

The Mystery of Confession

with *Forgiven*

Prepare to receive God's indescribable love through the sacrament of Reconciliation. Participants will learn about the Church's teaching about the sacrament, including a practical "walk through" of what happens in the confessional. Expect to walk away with a deeper understanding of how Reconciliation connects to Scripture, Catholic Tradition, and God's passionate desire to be with us.

AT GLANCE

Sessions	3
Content Runtime	1hr 30min
Liturgical Season	Any
Content	Forgiven
Content Language	English
Offerings	Spanish

WHAT PARTICIPANTS WILL LEARN

- A strong foundational understanding of how Reconciliation is rooted in scripture and Church Tradition
- Knowledge of what happens during the sacrament of Confession
- An understanding of how Reconciliation is an expression of God's love for us and His desire for us to be close to Him

WAYS TO RUN THIS PATHWAY

Weekly Group Study 3 weekly sessions to watch and discuss in person

Weekly Short Discussion Participants watch the episodes and answer questions at home, then gather to discuss

PATHWAYS RESOURCES

Video Content

- Episode 1: Where Are You?
- Episode 2: An Encounter with Mercy
- Episode 3: Embraced in Mercy

ADDITIONAL RESOURCES

- Confession | The Catholic Parent
- 7 Secrets of Confession by Vinny Flynn
- How to Make a Good Confession (Without Overthinking It)

SUGGESTED PREPARATION RESOURCES

- For Parish Staff: Strategies on How to Promote Confession
- For Catechists: Revealing Mercy in a Merciless World

Pathway Resources



See all pathway information and materials on the Formed Resource Center

- Videos
- Discussion Materials
- Additional Support

Video Content

Episode 1. Where are You? | Forgiven

31 minutes

Have you ever felt lost and alone, isolated in guilt? Like the Prodigal Son among the pigs, we know that we have sinned. But God won't leave us there—he searches for us and runs to welcome us home in the Sacrament of Reconciliation.

Episode 2. An Encounter with Mercy | Forgiven

27 minutes

We are not defined by our mistakes. In Confession, Jesus invites us to encounter his mercy and be healed by his love. When he tells us "Go and sin no more," he also gives us the grace to do so.

Episode 3. Embraced in Mercy | The Rite Explained

34 minutes

Whether you go to Confession regularly or a decade ago, this session guides you step-by-step through the deeper meaning of every aspect of the Rite—what it is, why we do it, and how it impacts your life.

Additional Resources

Confession | The Catholic Parent | Episode 2

16 minutes

Going to Confession can be challenging. You feel anxious and guilty for your sins, and you certainly don't want to tell them to a priest! How do you muster the courage for Confession and convince your family to go with you?

Confession is actually a place of victory. The Lord meets us in our brokenness and restores our relationship with him. In this episode, you'll hear stories of families who make Confession a priority and how the sacrament has changed them. Sr. Rachel Marie will remind you of God's love and mercy. Finally, you'll find encouragement in the witness of St. Augustine and his mother, St. Monica.

7 Secrets of Confession by Vinny Flynn

42 minutes

In this inspiring presentation, popular speaker Vinny Flynn explores the "hidden" truths of the Sacrament of Reconciliation, presenting what to many will be a whole new way of approaching Confession, inviting you to begin an exciting personal journey to healing and holiness. If you do not yet look forward to Confession in the same way you look forward to Communion, this will change your life.

How to Make a Good Confession (Without Overthinking It) | Practicing Catholic

44 minutes

In this episode of Practicing Catholic, Taylor Kemp and Dr. Scott Hefelfinger walk through what the Sacrament of Confession really is, why it matters, and how to approach it with confidence. Whether it's been a few weeks or a few decades, they offer practical, realistic tips to help you make a good confession without getting stuck trying to make a "perfect" one.

They explain what Confession actually does and why it's such a gift, break down the three essential parts of the sacrament, and share simple ways to examine your conscience without unnecessary stress. Along the way, they emphasize that sometimes the best advice is simply to go, while also addressing common struggles like fear, forgetfulness, and perfectionism.

The conversation also explores how frequent confession leads not just to better habits, but to deeper spiritual healing and growth at the level of the heart.

If you've been putting it off, this episode might be the nudge you need.

Use Cases

3 Week Group Study

7:00 PM	Arrival, welcome, opening prayer
7:10 PM	Watch the episode
7:45 PM	Work through the study guide questions together, out loud
8:20 PM	Closing prayer and one commitment for the week

3 Week Short Gathering

Participants watch the episodes and work through the study guide at home, then meet for a short conversation.

10:00 AM	Opening prayer and a 60-second recap of the episode
10:03 AM	One sentence each, what stayed with you
10:08 AM	The 2 questions the leader sent ahead, roughly 7 minutes each
10:23 AM	Each person names one thing to do before next week
10:27 AM	Closing prayer and the reminder of next week's episode



See all materials on the **Formed Resource Center**

Discover comprehensive resources and training designed to help your ministry flourish

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