



# Exodus 40

Diocese of Christchurch

As a diocese, Bishop Michael is challenging and inviting men to participate in Exodus 40 during LENT 2025.

## What is Exodus 40?

It's a 40-day journey through the Book of Exodus, learning about the similarities we share with the ancient Israelites - and finding the path to freedom from the 'modern Pharaohs' holding us back from true unity with God.

## How does it work?

For 40 days, we focus on three core pillars: prayer, asceticism, and fraternity - a model witness to us centuries ago by the desert fathers in the early Church.



*"One of the best tools  
I have used to help me  
grow deeper in my faith.  
I highly recommend it"*

- Bishop Michael



Download Exodus 90 App today.  
**Be Uncommonly Free.**

[exodus90.com](http://exodus90.com)



# THREE CORE PILLARS

## ① Prayer

Prayer is the key to Exodus - fraternity & ascetic practises help us but if we are not transformed by the grace of Jesus Christ from within then we are destined to fail.

- Commit to 20 min silent prayer each day using the Exodus App which includes daily reflection, Mass readings & more
- Commit to one Holy hour in front of the blessed sacrament each week
- Complete a 5 min nightly examine

## ② Disciplines

*If any wish to come after me, let him deny himself and take up his cross daily and follow me'*

These change for each season

- Exodus 90 & 40
- Commit to a range of disciplines including cold showers, fast from technology, no snacking, Friday fast

## ③ Fraternity

*"As Iron sharpens iron, so one man sharpens another"* Proverbs 27:17

- Join or create a fraternity group of 4 to 6 men, each man needs an anchor.
- Anchors complete a quick check in daily (text or call)
- Commit to a weekly fraternity meeting and share with honesty, humility and trust, this is the key to real growth

## HOW TO PARTICIPATE?

We are calling on men in parishes to organise small groups together and be organised by Lent 2025 (Wednesday 5th March).

## COST

Purchase on the web for \$90 USD (this gives access for 12 months).

We do not want the cost to be a barrier for anyone who wishes to participate in Exodus 40. If the cost is going to be an issue please contact Mike Stopforth.

## FOR MORE INFORMATION

Contact Mike Stopforth, email [mstopforth@cdoc.nz](mailto:mstopforth@cdoc.nz) or phone 0275 398 542.