



JUBILEE 2025

# Become a pilgrim of hope

## OBTAINING THE JUBILEE INDULGENCE IN 2025

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**I**n his proclamation of the Jubilee of 2025 *Spes non confundit* (“Hope Does Not Disappoint”), Pope Francis announced an indulgence that would be available to the faithful during the Jubilee year. The indulgence, he explained, would be “a way of discovering the unlimited nature of God’s mercy.” In this column, we offer a brief explanation of indulgences and how we can access this great treasury of mercy – both during the Jubilee and for years to come.

### What is an indulgence?

- ▶ “An indulgence is the remission in the sight of God of the temporal punishment due for sins, *the guilt of which has already been forgiven*. A member of Christ’s faithful who is properly disposed and who fulfills certain specific conditions, may gain an indulgence by the help of the Church which, as the minister of redemption, authoritatively dispenses and applies the treasury of the merits of Christ and the Saints.” (Canon 992)
- ▶ “An indulgence is partial or plenary according as it partially or wholly frees a person from the temporal punishment due for sins.” (Canon 993)

When we sin, we commit an offense against God who is infinite. Thus, the debt [of punishment] we incur is infinite. Through the saving work of Jesus Christ, our sacramental confession, prayers, sacrifices, and good works restore our relationship with God and remove the *eternal* punishment we owe. That is, we make satisfaction in this life but any debt that remains at the time of our death must be paid in Purgatory – where our souls are purified before entering heaven. Consequently, the treasury of Jesus’ merits, combined with those of the Blessed Virgin Mary and all of the saints, is waiting to be distributed to the faithful. Jesus established the Church, with the pope at its helm, to be the steward of these merits, which the Church accomplishes through indulgences.

When, under the right conditions, we carry out an action to which the Church has attached an indulgence, we are drawing on the graces Jesus has already won for us and which he wishes the Church to dispense. How generous, how magnanimous, is God! His desire to be with us is so great that he directs the Church to help us arrive as quickly as possible at eternal life with him.

- ▶ **Partial indulgences** remove some temporal punishment.
- ▶ **Plenary indulgences** remove all temporal punishment.

### How do I obtain a partial indulgence?

To gain a partial indulgence, we must:

1. Have the intention to gain the indulgence.
2. Perform the work specified in the manner prescribed.  
For example, devoutly making the sign of the cross has a partial indulgence attached to it (yes – it’s true!).

### How do I obtain a plenary indulgence?

To gain a plenary indulgence, we must fulfill the requirements for gaining a partial indulgence, and we must also:

1. Receive the sacrament of confession (usually within several days of performing the prescribed work).
2. Receive Holy Communion (usually on the day of performing the prescribed work).
3. Pray for the intentions of the Holy Father (usually by reciting an Our Father and a Hail Mary).
4. Be completely detached from our sins (including venial sins). If we are not completely detached, we may still receive a partial indulgence.

### What are some examples of plenary indulgences we can receive every day?

Praying the rosary as a family, in a group or with the Holy Father (including on the radio or television); spending 30 minutes praying before the Blessed Sacrament; praying the Stations of the Cross; and reading Scripture for 30 minutes.

### Can I give my indulgences to someone else?

Yes! But not to someone who is still alive. We can apply our indulgences to the Holy Souls in Purgatory. This is a work of mercy for which they will be very grateful. †