

What is Freedom?

Freedom is the ability to live out the greatest good, at every moment. It's the ability to master our bodies so that our souls can give of ourselves for others. It's the ability to keep hold of our emotions so that our minds can assent to truth. Freedom is not a mere matter of choice, but an effect of one's capabilities.

Freedom is knowing the truth and having the virtue to live from it. It's the ability to put our comforts aside and serve those around us. It's the ability to respond not with our feelings but with our reason. Freedom is not something entitled to us as men, but a gift given by God alone.

Freedom is utter detachment from the things of this world. It is trust-filled self-abandonment before the almighty God. It is an usher of peace. For with freedom comes joy, the absence of self-reliance, and an eradication of anxiety.

Freedom is not something that can be earned, awarded, or taken. No matter how hard we fight or labor to free ourselves, our work is in vain. The good news is, God desires our freedom even more than we do, and he is ready to lead us out of bondage and into the freedom that we seek. The delay has never been in his giving but always in our receiving.

Practically speaking, freedom can be granted in a moment, if we were willing to receive it. Most

often, though, we are not willing to accept such a gift all at once. And out of the utmost respect for each man, God does not force his gift upon us.

That means the timing is up to us. When we are ready to detach from worldly possessions, trust fully in God, and allow him to be the source of our peace, then and only then will our hands be open to receiving the gift of freedom he has prepared for us. Then, and only then, will we be men who are truly free.

The three pillars of the Exodus 90 Spiritual Exercise—prayer, asceticism, and fraternity—are aspects of the Christian life that are simply not adhered to faithfully by most men. Through a simultaneous full and active participation in all three of these pillars, men experience a great purification of mind and body that disposes them to receiving God's gift of freedom. Live the Christian life, and God will set you free. The Exodus 90 Spiritual Exercise effectively helps men to begin doing just that, all in 90 days.

The path to freedom is set before you. Choose to take it up.

Contact:

Tom Fairbanks (808)-264-4279

mauibandb@aol.com

Daniel Ornellas (808)-264-0783

or Daniel.l.ornellas@hawaii.gov

Link to receive Exodus 90 invite
Christ the King, St Anne Fraternity

<https://app.exodus90.com/j/U9QWPBJ-XFE6RDS>

Live different.



If you're like most men today, you understand the frustration of feeling all-too-human; unfree from the charming and seemingly irresistible promises of our modern world.

Having been raised in a society that promotes and even glorifies all sorts of vices, many of us are bound by addictions to binge-watching TV shows, over-working, materialism, alcohol, and, yes, even pornography.

More than 50,000 husbands, fathers, and single men have taken the journey of Exodus 90 since 2015. Bishops, priests, and laymen in over 65 countries across the globe have begun fraternities.

Through guided prayer, self-denial, and true brotherhood, Exodus 90 summons men back to the foundations of their faith, stripping them of worldly addictions and reinvigorating their devotion to Christ.

"This journey has been something I've yearned for: **living a life free of attachments.** God showed me how to live life in accordance with His will, and how to be a true Catholic man."

EXODUS

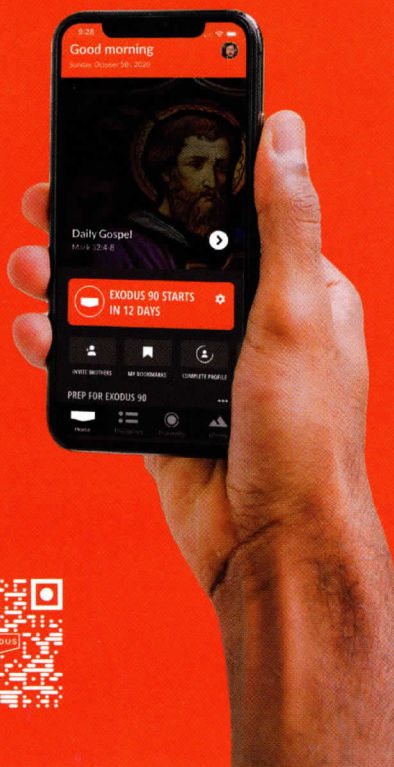
Caleb Crum



- ▶ Grow closer to God.
- ▶ Take control of your life.
- ▶ Become a better man.

Download the app

The Exodus app is the hub for your 90-day journey with your fraternity. Read the daily content, communicate with your brothers, and track your progress every day.



Your Exodus starts here:

Exodus90.com

