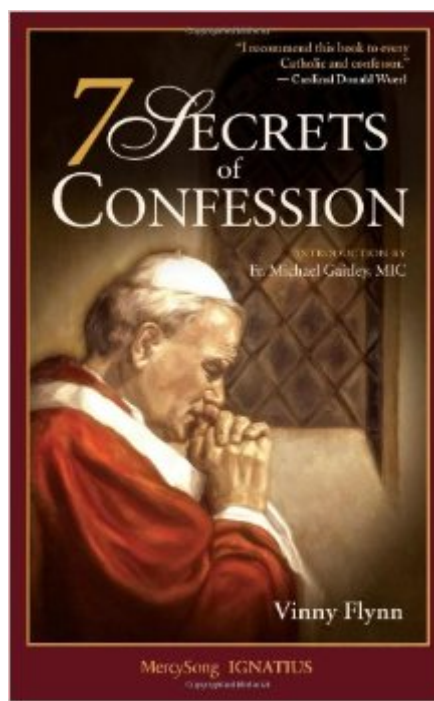


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# 7 Secrets Of Confession



## Synopsis

Flynn, author of the best-seller, *7 Secrets of the Eucharist* (100,000 copies sold), presents a similar approach to the Sacrament of Confession in this new book that reveals 7 key secrets or hidden truths about the great spiritual beauty, power and depth of Confession. The understanding that many Catholics have of the Sacrament of Confession is so limited and narrow in its focus that it keeps them from discovering the real beauty and value of this Sacrament beauty and value that even a young child can understand if it is presented properly. For too many Catholics, Confession is just a means to an end: cleaning us up from sin so we can receive Communion. But, as Pope Francis tells us, Confession is much more than "going to the dry cleaner." It is "an encounter with Jesus, who waits for us as we are. In his years of speaking all over North America, Flynn saw that many Catholics have this limited appreciation of Confession, and the urgent need for clear teaching about this great Sacrament. If you have not yet experienced Confession as a wonderful, personal encounter with Christ; if you do not yet look forward to going to Confession with the same eagerness and expectation with which you receive Holy Communion, this book is for you. It will be a whole new way of going to Confession, inviting you to begin an exciting personal journey to healing and holiness. It may change your life. Confession has been called the Sacrament of the New Evangelization. It is the sacred encounter with Christ where we experience God's mercy and forgiveness. Vinny Flynn helps make even more accessible this beautiful sacrament of healing. Those who read this short but insightful book should be able to approach the Sacrament of Confession with greater love, fervor and gratitude and come away convinced that they are not only forgiven but truly healed and liberated. *7 Secrets of Confession* is a helpful tool in the ongoing challenge of the New Evangelization. I am happy to recommend it to every Catholic and confessor.

--Cardinal Donald Wuerl, Archbishop of Washington D.C. Vinny Flynn's *7 Secrets* are like seven explosions that blow away the obstacles keeping us from the Sacrament of Mercy. If you've ever dragged your feet on the way to confession, gotten discouraged about confessing the same sins over and over, or wondered how your confessions could be more fruitful, then you'll love this book. It turns what many see as a tiresome obligation into a precious, longed-for encounter with the Lord.

--Fr. Michael Gaitley, MIC Author, *33 Days to Morning Glory*

## Book Information

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## Customer Reviews

Small book with big ideas! Well done, Mr. Flynn! From the outset, the author established a common ground for anyone who's ever had questions about the purpose of Confession. As he points out, the grand majority of us only go as a step toward getting to the Eucharist. But the idea that struck me the hardest from this book was how important the Sacrament of Reconciliation was on its own merits. It doesn't have to be just one more thing you have to do before you go to Mass. It doesn't have to just be a list of guilty habits we rattle off every week. Confession, in and of itself, is a beautiful, powerful and healing sacrament. The author's 7 secrets give just enough explanation to make them applicable immediately while still leaving room for the reader to make them personal. Mr. Flynn, by the grace of God and a boat-load of behind-the-scenes work, has done for me in 180 pages what I was unable to do for myself in 9 years of studying the Catholic faith as an adult convert; he's made me eager to participate in a Sacrament that I once dreaded. As a side note, this book may make you want to buy copies of the Catechism of the Catholic Church as well as the Diary of St. Maria Faustina Kowalska by the time you finish due to the author's numerous references to both.

As a Protestant, I pray directly to God to confess my sins. However, James 5:16 says "Confess your sins to each other and pray for each other so that you may be healed." So confessing to a priest as a stand in for the congregation will certainly fit. 1 John 1:9 gives clear instruction to believers about confessing sin. It begins with the word if: "If we confess our sin, He is faithful and just to forgive our sin and to cleanse us from all unrighteousness." So no problem there either. The author correctly states it is not so much about our individual actions or thoughts as about our relationship with God. I found all of his secrets useful and well thought out. Especially on how this is such an individual thing, and not a one size fits all grocery list. And delivers it all with humor and good writing that

keeps you reading instead of frowning Pharisee style. I found nothing whatever to grumble at. Rats.

In a way, I suspect we all know the 7 secrets deep within us. But the depth of Vinny Flynn's analysis is so honest and personal all in line with Church teaching it actually was one of the more compelling books I've read this year. Just when I thought he hit the main point of each secret, there would be more layers he would uncover. I dare not reveal the secrets here, other than they unpack theology into coherent and clear meaning that even non-Catholics could grasp the concepts. In other words, Vinny Flynn blows open the gate to the long standing cliché of confession and brings it right up to us in very simple terms: God is giving us a chance to come back. It's all there for us if we want it. Throughout the secrets, Flynn combines personal testimony with two big juggernauts, the Catechism (including the astounding section #2840) and Sr. Faustina's Diary revelations. For those on the heavy systematic theology or dogmatic side this might not be for you. Flynn's style is to appeal to the more regular folk and his casual, chatty style may not work for some readers. But what he has to say is required reading for all yearning to overcome the chains that are weighing them down -- and how to do it. This is a positive, hopeful and tremendously insightful book that will truly compel you to want to start anew today. If you let it, allow it to open your heart. As you read on you will find that while you are grateful that it helps you approach Confession in a new light, you will want to read even more about God's love for each of us. "Nothing that you or I have ever done, ever will do, or ever could do, can make Him stop loving us."

The only reason my copy of this book's not marked up to high heaven is because I read an unbound advance copy. (Not bragging. Just explaining.) But now that I have the actual book in my house, I am already dipping back into it. There's a lot to chew on. Like this, where Flynn is talking about his examination of conscience: "My list still included behaviors, but now I also had to consider anything that seemed wrong in my relationship with God. I had to look deeper into my daily life and ask myself some hard questions. In what areas of my life am I not at peace? Where am I angry, depressed, discouraged, anxious, bitter, resentful? Where am I too focused on myself? What areas of my life, my thoughts, my desires, have I not yet given over to Jesus as Lord? What wouldn't I want to talk to Jesus about? What would I not want Him to see? In what ways am I not responding to what God wants me to do?" I have been unsuccessfully looking for an examination of conscience that works for years. YEARS. And here, in a paragraph within an amazing book, is a series of questions that turned my approach to confession on its head. It's not an exaggeration that this book spoke to me on many levels and definitely impacted my relationship with Jesus. Thanks to Flynn's

insight and wisdom, the way he uses humor to tease out the truth, and the practicality throughout the book, I'm having a more mature confession experience. Would I have had it anyway? Probably, but I'll bet it would have taken me another five to ten years to get there. There's a lot--A LOT--of good and great in this book. I don't say lightly that this is the best book I've read and used for growing in my relationship with Jesus through Confession. Buy it. Read it. Share it. Buy another copy to reread. You won't be sorry you did.

Vinny Flynn has written a very readable, convincing and inspiring exhortation to frequent confession. He shows us God's grace and love to us in this sacrament, so that we should look forward to receiving it even as we look forward to Communion. It is for our healing, not to punish or shame us, but we must receive the sacrament to receive the healing. He also has a helpful section on preparing for Confession, with the two main points being to ask for Mary's intercession to make a good confession and praying before hand for your confessor. I will read it again (and probably again!).

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