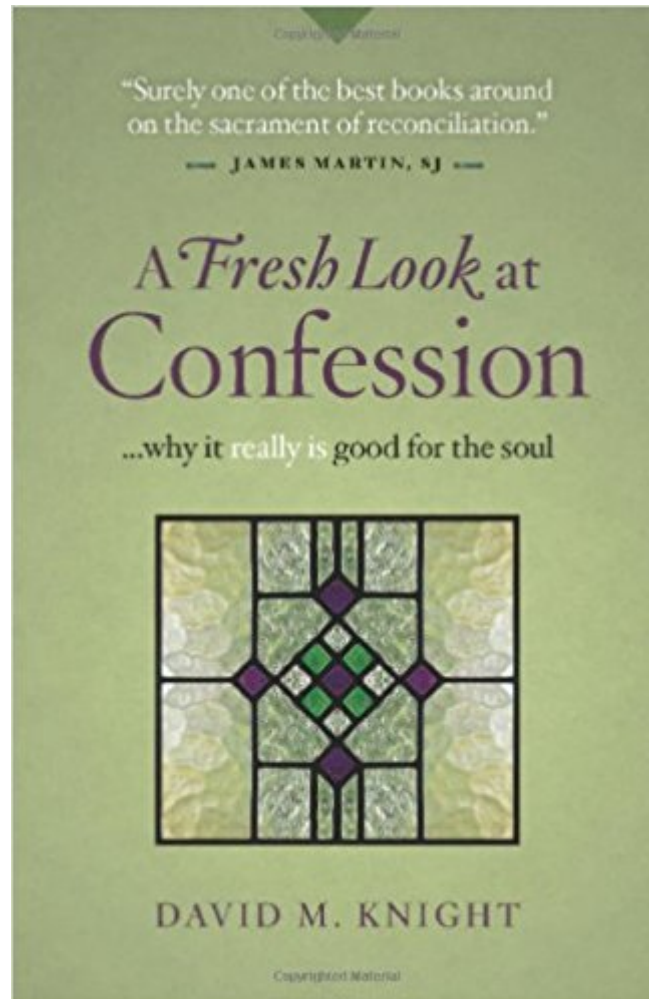


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# A Fresh Look At Confession...Why It Really Is Good For The Soul



## Synopsis

"Surely one of the best books around on the sacrament of reconciliation." -- James Martin David Knight was forty years a priest before he learned that priests don't hear sins in confession. What you are really revealing is your ideals, he says. The real you has a different set of ideals, reflecting your heart instead of your lapses. This you abides with God. With these words Fr. Knight reveals that *A Fresh Look at Confession* is unlike anything you may have read about the sacrament. He speaks about the heart of Confession, its meaning and mystery, and why it is so necessary for authentic followers of Christ. This is deep theology, explained in clear language. But it's also much more: Father Knight's moving, intensely personal account of his own journey as a sinner takes readers beyond theory and into the awe-inspiring reality of our complete redemption in Jesus, who does not just forgive, but who takes away the sins of the world. This powerful and needed book explores confession as a sacrament of self-identity, community, and as an encounter with God. Along the way, Father Knight explains concepts and doctrines such as mortal sin, absolution, purgatory, and the need to confess sins to a priest. Powerful reading for anyone who struggles with confession, and for all who wish to explore this mystical, healing, and life-giving sacrament.

## Book Information

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## Customer Reviews

Fr. David Knight explains the history of the Sacrament of Reconciliation (Confession), which gives the reader perspective. He then masterfully explains how to use Confession as a tool to drive spiritual growth, which is nothing more (and nothing less) than growing into an every-deepening relationship with the person of Jesus Christ. This is an wonderful book that will build you up by

showing you that admission of sin is also a revelation of your ideals. It will inspire you and challenge you to live your faith more deeply. Unfortunately, it is true that some ordained Priests have not handled their roles as confessors particularly well and have unwittingly run people away from the Sacrament, and sometimes from the Church altogether. This book would be a great help to all Priests who hear confessions. It will help new Priests gain perspective and older Priests to think again about the beauty of the Sacrament and their role in making it the positive, life-giving experience that it should be.

This book is unlike any other I have ever read on Confession. Fr. Knight is not interested in laundry lists of sins but rather falling short of the elements that make up a Christian life. About the act of Confession itself, Fr. Knight says: "What we experience in Confession is an interaction that is fully human in all it involves. On the part of the one confiding, Confession is a human experience of trust embodied in a real act of self-revelation, with all the risk and vulnerability that involves. Confession is an act of faith and trust in God that is experienced as real because it is embodied in a human interaction with another human. There is no real act of self-revelation when we confess our sins to God -- God already knows them. The risk, the vulnerability, and therefore the experience of love and trust comes through sacramental Confession, because we are exposing ourselves to someone who does not know our sins. That is what makes it human. But we are doing so as an expression and an experience of love and trust in God. That is what makes it divine."

Be prepared to be blown away. I'm a 50 year old Catholic. And a Board Certified Psychiatrist. I consider myself to be fairly intelligent and a fairly well educated Catholic. But as I started reading this book (and once started I couldn't put it down), I had this sense of "Oh my God, oh my God, oh my God !". Father Knight showed me that I have been confessing wrongly all my life. And that I have had the wrong idea(s) about what Confession is. But, as I read, 2 feelings began to flood my heart: Gratitude and Joy. Gratitude to Fr Knight, for taking the trouble to write this book. And joy, because now I see, so much better, how truly beautiful and magnificent Confession is (better to find that out later rather than never !). SO much closer to the idea of Peter, when Jesus asks him "Simon, son of John, do you love me more than these ?". If that story moves you (Simon's 3 denials, his bitter tears, breakfast prepared by The Lord, Jesus question to Simon, repeated 3 times, forgiveness and a re-newed mission for Peter ("feed my sheep..."))----if that story moves you, THIS is the book for you. Because that's the kind of encounter we CAN have with Jesus in Confession. It is not the quick recitation of a laundry list followed by a generic penance. The whole process (the preparation, the

examination, the telling, the conversation with the Priest, and yes, the penance) can be such a richer experience, and one that draws you ever closer to the heart of Jesus. And Father Knight tells you exactly what confession is: simply an indispensable tool for your continued conversion. I would bet THIS is the BEST book on confession out there. I was absolutely overwhelmed by the beauty, wisdom and practicality of this book. For so many Catholics that dread Confession (or just don't go), this book is a treasure waiting to be discovered.

After reading Father David Knight's 'A Fresh Look at Confession', all I can say is, "Thanks be to God... I finally get it!!" The act of confession to a priest is totally necessary but it's so much bigger than just a laundry list of broken rules. If we look beyond the act, word, thought, or deed that constitutes what we currently see as our sins, and look at what caused that act, word, thought, or deed, then we can address what the real sin is - the bigger root cause that we are probably very adept at ignoring or rationalizing in order to not even see it as sin. Then confession becomes an integral part of the process that will ultimately make us who we want to become as followers of Christ. This book is a very different way of looking at confession from what most of us were taught; it leads the reader into an examination of conscience like none other; and it is the kind of book that, as a lay person, you don't just read once and leave it on the shelf. It's a book that just keeps on giving. The more we can absorb, the more there is to be absorbed. A remarkable "can't put it down" read.

I am not finished with this book yet, but so far, it's great! This book presents an amazing perspective on what the sacrament should be, how it should be approached, and received. What I'm getting out of it is the fact that it takes away the childish approach and really got me thinking about an adult approach that has less to do with the laundry list of sins, or even a review of the commandments, and more of an introspective look at love and how I am failing to love.

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