



Daily Examen in MPD

CONSOLATION

When did I experience Jesus' presence?

Where did I experience God's provision?

Where am I experiencing greater freedom?

DESOLATION

Where was I influenced by shame, guilt, or fear?

Talk with Jesus: what did I resist?

What lies about God, MPD, my calling, or others are contributing to my pain?

CONCLUSION

From this reflection, what changes in my attitude or behavior do I need to embrace?

Pray to that end, asking the god of all grace to accomplish his good purposes in you.