

7 Secrets of Confession

Secret 7: You Have to Let Go of Your Chains

Ephesians 4:25-32

“Therefore, putting away falsehood, speak the truth, each one to his neighbor, for we are members one of another. Be angry but do not sin; do not let the sun set on your anger, and do not leave room for the devil. The thief must no longer steal, but rather labor, doing honest work with his own hands, so that he may have something to share with one in need. No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. And do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.”

Reflection on Scripture

Meditate on this passage. Where in your life might the Holy Spirit be inviting you to “put away” bitterness or unforgiveness so that you can live more freely in Christ’s love?

Book Discussion Questions

Flynn identifies four possible barriers that can block us from God’s love, forgiveness, healing and restoration (pgs. 132-138): Lack of Faith, Idolatry, The Father Wound, and Unforgiveness. Which of these barriers resonates most with you when reflecting on your own struggles or wounds?

Flynn describes an exercise called “The Three R’s” (p. 152): Repent, Revoke, and Replace — a way to bless instead of curse. Is there a situation in your life where you could use this approach to invite healing and freedom?

We are called to bring our chains to Christ on the Cross through the Sacrament of Confession. How does viewing Confession as an exchange, where we surrender our chains and receive Christ’s mercy, change your understanding of this sacrament and the grace it offers?
