

Be Intentional

Be
Transformed

Be part of a
brotherhood

**WE
WILL
BE
FREE.**



Be Sacrificial

Be Prayerful

Become Free



THE JOURNEY OF A LIFETIME

Pillar #1: Prayer

Commit to daily prayer

At least 15 minutes of silent prayer

Aim for a total of 60 minutes in prayer

Holy Hour on Wednesdays for us

Use familiar prayers or just talk to God

Can invoke Jesus, St. Joseph, Moses, or Joshua as your patron saints

Pillar #2: Asceticism

Commit to daily sacrifice

Be intentional about your sacrifice: for whom are you sacrificing?

The daily check-in with your anchor will help keep you on track

The fraternity will encourage and support you in your goals

Pillar #3: Fraternity

Check in daily with your anchor

Use the app to connect to others in your fraternity

Support and encourage each other

Grow together in your love for Christ as the Apostles and disciples did

Emerge stronger at the great feast of Easter