



Exodus 90 is a ninety-day spiritual exercise built upon three core pillars: prayer, asceticism, and fraternity. These practices are designed to help participants achieve "uncommon freedom" from modern distractions and addictions.

1. Prayer

Prayer is considered the most essential element of the journey, focusing on re-establishing a relationship with God.

- **Daily Holy Hour:** Participants commit to at least 20 minutes of silent, contemplative prayer.
- **Scripture and Reflections:** Each day includes a specific reading from the Book of Exodus, the Book of Proverbs and the Book of John.
- **Daily Examinations:** Practices typically include a Morning Offering and a nightly Examen to review the day's actions.

2. Asceticism

Asceticism involves physical and mental disciplines to detach from worldly comforts and strengthen the will.

- **Strict Dietary Rules:** limit your intake of alcohol, sweets, desserts, soda, and snacking between meals.
- **Fasting and Abstinence:** Mandatory fasting and meat abstinence on Wednesdays and Fridays.
- **Technology Restrictions:** No unnecessary smartphone or computer use, and a limited enjoyment of television, movies, video games, and televised sports.
- **Physical Discipline:** Take cold showers, keeping your normal shower and adding 30 seconds of the coldest water you can stand. Increase the time by 5-10 seconds each day until you get to 2 minutes.

Exercise: A requirement to engage in regular, intense exercise at least two to three times per week.

- **Rest:** Ensuring a full night's sleep, typically defined as at least seven to eight hours.

3. Fraternity

Fraternity provides the essential support system needed to sustain the rigorous disciplines.

- **Weekly Meetings:** The group meets once a week for 30–60 minutes to discuss struggles, successes, and reflections.
- **Daily Accountability:** Each man is paired with an "anchor" within his group for a daily check-in via text, call, or in person.

Like an anchor in rock climbing and mountaineering, you should be a strong and reliable anchor for your brother.

4. Celebration of the Lord's Day

Sundays are observed as "Little Easters," where participants celebrate the Resurrection and are permitted to relax one of their chosen disciplines.