



# Rediscovering Confession: The Practice of Forgiveness and Where it Leads

*David A. Steere*

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*Rediscovering Confession* is about recovering the experience of confession, in danger now of becoming a lost art. It identifies four elements present in psychotherapy and confession: a state of heightened self-awareness, a growing realization that our predicament points in some meaningful direction beyond itself, the necessity to make a relevant response to our situation, and a potential for spiritual encounter that accompanies the process. Each chapter contains a section devoted to practice, with exercises for individual contemplation and experimentation, guidelines for forming a confessional partnership, directions for conducting discussions in a study group, and ways to organize a small confessional group.



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