

## **Guidelines for Magnify 90**

- Daily prayer of at least 30 minutes, including:
  - Mary's Magnificat ([Luke 1:46-55](#))
  - [Litany of Humility](#) alternate with [Litany of Trust](#)
  - Rosary; mysteries, scriptural, or meditative
- Frequent sacraments
  - Monthly confessions
  - Daily Mass – as best as state in life allows
- Weekly scheduled adoration
- Listen to only uplifting, Christian, and classical music / podcasts should only be ones that challenge you to higher virtue; if in doubt, choose silence
- No TV/videos except religious programming in moderation (such as [formed.org](#))
  - St. Malachy has a subscription, so it is FREE!
- Identify a person daily to offer your mortification for and pray for this person by name
- Go out of your way to contact people that come to mind in prayer time. God brought them to your mind for a reason.
- Go for intentional walks with a friend/husband/etc – Jesus was always walking with others
- Don't consume sweets and alcohol, and don't snack between meals
- Fridays are a day of meatless fasting (2 smaller meals)
- No weighing on the scale (unless required by a doctor)
  - When we weigh ourselves, with no true medical need, we are yet again chaining ourselves to attachments of this world. There may also be a temptation to see the Magnify 90 fasts as a way to lose weight... of course this wouldn't be our motivation, but it should be seen as a silver lining. This is not what we want to have tempting us in the back of our mind! Stay off the scale.
- Participate in no social media (discern if necessary for your job on a professional level)
- Avoid non-essential purchases; stick to food and toiletries.
  - No home goods, shoes, clothes, etc. that aren't absolutely essential. Basically no unnecessary shopping.
- No make-up worn on Wednesdays and Fridays; the traditional days of fasting. Simple appearance on the other days: minimal accessories/make-up

Sundays and Solemnities may be lesser in self-denial. If there is a major life or Sacramental celebration during the 90 days, prayerfully discern if God is asking you to take a brief reprieve or small allowance from your planned –out mortifications to be unified in celebrating with others.