

# Jubilee 2025: Pilgrims of Hope

## Plenary Indulgence

The *indulgence* is a way of discovering the unlimited nature of God's mercy. Not by chance, for the ancients, the terms "mercy" and "indulgence" were interchangeable, as expressions of the fullness of God's forgiveness, which knows no bounds...as we know from personal experience, every sin "leaves its mark." Sin has consequences, not only outwardly in the effects of the wrong we do, but also inwardly, inasmuch as "every sin, even venial, entails an unhealthy attachment to creatures, which must be purified either here on earth, or after death, in the state called Purgatory." [18] In our humanity, weak and attracted by evil, certain residual effects of sin remain. These are removed by the indulgence, always by the grace of Christ, who, as Saint Paul VI wrote, "is himself our 'indulgence'". [19] The Apostolic Penitentiary will issue norms for obtaining and rendering spiritually fruitful the practice of the Jubilee indulgence.

- Pope Francis, SPES NON CONFUNDIT.

The Jubilee Indulgence is a concrete manifestation of God's mercy, which goes beyond and transforms the boundaries of human justice. This treasury of grace entered human history in the witness of Jesus and the saints, and by living in communion with them our hope for our own forgiveness is strengthened and becomes a certainty. The Jubilee indulgence allows us to free our hearts from the weight of sin because the reparation due for our sins is given freely and abundantly.

### Obtaining the Jubilee Indulgence

First, one must perform all three preconditions to obtaining any indulgence:

- 1) Turn away from sin, without desire to sin, with a desire to love God and neighbor.
- 2) Go to the sacrament of penance and receive Holy Communion within 20 days before or after the event.
- 3) Pray for the intentions of Pope Francis with an Our Father and a Hail Mary.

Then, do any of the following during the Jubilee Year:

- Visit a sacred place: participate in Eucharistic adoration and meditation, concluding with the Our Father, the Profession of Faith and invocations to Mary in any basilica or cathedral
- Participate in spiritual retreats, exercises, adult faith classes
- Fast from social media, virtual distractions, food, shopping
- Give money to the poor or to a cause of social justice or religious nature
- Volunteer your time in some form of service
- Visit the sick, elderly, prisoners, people with disabilities