

7 Secrets of Confession

Secret 2: It's Not Just about Forgiveness

Mark 2:3-5

Many gathered together so that there was no longer room for them, not even around the door, and he preached the word to them. They came bringing to him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above him. After they had broken through, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to the paralytic, "Child, your sins are forgiven." Now some of the scribes were sitting there asking themselves, "Why does this man speak that way? He is blaspheming. Who but God alone can forgive sins?" Jesus immediately knew in his mind what they were thinking to themselves, so he said, "Why are you thinking such things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, pick up your mat and walk'? But that you may know that the Son of Man has authority to forgive sins on earth"— he said to the paralytic, "I say to you, rise, pick up your mat, and go home." He rose, picked up his mat at once, and went away in the sight of everyone. They were all astounded and glorified God, saying, "We have never seen anything like this."

Reflection on Scripture

Jesus first forgives the paralytic's sins before healing his physical body. What does this reveal to you about the power of sin to "paralyze" us spiritually, emotionally, or even relationally? Can you think of a time when unconfessed sin or spiritual struggle left you feeling stuck?

Book Discussion Questions

Before reading this chapter, if you had to choose just one word to describe the purpose of Confession, what word would you have picked? How has this chapter challenged or deepened your understanding of Confession's purpose?

Think about the "grocery lists" of sins you may have brought into Confession in the past. Did you ever notice that the list started to feel repetitive? How does understanding "Confession is not meant to be a quick fix! It's meant to be a process of healing and education" (p. 35) change the way you think about the "list" approach?

Jesus is often called the Physician or the Healer of our souls and bodies. How does this image help you understand that confession offers more than forgiveness, but it invites deep healing, restoration, and transformation as a beloved child of God?
