words: "Husbands, love your wives, as Christ loved the Church and gave himself up for her" (Ephesians 5:25) and to be given the ability to live them.

#### **5. Make a decision.**

Exodus 90 is not for every man at every time in his life. At the end of the day, the decision is between you and God with your entire family's spiritual well-being in mind. Scripture makes it clear that you are called to lay down your life for your wife and family. What that should look like needs to be discerned. If Exodus 90 seems like the best way to serve your family, take it up boldly. If God seems to be calling you to something else (possibly something even harder), then do that.

Spirit of the Law

While it is true that the best results will come when the disciplines of Exodus 90 are followed exactly as they are given, for married men, the good of the family must always come first, and for that reason, there may be a few exceptions along the way.

Here are two examples:

It is your wedding anniversary. In that case, celebrate the gift of the sacrament. Go ahead and have a glass of wine with your wife and enjoy a dessert at a nice restaurant.

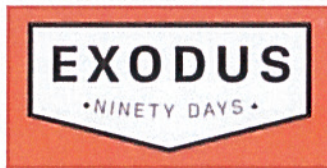
Your wife wants you to watch the Winter Olympics (which only come around every four years) with her, as a young superstar is going for gold in women's figure skating, and your alternative suggestions are not cutting it. This is a good occasion to sit beside your wife and watch on with shared enthusiasm.

The disciplines are meant to be purifying for you and beneficial for your wife. Though they may generate some inconvenience for her, they should not make her miserable. It is you who is choosing to take up this spiritual exercise, not her. Be attentive to how this exercise is affecting her and serve as the source of hope she needs along the way.

At the same time, do your best to stick with the spirit of the law and be open to new ways of sharing life that keep you in accord with the exercise. If you start to see a pattern forming of breaking the disciplines for the sake of wife and family, bring it up to your fraternity and seek their advice. You know your wife and family best, but sometimes a little fraternal third-party input can help a man see things more clearly.

Your wife is not your Exodus 90 trainer, and she should not be forced to hold you accountable to keeping your commitments. It is good that she knows this from the start. If your wife is constantly calling you out for cheating on the exercises, you've got a problem—and the problem is yours, not hers. Bring this up with your fraternity and seek the fraternal support you need there.

More important than following the disciplines, love your wife. From before Day 1 and into Day 91, be sure to communicate with her such that she can love and support you in a healthy way.



## **FIDELITY TO PRAYER**

Christ's Roadmap to Freedom

Exodus 90 is a ninety day spiritual exercise for men based on Christ's roadmap to freedom: prayer, asceticism, and fraternity. It aids in the liberation of men so that they can be free to love and serve their families and the Church as God calls them.

The following parts of the Exodus 90 Field Guide on Christ's roadmap tangibly explain prayer, asceticism, and fraternity, as well as other need-to-know information. Reading these sections will not only prepare you for what is to come, they will also equip you with the truth you need to help you ward off the lies and doubts of the Evil One as you commence (and continue through) this exercise. Don't venture into the wilderness unprepared. Read these sections before you start this spiritual exercise, and ensure your brothers do the same.

As you venture into the wilderness, you will likely find yourself complaining. Like the Israelites, you will be tempted to turn back to Egypt and the vices you sought to leave behind (Exodus 32:1-6). Stand firm. As St. Peter warns us, "Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour" (1 Peter 5:8). Yet, he also commands us to resist the devil, remaining "solid in [our] faith." Remain solid in trust that God's omnipotence and paternal love will lead you where you need to be, regardless of how hard things get.

A major temptation many Exodus Men face is to cut back on daily prayer or cut it out altogether. Men are often concerned about how much time they spend away from their families when they take on daily prayer. Yet, take a moment to self-reflect:

- How much time have you stolen from your family in the last ninety days by playing video games, staying later at work, or staring at your television screen?
- What are you actually saying when you consider time with God to be less important than time with your family?

Yes, time with one's family is very important and valuable. Exodus 90 is meant to assist you in gaining freedom from slavery so that you stop stealing time from your family. Time spent with God, however, is not "stolen" time. Prayer is a way to acknowledge the one who gives you all the time you have. It is a matter of justice that we should give some of our time exclusively back to him.

### **Daily Holy Hour**

What will daily prayer look like? During this spiritual exercise, you are called to commit yourself to a daily holy hour. If you can't do an entire holy hour on a given day, do as much as you can. Preservation of the twenty minutes of silent contemplative prayer is the exercise minimum on days you cannot make a full holy hour. When you are making the full holy hour, at least twenty minutes of silent contemplative prayer in open conversational time with God should be a part of the hour.

Ideally, daily holy hours should be spent in Eucharistic adoration with our Eucharistic Lord exposed in a monstrance or reposed in a tabernacle. If neither option is available, then "go into your room and shut

the door and pray to your Father who is in secret; and your Father who sees in secret will reward you" (Matthew 6:6).

For more on the structure of a daily holy hour, see the section of the Field Guide entitled, "How to Pray a Holy Hour."

### **Silent Contemplative Prayer**

Silent contemplative prayer is an expression of prayer that's different from vocal and mental prayer, as it goes further towards a union with Christ (see CCC 2708). "Contemplative prayer is hearing the Word of God" (CCC 2716). It is time spent in silence and in dialogue with our Lord. Contemplative prayer is "far from being passive." Rather, it is "the loving commitment of a child. It participates in the 'Yes' of the Son become servant" (CCC 2716). Vocal prayer is "an initial form of contemplative prayer" (CCC 2704), but each of these—both contemplative and vocal prayer—serves a unique purpose.

Vocal prayer is too often practiced as merely a monologue; a petition to our Lord that awaits no response. Meditative prayer, "a form of prayerful reflection" (CCC 2708), can even become a substitute for contemplative prayer, as if conversing with God is only for the most holy and not for the normal "everyday" Christian man. As you start each holy hour with vocal prayer and flow through to meditative prayer, do not fail to give enough time for God to lead you into a silent dialogue with him. This time of silent prayer gives God the opportunity to speak, and it gives you the chance to listen. It provides a context for a healthy conversation befitting a father and son. It is within this silent prayer that "we let our masks fall and turn our hearts back to the Lord who loves us, so as to hand ourselves over to him as an offering to be purified and transformed" (CCC 2711).

Do you desire freedom? Do you desire to have your life transformed? Then be committed to your daily time of honest and unguarded silent prayer, during which you can love and be loved by the Lord. He alone can bring you to the freedom you were made for.

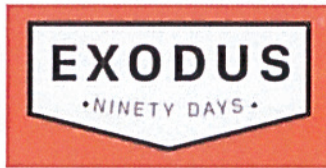
These disciplines will require that at least twenty minutes of each daily holy hour be reserved for contemplative prayer. If you are only able to do twenty minutes of prayer on a given day (as opposed to a full holy hour), then your twenty minutes of prayer should be dedicated specifically to uninterrupted, silent, contemplative prayer in an appropriate space.

Time in prayer will be critical. Do not let yourself be persuaded into thinking that you have no time. "One does not undertake contemplative prayer only when one has the time: one makes time for the Lord, with the firm determination not to give up, no matter what trials and dryness one may encounter" (CCC 2710). You can do it. God will provide the grace for you if you show up to prayer each day, willing to receive it.

For now, take a breath and ponder these challenging words from Christ: "Could you not watch with me one hour? Watch and pray that you may not enter into temptation" (Matthew 26:40-41).

### **Prayer in the Living Fraternity**

Exodus Men form a living fraternity. You can count on the prayers of your brothers. They will be praying for you, and you should be praying daily for them, by name. Moreover, there are thousands of Exodus Men around the world praying for you and for all Exodus Men—those currently making an Exodus and those living the formation offered in Day 91. These are your brothers. They have endured the same grueling, purifying ninety days you are about to take up. They are continuing to "fight the good fight of faith" (1 Timothy 6:12) through their ongoing life of prayer, asceticism, and fraternity. So be encouraged. You and your fraternity are far from alone on this journey.



## THE GIFT OF ASCETICISM

Attention: Some men who take up Exodus 90 will be tempted by pride.

We cannot earn God's grace by doing acts of asceticism, by living the disciplines perfectly, nor by adding to or modifying the ascetic disciplines to make the experience more conducive or even harder. Such acts are not in keeping with the spirit of the exercise. This exercise is made to help men see the need to give up the control they cling to. Ever the more, the particular disciplines are in place for us men to embrace the spirit of complete surrender God is calling us to. This takes humility.

### **Some men will be struck by a fear of failure.**

If God has invited you here, God will provide you the grace to live out these disciplines, and he isn't asking any more from you than he has the ability to help you bring to completion. Now is an ideal time to stop looking at your weaknesses and start looking at God's strength. Even fear of failure is a call to surrender. Surrender your fear to God in these ninety days.

To practice asceticism is to open up to God's grace through acts of self-denial. God has given us the gift of asceticism to unite ourselves with him in a more complete way. When we practice asceticism, we do so in a sanctified manner only when we rely on God who first provides us the grace and invitation to do it—never by our own self-assertion or as our personal accomplishment.

When we live apart from regular, disciplined asceticism, we consciously (or unconsciously) steal from ourselves and those around us the many opportunities to know God as more satisfying than material things, to experience his providential love, and to unite ourselves to Jesus Christ on the cross. The practice of disciplined asceticism is not something to be done just for a penitential season or for only ninety days. It is the Christian way of life.

In prayer, we add something to our day. In asceticism, we deprive ourselves of something. Acts of asceticism can be practiced both as a form of penance and as a form of offering. The following section explains how you can effectively practice penance and offering as an Exodus Man.

### **Ascetic Acts as Penance**

What is penance? Penance is the interior "conversion in relation to oneself, to God, and to others" (CCC1434). Acts of penance are outward signs of this inward conversion that express contrition and love for God.

"Interior repentance is a radical reorientation of our whole life, a return, a conversion to God with all our heart, an end of sin, a turning away from evil, with repugnance towards the evil actions we have committed" (CCC1431). Practicing asceticism as penance helps you toward a profound conversion. It will aid you in making the reorientation of life that you are seeking, away from idolatry and toward unity with Christ—from slavery to freedom.

Scripture has many examples of men making acts of penance, whether for their own sinful actions and imperfections (as in the case of David [2 Samuel 12:16-23] and Job [42:6]) or for the sins of others (as

Nehemiah did on behalf of God's people [Nehemiah 1:1-11]). Through these and other passages, Scripture shows us that outward acts of penance are a necessary part of spiritual life. However, without interior conversion, "such penances remain sterile and false" At the same time, "interior conversion urges expression in visible signs, gestures, and works of penance" (CCC 1430). We need both interior conversion and outward acts of penance if we want to attain freedom and sanctity. Thus, God invites us: "Return to me with all your heart, with fasting, with weeping, and with mourning; and tear your hearts and not your garments" (Joel 2:12-13).

The disciplines of prayer, asceticism, and fraternity are designed to help you unite inner conversion and external acts of penance, so as to provide you with a framework for success. God prompts our conversion of heart. He invites us to acts of asceticism as penance, and he will provide us with the grace to live out each act of discipline—if we daily choose to accept his loving grace.

### **Ascetic Acts as Offering**

A second blessing that comes of ascetic acts is their value as an offering to the Lord for our holiness and the holiness of those we love. The Church calls us to "partake of the prayer and sacrifice of Christ" (CCC 2205). Many of the world's comforts, though good in themselves, can hinder us from fulfilling this call because they steal our opportunities for sacrifice.

Think about our modern way of life. We rest each night in climate-controlled homes. We rise each morning from a comfortable bed, take a hot shower, and grab food out of our refrigerator to enjoy an easily prepared breakfast. The hardest thing to suffer may be when we arrive at work and are forced to endure the elements for a grim thirty yards as we trek across the paved parking lot from our car to our office space. Yet still, we complain.

Let's be honest. What do we modern men in our western world have to complain about? What do we have to offer up? Within these ninety days, if you are able to realize the power of suffering in the spiritual life, acts of asceticism will quickly become indispensable to you and your spiritual work as a Christian man.

Each discipline that you embrace in Exodus 90 will provide you with an offering for yourself and for your family. The suffering of saying "no" to alcohol may be difficult, but if you see that your "no" is really a silent "yes" as an offering to the Lord, then your mindset will change. Instead of being annoyed by the "no," you become grateful that you now have a "yes"—a gift that can benefit your wife, your children, your friends—to offer to the Lord. This comes through uniting your sacrifice to the cross and prayerfully offering the sacrifice to the Lord for your specific intention. ...

St. Paul demonstrates this truth in his letter to the Colossians: "Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ's afflictions for the sake of his body, that is, the Church" (Colossians 1:24). When our suffering is united to the suffering of Christ "it becomes a participation in the saving work of Jesus" (CCC 1521). The cross brings salvation.

As you make your exodus, you can participate in the suffering of Christ by joyfully uniting the small sufferings of your daily disciplines to the cross on behalf of specific people. For example:

Jesus, I offer this "no" to my desire to watch the championship sports game today as a "yes" to you, the one true God. I unite my small suffering to the cross for my wife. I pray that she may know your love more fully. Amen.

These ascetic disciplines will equip you with the prudent suffering you need to make your daily offerings to the Father by way of the cross. Whether your life is comfortable or not, (post the fall of

man) suffering is a sanctifying gift from the Father. When you offer it back to the Lord for your sanctity and the sanctity of those you love, it becomes a gift put to good use.

### **The Ascetic Disciplines**

Exodus 90 contains a specific list of ascetic disciplines. As you review the list, you may notice that the disciplines touch most aspects of daily life. Some will be very easy for you, and others will be more challenging. If some of the disciplines seem unnecessary because you don't struggle with them, commit to doing them anyway. If some seem too hard for you to handle, commit to those, too. In both situations, the Lord has gifts he wants to give you. Your commitment to following him by way of these disciplines will dispose you to receive those gifts.

### **List of Ascetic Disciplines**

1. Take short, cold showers.
2. Practice regular, intense exercise (at least three days a week).
3. Get a full night's sleep (at least seven hours is recommended).
4. Abstain from alcohol.
5. Abstain from desserts and sweets.
6. Abstain from eating between meals.
7. Abstain from soda or sweet drinks (white milk, black coffee, and black tea are permissible).
8. Abstain from television, movies, or televised sports.
9. Abstain from video games.
10. Abstain from non-essential material purchases.
11. Only listen to music that lifts the soul to God.
12. Only use the computer for work, school, or essential tasks (e.g., paying bills).
13. Only use mobile devices for essential communications; cut out non-essential texting, app, and internet use.
14. Take Wednesdays and Fridays as days of fasting. (Abstain from meat and only eat one full meal, as well as two smaller meals that together are not equal to a full meal.)

Nearly all Exodus Men have admitted, after reading this list, to thinking about how they will modify it. They want to take control. But if being "in control" has not led you to freedom before, what makes you think it will help you now? Remember, the Exodus Men who have gone before you are praying for you. Look back at your why. Let go of your need to be in control. Follow the Lord. He will provide you with sufficient grace to make your Exodus out of Egypt and into freedom.

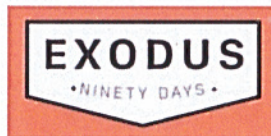
As one man expressed after completing his Exodus, "If you're going to do Exodus 90, do Exodus 90. There is no 'lite' version." A key part of the discipline involves the willingness to put aside personal preference and submit to something outside of yourself. If you choose to follow all the disciplines except the cold showers, you are certainly doing something—but you are not doing Exodus 90. If you choose to embrace all the ascetic disciplines but you decide not to read the reflections, again you are doing something—but you are not doing Exodus 90. The point is not that Exodus 90 in all its details is the only possible way to follow Christ. Rather, it is that you will not learn true freedom until you are willing to follow a path that isn't of your own making. If you are ready to give your life to God, give him the whole of your life, and don't hold any part of it back.

Of course, there is always a need for prudence. If there is something in your life that makes taking up one of the disciplines reckless or imprudent, don't take it up. Let your fraternity know of any disciplines you aren't able to practice so that you can live these ninety days in the light, and your brothers can best hold you accountable.

Christ puts it simply for us: "If any man would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake, he will save it" (Luke 9:23-24). The practice of asceticism is challenging. It is a sacrifice. It is the cross. Take up your cross and offer your whole life as a worthy sacrifice to the Lord, holding nothing back.

Again, be alerted to two common temptations men face: pride and fear. If you struggle with pride and think that you can perfectly handle these ninety days on the strength of your own willpower, give up control and let God lead. If you are afraid of failure and put too much weight on what others will think of your results, look away from yourself and let God lead. God alone is the provider; God alone is the liberator. It is a hard and simple fact: you cannot free yourself. But put yourself fully into the hands of God and make this exodus, and you will grasp Christ's roadmap to freedom—and he will lead you to the greater freedom you seek.





## **Daily Disciplines**

### Prayer:

- Read the Daily Reflections
- Make a Holy Hour (20 minutes of contemplative/ silent prayer minimum) - see prayer list
- Pray for Contra Mundum
- Pray for all men in Exodus
- Make a Nightly Examen
- Make a good confession at least once per month

### Asceticism

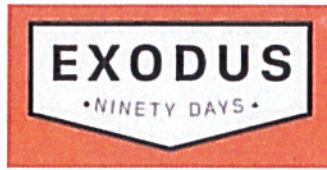
- Take short, cold showers (two Hail Mary)
- Practice regular, intense exercise (at least 3 days/week)
- Get a full night's sleep (at least 7 hours is recommended)
- Abstain from alcohol
- Abstain from desserts and sweets
- Abstain from eating between meals
- Abstain from soda or sweet drinks (white milk and unsweetened tea are permissible)
- Abstain from television, movies, or televised sports
- Abstain from video games
- Abstain from nonessential material purchases
- Only listen to music that lifts the soul to God
- Only use the computer for work, school, or essential tasks (e.g., paying bills)
- Only use mobile devices for essential communications; nonessential texting, app, and internet use is prohibited
- Wednesdays and Fridays are the traditional fasting days of the Church, and during your Exodus, you are to observe these days of fasting as well. On all Wednesdays and Fridays, abstain from meat and only eat one full meal, as well as two smaller meals that together are not equal to a full meal.

## **Weekly Disciplines**

### Contra Mundum

- Hold regularly scheduled fraternity meetings every week regardless of how many men can make it. These meetings are of the utmost importance to this spiritual exercise.
- Weekly Contra Mundum communal Holy Hour
- Weekly Contra Mundum Mass
- Sunday, celebrate the Lord's Day. Every Sunday your fraternity is permitted to relax one discipline to remind us of the glory of God and of heaven. All Solemnities are celebrated with the same principle. It is strongly recommended that you do not relax technology-related disciplines.

The above lists lay out the daily disciplines of Exodus 90. The disciplines work together coherently to cover the many different areas of a man's life. If any disciplines are left out of this spiritual exercise, especially the daily readings and reflections, the exercise ceases to be what it is intended to be and can even have a negative impact on your life. You may be tempted to take control into your own hands and alter or change the disciplines. Resist this temptation and instead choose to allow your very way of life to be changed by the gift of this spiritual exercise.



## HOW TO PRAY A HOLY HOUR

### Practicals

A holy hour is a period of time set apart for God. It is a time of intimacy with the Lord, a time to look upon the Lord and allow him to look upon you. It is a time to allow yourself to be conformed to Christ. The following is a suggested example of how to spend time during your holy hour. It is by no means a rubric that must be followed.

**5 minutes** - Opening Prayer: This is a time of verbal prayer before the Lord. Beg the Lord for mercy for your sins and praise his glorious name.

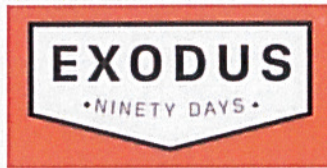
**15 minutes** - Spiritual Reading: During the spiritual exercise, this time will likely consist of your daily Exodus 90 reflection (Daily Bearings, Scripture, and Meditation)

**20 minutes** - Contemplative Prayer: This is a silent time to dialogue with the Lord. Bring before him whatever is on your heart or on your mind. During the spiritual exercise, this will often be the questions from the day's meditation. Share with the Lord your thoughts and concerns honestly. Then, and most importantly, give the Lord the space to respond and yourself the silence to listen.

**15 minutes** - Intercession: Take time to bring your prayers before the Lord. Pray for your own deliverance, your family, your fraternity, the Church, and any other prayers you may have.

**5 minutes** - Thanksgiving: Make an honest prayer of praise and thanksgiving before the Lord. We have much to be thankful for each day. Consistent acknowledgment of God's gifts and graces brings a greater sense of appreciation and joy into life. Give the Lord the praise that is due.

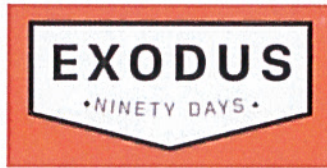
Close by asking Our Lady and any other saints you choose to intercede for you throughout the day, just as you ask your brothers to pray for you every day.



## HOW TO MAKE A NIGHTLY EXAMEN

A nightly examen is a way to recount our actions throughout the day and acknowledge where we chose to respond to God's grace and where we chose otherwise. St. Ignatius of Loyola thought that the examen was "a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day."

1. Call to mind God's presence before you. God is right there with you through the good and the bad.
2. Review the many blessings of the day. This can't be overlooked. Go through the day slowly, acknowledging the many blessings the Lord has poured forth upon it. (Did you see the sun today? That is a blessing. Did you take a breath today? That is a blessing.)
3. Acknowledge your sins and shortcomings. Honestly review and name the times and places that you failed to accept the grace the Lord was giving you. Thoroughness is important here.
4. Make a resolve and call upon the Lord. Resolve not to commit the same sins again the next day. Then, beg the Lord to grant you perfect contrition and to provide you the graces you need to live completely for him, especially in the moments you know you are most weak.
5. Be filled with hope and joy. The Lord is grateful for your commitment to freedom, to your family, to on-going conversion, and to him. He desires your sanctity even more than you do. Rest peacefully knowing that God is with you.



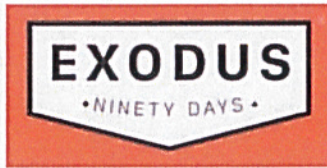
## WHAT TO DO BEFORE DAY 1

Imagine beginning a three-month expedition along the Great Himalaya Trail without any preparation. Sounds foolish. You are about to embark on a spiritual expedition—a journey with the Israelites—from Egypt, through the wilderness, to the edge of the promised land. It's time to prepare.

The following is a checklist to prepare you for your journey into the wilderness. Complete each of these items prior to Day 1 and check in with your brothers to see that they are doing the same. The ideal time to start preparation is about three weeks before your start date. But if the fraternity communicates effectively and prepares efficiently, much less time is needed.

### Preparation Checklist

- 1. (For Fraternity Leader) Download the mobile app and set up your fraternity.**
  - Create a log-in.
  - Using their email addresses, invite your brothers to join your fraternity in the app.
  - Have your brothers join you in the fraternity by creating their own account from the link in your invitation.
- 2. Hold your first preparatory fraternity meeting.**
  - Set your start date.
  - Choose a weekly meeting time that works for the entire fraternity.
- 3. Consider your "Why"**
  - Read "What's Your Why" on page XX of the Exodus 90 Field Guide.
  - Follow the instructions to write your "Why."
- 4. Read the following sections of the Exodus 90 Field Guide.**
  - "Fidelity to Prayer"
  - "The Gift of Asceticism"
  - "Made for Fraternity"
  - "The Exodus Man & His Bride" Found the Appendix (For married men)
- 5. Have a conversation with your spouse.** (For married men)
- 6. Write down your plan for regular intense exercise.**
- 7. Hold your second preparatory fraternity meeting.**
  - Choose your anchor (For more on choosing an Anchor, read "Be a Well Set Anchor" on page XX of the Exodus 90 Field Guide.
  - Discuss the responses of your spouses. (For married men)
  - Choose a fraternity spiritual director. (Optional)
  - Choose a day and time for an additional weekly fraternity Mass. (Optional)
  - Choose a day and time for weekly fraternity holy hour. (Optional)



## PRAYER GUIDE

### FIRST THOUGHT OF THE DAY

He is my goal. His love and mercy the way. Life with Him in His Father's house the prize

### MORNING PRAYER

Oh my Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day. For all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my family, friends and relatives, and in particular for the intentions of the Holy Father. Amen.

### MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired with this confidence, we fly unto thee, O Virgin of Virgins my Mother; to thee do we come; before thee do we stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer us. Amen

### ST ANDREW (Patron of Vitae Raris)

O Glorious St. Andrew, you were the first to recognize and follow the Son of God.

With your friend, St. John, you remained with Jesus, for your entire life, and now throughout eternity. Just as you led your brother, St Peter, to Christ and many others after him, draw us also to Him. Teach us how to lead them, solely out of love for Jesus and dedication to His service. Help us to learn the lesson of the Cross and carry our daily crosses without complaint, so that they may carry us to God the Almighty Father. Amen.

### ST JOSEPH

O Glorious Patriarch and Patron of the Catholic Church! O Virgin Spouse of God, and guardian and foster father of the Incarnate Word! In the presence of Jesus and Mary, I choose thee this day to be my guardian and father.

O thou whom God has constituted Head of the Holy Family, accept me, I beseech thee, though utterly unworthy, to be a poor little servant in thy holy house. Present me to thy Immaculate Spouse, ask her also to accept me as a servant and to adopt me as a child. With her, teach me, thou who art a master of the interior life, how to converse constantly with Jesus and how to serve Him faithfully in all things to the end of my life. To thy custody was committed the Living Bread of Heaven, to be dispensed to thy starving brethren.

O, with Mary help me to prepare the poor stable of my heart to receive, worthily and often, the Bread of my salvation. Let me receive it from thy hands and from those of Mary, as often as I approach the Holy Table.

O my tender and watchful father, I hereby consecrate myself to thee; and I firmly purpose and resolve never to leave thee, and never to say or do anything, nor to suffer anyone under my charge to say or do anything, against thy honor!

O thou head of the house of God upon earth, in faithful imitation of Jesus and Mary, I place myself and all my concerns under thy care and protection. To thee, after Jesus and Mary, I consecrate my body and soul with all their faculties, my spiritual progress, my home, and all my affairs and undertakings. Forsake me not, but adopt me as a servant and a child of the Holy Family. Watch over me at all times, but especially in the last awful hour of my life on earth: then visit, console, and strengthen me with Jesus and Mary, that with them and thee I may sing the praises of the adorable Trinity for all eternity. Amen.

### **ST PADRE PIO NOVENA (NINE DAY PRAYER)**

O my Jesus, You have said: "Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you." Behold I knock, I seek and ask for the grace of (here name your request).

Our Father ... Hail Mary ... Glory Be ...

Sacred Heart of Jesus, I place all my trust in You.

O my Jesus, You have said: "Truly I say to you, if you ask anything of the Father in My name, He will give it to you."

Behold, in Your name, I ask the Father for the grace of (here name your request).

Our Father ... Hail Mary ... Glory Be ...

Sacred Heart of Jesus, I place all my trust in You.

O my Jesus, You have said: "Truly I say to you, heaven and earth will pass away but My words will not pass away."

Encouraged by Your infallible words I now ask for the grace of (here name your request).

Our Father ... Hail Mary ... Glory Be ...

Sacred Heart of Jesus, I place all my trust in You.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You, through the Sorrowful and Immaculate Heart of Mary, Your tender Mother and ours.

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. St. Joseph, foster father of Jesus, pray for us.

### **ST PADRE PIO AFTER COMMUNION**

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me Lord, because I am weak, and I need Your strength, so that I may not fall so often.

Stay with me Lord, for You are my life, and without You, I am without fervor.

Stay with me Lord, for You are my light, and without you, I am in darkness.

Stay with me Lord, to show me Your will.

Stay with me Lord, so that I hear Your voice and follow You.

Stay with me Lord, for I desire to love you very much, and always be in Your Company.

Stay with me Lord, if You wish me to be faithful to You.

Stay with me Lord, for as poor as my soul is, I want it to be a place of consolation for You, a nest of Love.

Stay with me, Jesus, for it is getting late, and the day is coming to a close, and life passes, death, judgment, eternity approach. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile.

Stay with me tonight, Jesus, in life with all its dangers, I need You. Let me recognize You as Your disciples did at the breaking of bread, so that the Eucharistic Communion be the light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me Lord, because at the hour of my death, I want to remain united to you, if not by Communion, at least by grace and love.

Stay with me Jesus, I do not ask for divine consolation because I do not merit it, but the gift of Your presence, oh yes, I ask this of You.

Stay with me Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more. With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen.

## **CHAPLET OF DIVINE MERCY - one chaplet untied to one sacrifice**

MONDAY - for an end to abortion & all its evil practices

TUESDAY - for an increase in trust in His mercy

WEDNESDAY - for the souls in purgatory

THURSDAY - for reparation of families

FRIDAY - for priests, religious & vocations

SATURDAY - for reparation to His mother's Immaculate Heart and for an increase in Marian devotion

SUNDAY - for His glory and for joy

**1.** Make the Sign of the Cross. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**2** You expired, Jesus but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You. O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You. O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You.

**3.** Our Father

**4.** Hail Mary

**5.** The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**6** Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

**7** For the sake of His sorrowful Passion, have mercy on us and on the whole world.

**8.** Repeat for the remaining decades. Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

**9** Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. Eternal God, in Whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy itself. Amen.

## **THE HOLY ROSARY**

On the 5 decades (sets of 10 beads) of a rosary, we pray and meditate on the corresponding set of 5 Mysteries from the Joyful Mysteries, the Sorrowful Mysteries, the Glorious Mysteries, or the Luminous Mysteries.

**1.** Make the Sign of the Cross and say the "Apostles Creed."

**2.** Say the "Our Father."

**3.** Say three "Hail Marys."

**4.** Say the "Glory be to the Father."

**5.** Announce the First Mystery; then say the "Our Father."

**6.** Say ten "Hail Marys," while meditating on the Mystery.

**7.** Say the "Glory be to the Father." After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima:

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy."

8. Announce the Second Mystery; then say the "Our Father." Repeat 6 and 7 and continue with the Third, Fourth, and Fifth Mysteries in the same manner.

9. Say the 'Hail, Holy Queen' on the medal after the five decades are completed.

#### **ANGEL OF GOD**

Angel of God, my guardian dear, To whom his love commits me here; Ever this day be at my side, To light and guard, to rule and guide. Amen.

#### **PRAYER TO ST MICHAEL THE ARCHANGEL**

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

#### **PRAYER TO ST MAXIMILIAN KOLBE**

Almighty and Eternal God, you gave us in the person of St. Maximilian an example of true devotion to the Immaculate Mother of our Savior and of unselfish love for our neighbor. Grant we beseech you through his intercession, that we may grow in our understanding of love of the Immaculata; that we may recognize her presence, her voice, her love and her power with us and be filled with an ardent desire and will to fulfill her will in every detail, and thus become sharers and true instruments of her most perfect response to you, in the Holy Spirit through Christ our Lord. Amen.





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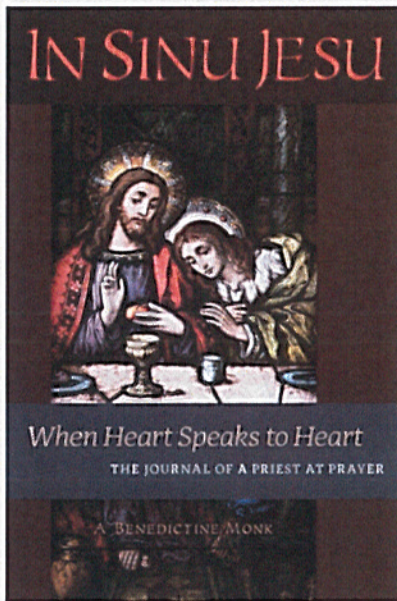
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