

# 7 Secrets of Confession

## Secret 5: You've Got Mail!

### Isaiah 43:1-2, 5, 25

"But now, thus says the LORD, who created you, Jacob, and formed you, Israel:  
Do not fear, for I have redeemed you; I have called you by name: you are mine.  
When you pass through waters, I will be with you;  
through rivers, you shall not be swept away.  
When you walk through fire, you shall not be burned,  
nor will flames consume you.  
...Because you are precious in my eyes and honored, and I love you...  
Fear not, for I am with you...  
It is I, I who wipe out, for my own sake, your offenses;  
your sins I remember no more."

### Reflection on Scripture

This passage is filled with powerful, personal words from God, such as "You are mine," "I love you," "I am with you," and "your sins I remember no more." How does hearing these words, God's message specifically to you, change the way you view Confession? In what ways have you experienced or longed to experience Confession as a moment of hearing God speak directly to your heart?

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## Book Discussion Questions

Vinny Flynn writes “Time and space disappear, and you are at Calvary 2,000 years ago” (p. 96). How does this truth reshape your understanding of what happens during Confession? What emotions or realizations arise when you picture yourself at the foot of the Cross during this Sacrament?

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Flynn writes “Two thousand years ago, Jesus Christ, from the cross emailed you all the forgiveness and healing you will ever need” (p. 104). If all the mercy we need has already been sent, what does that say about our role in receiving it? How does this challenge or affirm your beliefs about being worthy of forgiveness and actively seeking it through Confession?

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