

Exodus 90 - Structure & Commitments

Fellowship

- Weekly group meeting to check in with each other and for at least 10 minutes of prayer together
- Accountability partner - daily contact, even by text

Prayer

- *At least 20 minutes of solid prayer every day*- scripture meditation, rosary, adoration, talking to God, etc.

Asceticism (Sacrifice)

- The Program
 - 7 hours of sleep per night
 - cool/cold showers (or quick showers if they can't be cold)
 - Fasting twice per week (usually means reduced quantity - can also mean eating less pleasing or less expensive foods, eating more slowly, or delaying mealtime)
 - No desserts or sweets
 - No snacking between meals
 - No TV, movies, video or iPad games w/o prior permission of the group
 - No social media use w/o prior permission of group
 - No frivolous internet use
 - Regular and intense exercise
 - No major purchases (e.g. new TV) w/o permission of group
 - No alcohol
- Suggested Modifications (ultimately up to each group)
 - On Sundays during Lent
 - Sweet drinks & desserts allowed
 - warm/long showers allowed
 - 1 hour of frivolous internet use, including social media
 - During the Octave of Easter and Sundays of Easter Season
 - Sweet drinks & desserts allowed
 - warm/long showers allowed
 - 1 hour of frivolous internet use per day
 - Snacking between meals allowed
 - *Extra 10 minutes period of prayer required each day*
 - 3 hours of TV/Movies/games/social media per day automatically allowed
 - Alcohol allowed (if *all* in group are 21+)
 - During the Easter Season (until Pentecost)
 - 3 sweet drinks or desserts per week
 - 3 warm showers permitted per week
 - Exercise and Sleep are never altered - less than 20 minutes of prayer is forbidden
- Timing
 - Suggested beginning: Ash Wednesday
 - Suggested ending: Pentecost