

ABOUT

Exodus 90 is a spiritual exercise for the renewal of the Church. It's a challenging **90-day period** of **prayer** and **asceticism**, supported by a **fraternity** of like-minded men. The first week is free. After the trial, it's only \$9.99/month for three months.

For more info and review of the asceticisms, please visit <https://exodus90.com/about>

Develop your WHY:

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- Is your WHY it specific?
 - Does your WHY regard a personal change?
 - Is your WHY at the service of God & others?

COMMITMENT

EXODUS MAN:

My wife and I have prayed about the Exodus 90 asceticisms and program requirements and the positive impact this program will have on my faith and my family's faith and I am ready to commit to Exodus 90. We agree to pray for each other and work together to overcome any challenges we may experience during this journey.

Signature

Date

WIFE:

I have reviewed and prayed with my husband in regard to the Exodus 90 asceticisms. I will support his commitment to the asceticisms, his fraternity, and prayer over these 90 days which will help him to grow deeper in his faith and share that faith with his family. We agree to pray for each other and work together to overcome and challenges we may experience during this journey.

Signature

Date

PRAYER

Guiding Principle: Spiritual Exercises of St. Ignatius of Loyola (SESI # 5)

"It will be very profitable for the one who is to go through the Exercises to *enter upon them with magnanimity and generosity toward his Creator and Lord*, and to offer Him his entire will and liberty, that His Divine Majesty may dispose of him and all he possesses according to His most holy will."

Daily Holy Hour: (you are invited to attend a holy hour of prayer for any length of time to help you get into a healthy routine.

Visit stmaryhudson.cc for up-to-date adoration hours and cancellations)

Mon & Wed 6:30 - 7:30 am

Saturday 8:00 - 8:55 am (Fraternity Mass @ 9 am)

Sunday 7:00 - 7:50 am

Daily Reflection Questions:

- How have I become aware of God's grace (this week / over Exodus 90)?
- What resistances am I experiencing (new this week / recurring)?
- How has my attitude changed (+/-) (this week / over Exodus 90)?
- What/who is the Lord inviting me to focus on (this week / over Exodus 90)?

Spiritual Direction:

- Schedule a 15-minute chat with Fr. Scott, either in person or video chat through Zoom, between Exodus days 30-60:
In person: <https://calendly.com/fatherscott/quick-meet>
Video chat: <https://calendly.com/fatherscott/zoom-quick-meet>
- Be ready to share some of the following *review of life* material:
 - **Your Heart:**
 - What new thoughts, feelings, & desires are growing? Which ones have ceased or are diminishing?
 - What grace(s) have I been given? Is it what I asked for? How will I continue to safeguard this grace?
 - What is my greatest weakness? Where is the enemy striking? What virtue do I most need?
 - **Your Relationships:**
 - Do my conversations deepen or inhibit my commitment to radical holiness?
 - Am I honest with close friends who will hold me accountable?
 - Are there specific relationships that lead me away from the Lord? How might the Lord be calling me to address, change, or sever these relationships?
 - Where concretely am I tempted to compromise the integrity of my identity in the Lord?
 - In what circumstances am I prone to isolation? What are the warning signs?
 - **Your Prayer:**
 - In what ways do I trust God? In what ways do I remain in control?
 - How has my disposition towards prayer, Mass, & the Sacraments developed?
 - How are prayer, asceticism, & fraternity *specifically* challenging me to grow?
 - Do I remember at every moment that God calls me to be *perfect in holiness*? When do I forget?
 - **Your Recreation:**
 - Have I given Christ sovereignty over my time with technology & devices, food & drink?
 - Do I take time for *leisure*, re-creation of my being that leaves me refreshed? How so?
 - Do I engage in diversions that leave me drained or unavailable to my primary commitments?
 - Do I maintain a balanced life that promotes my physical, emotional, & spiritual health?
 - What changes do I need to make to my sleep, exercise, diet, prayer, friendships, relationships with technology, & responsibilities to ensure I am living the holy life God wants me to have for my family?