

How do I get an indulgence in the Jubilee Year?

There is no Church decree granting an indulgence, nor are there phone apps or online sign-ups, and you can't buy them. However, there are conditions and acts that need to be met to receive an indulgence.



Conditions

- Be in a state of grace (free from mortal and venial sin).
- Go to confession within 20 days before or after the “indulged act”.
- Receive the Eucharist within 20 days before or after the indulged act.
- Pray for the Pope's intentions (e.g., an Our Father and a Hail Mary) and
- Perform a specific “indulged act.”

Indulged Acts

Earlier this year, National Catholic Register published a summary of a Vatican publication on how to obtain plenary indulgences — removing temporal punishment for sin through Christ's merits — during the 2025. Excerpts are below.

Pilgrimages

1. In Rome, visit St. Peter's, St. John Lateran, St. Mary Major or St. Paul Outside the Walls. In the Holy Land, visit the Holy Sepulchre (Jerusalem), Basilica of the Nativity (Bethlehem) or Basilica of the Annunciation (Nazareth).
2. In the United States, The Basilica of the National Shrine of the Immaculate Conception in Washington, D.C., is the only nationally designated Jubilee site in the United States.
3. Closer to Home. Visit The Cathedral of the Most Sacred Heart of Jesus in Knoxville. Other sites that may be of interest to you, family members or friends can be accessed at these Pilgrimage sites in the United States.
 - Those impeded by “serious reasons” — cloistered religious, the elderly, the sick, prisoners, caregivers — can get the indulgence by uniting spiritually with pilgrims, especially through EWTN or other media, and reciting an Our Father and Creed, “offering up their sufferings or the hardships of their lives.”
 - Participate in a study on the Vatican II documents or the Catechism, held in a church or other suitable place, “according to the mind of the Holy Father.”
 - Visits. Spend time with those in need — the sick, prisoners, lonely elderly, the disabled — “making a pilgrimage to Christ present in them.”
 - Fasting and Abstinence. In a spirit of penance, give up “futile distractions” (real or online) and “superfluous consumption” (through fasting, abstinence or almsgiving) for at least one day.
 - Defend Life and Volunteer. Support efforts defending life at all stages or helping abandoned children, struggling youth, the needy, lonely elderly or migrants. Do acts of community service.
 - Blessing. Receive the “papal blessing” from a bishop.