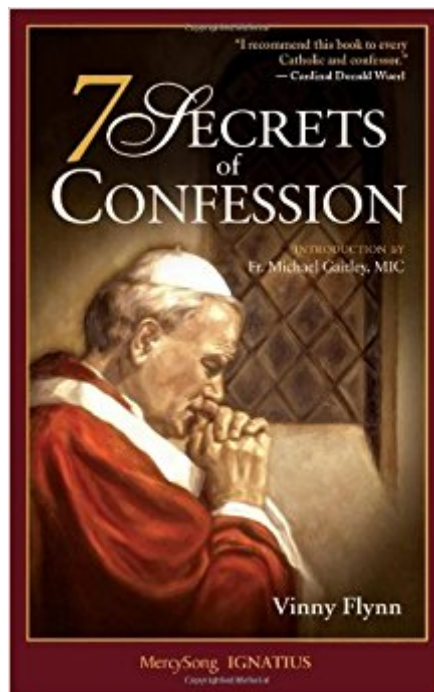


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7 Secrets Of Confession



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*

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Customer Reviews

Simple and clear, yet profound, this is a book which should be found in every Catholic home and on the book shelf of every confessor and director of souls. --Fr. Peter Damian Fehlner, S.T.D. Author, *St. Maximilian Kolbe: Martyr of Charity* I greatly admire the writings of Vinny Flynn. You are going to love his latest gem, *7 Secrets of Confession*! In an age in which the Sacrament of Reconciliation is often misunderstood and even ignored, this book offers invaluable insights. I will definitely be recommending it to the many people I meet as I travel and speak. --Fr. Donald Calloway, MIC Author, *Under the Mantle* Vinny Flynn is my favorite Catholic writer, bar none. In *7 Secrets of Confession*, he addresses the most misunderstood sacrament of the Church, and his readers will never look at confession the same way again. Taking the intimidation factor out of this great sacrament, he brings it into new relevancy for today's Catholics and helps us realize that confession is not something we have to do; it's something we get to do. --Felix Carroll, Author, *Lost, Loved, Found: 17 Divine Mercy Conversions* Simple and clear, yet profound, this is a book which should be found in every Catholic home and on the book shelf of every confessor and director of souls. --Fr. Peter Damian Fehlner, S.T.D. Author, *St. Maximilian Kolbe: Martyr of Charity* Vinny Flynn is my favorite Catholic writer, bar none. In *7 Secrets of Confession*, he addresses the most misunderstood sacrament of the Church, and his readers will never look at confession the same way again. Taking the intimidation factor out of this great sacrament, he brings it into new relevancy for today's Catholics and helps us realize that confession is not something we have to do; it's something we get to do. --Felix Carroll, Author, *Lost, Loved, Found: 17 Divine Mercy Conversions*

Vinny Flynn is a well-known Catholic author, speaker, singer and musician who speaks and sings all over North America. His other popular books include *7 Secrets of the Eucharist* and *21 Ways to*

Worship.

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.

Vinny Flynn's "Seven Secrets Of Confession" is a wonderful easy-to-book read not only for Catholics but for Christians alike. No question that the author makes the reader appreciate the Sacrament of Reconciliation and makes going to confession more than just obtaining absolution as well as receiving forgiveness for the sins committed to God and the offenses made against the Lord Almighty. Through the secrets taught by the author, it will allow the reader to gain a better insight on the Sacrament and learn to receive a enriching experience in going to confession with the use of the Holy Scriptures and the Catholic dogmas as well as transcripts from the "Diary of Saint Maria Faustina Kowalska". Added to that, the reader will also learn how to become a better person to form a better relationship with God and to avoid committing the same sins constantly as it makes him realize the root of the sins committed. Other items taught are how to make better examination of conscience and prayers that help one during the sacrament. Overall, it will motivate Catholics particularly new converts to confess their sins to a priest.

This is a great book that will have you looking forward to going to confession. It isn't just about getting confession out of your system so you can receive Communion. This book gives you many insights you may have never considered before. For instance, the fact that confession is all about healing and is an ongoing process. We are not just "fixed" after confession. I think most of us know that we will be back sooner or later and probably sooner. There are many other points to consider in this book. We used it during our apologetics class and soon everyone had a copy. This is a book you will want everyone to benefit from so order more than one copy. Trust me, you will want to read sections of it over and over again.

"We need to rid ourselves of the simplistic view of confession as some kind of magic formula that gives us an instant "fix" for sin." -- page 34A recent survey of adult Catholics seems to tell the story. The poll revealed that just 2% of Catholics avail themselves of the confessional at least once a month while 26% partake of the Sacrament of Reconciliation only once or twice a year. Meanwhile, an astonishing 42% of Catholics admit that they never go to confession at all. In the 1940's and 1950's, confession was an integral part of most Catholics' spiritual life. So what happened?? Author Vinny Flynn believes he has many of the answers and spells them out in his new book "7 Secrets of Confession". For fallen away Catholics considering a return to the Church or for practicing Catholics seeking a deeper understanding of their faith "7 Secrets" should be considered "must" reading. The problem appears to be that all too many Catholics have an "adolescent" or even "infantile" understanding of this beautiful sacrament. Far too many of us enter the confessional with a "laundry list" of our sins. We approach confession in much the same way we did when we were formed in our faith as youngsters and teenagers. The failure to grow in the faith has deprived us of so many of the gifts that the Sacrament of Reconciliation has to offer. Time and again Vinny Flynn reminds his readers that confession is really about "healing". Early on he introduces us to the term "concupiscence" or our very human "inclination to sin". He goes on to say that "Christ wants to heal us of the attitudes, disordered desires, problems and wounds that are causing us to keep committing those sins." You will quickly discover that the Sacrament of Reconciliation is so much more than merely rattling off our sins. Indeed, Christ is present in that confessional and he invites us to throw off the chains that prevent us from following Him. Vinny Flynn reminds us all that confession is really meant to be a process of healing and education that helps us to grow in our faith. The author also urges us to consider not only "what I have done" but "what I have failed to do" when preparing for the sacrament. Clearly, there is a lot of food for thought in this little book. There is a very good chance that reading "7 Secrets of Confession" will dramatically improve your spiritual life. The potential return for investing 3 or 4 hours of your time to read this book is incalculable. You will certainly never look at confession in the same way again. You will learn how to let go of old wounds that may be holding you back and discover the healing power of forgiveness in your relationships with others. "7 Secrets of Confession" is written in down-to-earth language that everyone can understand. Highly recommended!

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