



Exodus 40

Diocese of Christchurch

OF
CATHOLIC DIOCESE
TE TAKIWA O TE PIHOA
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.



"Exodus is one of the best programmes I have ever done"

- Bishop Michael



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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 or phone 0275 398 542.