



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Exodus 90 is all about freedom. The goal is to achieve the freedom necessary to fully engage the love of God and the love of neighbor.

Exodus is based on a challenging 90-day period of purification, a dying to self, which is supported by a fraternity of like-minded men for greater interior freedom and, eventually, a more purified and selfless love. The experience is designed for men.

Learn more at www.exodus90.com

[THE CHALLENGE]

Connect with 3-4 other men and complete the Exodus 90 program.

[BE]
COURAGEOUS.

[DURATION]: 90 Days