

## 40 for 40 Declaration

As a Catholic Man, and member of the 40 for 40 in St. Martin de Porres Catholic parish,  
I DO solemnly DECLARE before God that:

I WILL seek to honor God, to faithfully  
worship Him in the Holy Sacrifice of the  
Mass, and to defend His Holy Church.

I WILL learn from my mistakes, repent of my  
sins, and humble myself in the Sacrament of  
Reconciliation so as to walk with integrity as  
a man answerable to God.

I WILL pray for the United States of America  
that she will confront evil, pursue justice, and  
love mercy while seeking the common good  
and well-being of all.

I WILL be faithful to my wife and promise to  
love and honor her and will be willing to lay  
down my life for her as Jesus Christ did for me.

I WILL teach my children to love God with all  
of their heart, all of their mind, and all of  
their strength.

I WILL proclaim that human life is sacred and  
that the dignity of the human person is the  
foundation of a moral vision for society.

I WILL strive to forgive those who have  
wronged me and reconcile with those whom  
I have wronged.

Through the intercession of the Blessed  
Virgin Mary, may God help me to be true to  
the declaration I make today for His greater  
honor and glory. Amen

*As for me and my house, we will serve the Lord.*  
*Joshua 24:15*



For more information and to sign up visit  
[smdpyl.org/forty-for-forty](http://smdpyl.org/forty-for-forty)

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# FORTY *for* FORTY



**40 Days of Spiritual Exercise  
for 40 Bold Men**

Led by Fr. Sy Nguyen





**40 for 40** is a 40 day spiritual exercise for 40 bold men who desire to rise above themselves and be transformed into better likeness of Christ.

40 for 40 looks for 40 men who will commit to the disciplines of body, heart, mind, and soul for 40 days as follows:

**DISCIPLINE OF BODY:** No hot showers, no alcohol, no soda or sweetened drinks. Exercise 4 days a week.

**DISCIPLINE OF MIND:** No television or movies, no social media, fast from solid food once a week, and 4 weekly 40 minute study assemblies with Father Sy (see more information below).

**DISCIPLINE OF HEART:** No bad language, no complaints, no obscene jokes or conversations, only music that lifts the soul to God.

**DISCIPLINE OF SOUL:** Total of 40 minutes in silent prayer each day, nightly examination of conscience, daily rosary, and 4 visits to the Blessed Sacrament each week.

As part of the discipline of mind, Father Sy will present four 40 minute teachings on four Saturday mornings at 10 am. The topics are: God, Country, Family, and Service.

The 40 names of the men will be printed in the bulletin of the parish on the weekend that Father Sy announces the start of the exercise and asks the parish to pray for participants.

Expecting a fair rate of attrition, the numbers, not names, of remaining men will be announced each week to keep the parish engaged in persevering prayers. Men who are unable to complete the 40 days can start over in another round of 40.

At the conclusion of the exercise, the men who complete 40 for 40 will make a public declaration of their commitment as 40 for 40 men (see declaration on the back panel of this brochure) at the 10:30 am Mass in presence of their families.

Upon making the declaration, the 40 for 40 men will receive a dogtag to mark their accomplishment in the presence of the community and their families.

Celebration continues in the hall for the men and their families after Mass.



“ Rise above  
yourself  
and be  
transformed  
into a better  
likeness of  
Christ ”  
-Fr. Sy Nguyen