

Indulgence Checklist

A handy guide to help remember conditions.

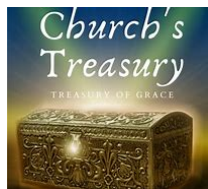
Only God knows if you have met them, but he is pleased with your efforts. Spiritual exercises strengthen your "holiness muscles!" Please see our Plenary Indulgence page to deepen your understanding of this gift of grace.

All of the following are necessary:

- ☐ Desire the grace of the indulgence
- ☐ Be detached from sin (avoid sin and cultivate a deep-seated disposition against sinful behavior)
- ☐ Receive Communion within close proximity of this event (best on the day of event)
- ☐ Go to Confession within close proximity of this event (within a few days)
- ☐ Pray for the Pope's intentions (specific prayers are your choice; Our Father, Hail Mary, and Creed are standard)

In addition to the things above, choose ONE of the following:

- ☐ **Undertake a pious pilgrimage to a Sacred Site (YOU ARE HERE!):** devoutly participate in Holy Mass, anointing of the sick, engage in Eucharistic adoration and meditation, celebration of the Word of God, Liturgy of the Hours, the Way of the Cross, the Marian Rosary, the recitation of the Akathist hymn, or penitential celebration.
- ☐ **Participate in:** a mission, spiritual exercises or formation activities on the documents of the Second Vatican Council and the Catechism of the Catholic Church, held in a church or other suitable place (this is not limited to the designated Sacred Sites).
- ☐ **Participate in works of mercy and penance:** the corporal or spiritual works of mercy, visiting the sick and imprisoned, feeding the hungry, welcoming the migrant, or observing the penitential nature of Friday.



Jesus gave the Church the power to loose and bind (Matthew 16:19), which allows the Holy Father to dispense these graces from the Church's treasury. During the Jubilee Year 2025, the faithful may obtain two plenary indulgences per day, the second of which must be applied to the souls in Purgatory.

A plenary indulgence returns your soul to the state it was in at your Baptism!



FAQs about Indulgences:

- ❖ *A single sacramental confession is sufficient for several plenary indulgences, but frequent sacramental confession is encouraged in order to obtain the grace of deeper conversion and purity of heart.*
- ❖ *For each plenary indulgence that is sought, however, a separate holy Communion and a separate prayer for the intentions of the Holy Father are required.*
- ❖ *These three conditions (sacramental confession, holy Communion, and prayer for the intentions of the pope) can be fulfilled a few days before or after performing the works to gain the indulgence, but it is appropriate that Communion and the prayer take place on the same day that the work is completed.*
- ❖ *Examples of works of penance:*
 - *Abstaining for at least one day a week from "futile distractions," such as social media or television*
 - *Fasting*
 - *Donating "a proportionate sum of money to the poor"*
 - *Supporting religious or social works, especially in the defense of life in all phases*
 - *Offering support to migrants, the elderly, the poor, young people in difficulty, and abandoned children*
 - *Volunteering in service to your community*

