

Maternity Magnify 90

Maternity Magnify 90 will allow prenatal and postnatal mothers to practice mortification within their state in life, while drawing nearer to Mary, the Mother of God, as they seek to magnify the Lord.

Maternity Magnify 90 sojourners follow the same Magnify 90 program with the following modifications:

- Remove the snacking restriction. Instead, add no creamers, honey, etc to your drink for the entire program.
- The Friday Fast maintains no meat, but does not limit snack or meal size/frequency at all. The suggested Maternity Magnify 90 Friday mortification is no radio/music/programming (not even religious)
- Requirement for postnatal participants is to pray the St. Michael prayer each time you're up with baby and offering the sacrifice of sleep for an intention.

Seek medical advice from a doctor only. Follow your care provider's recommendations during pregnancy and the postnatal time. Maternity Magnify mortifications should never risk the health of mother and baby