**Jubilee Indulgence FAQ**

**What Is the Jubilee Indulgence?**

An indulgence is a special grace given by God, through the Catholic Church, for the removal of temporal punishment for sins already forgiven in the Sacrament of Confession. While Confession absolves guilt, temporal punishment due to sin still remains. Through an indulgence, God’s mercy “reaches the sinner and frees him or her from every residue left by the consequences of sin,” as Pope Francis said.

The Jubilee Indulgence is a special plenary indulgence available to the faithful during the Jubilee Year. It can be obtained – given the completion of the ordinary conditions – through pilgrimages, pious visits to holy sites, or works of mercy and penance.

**What constitutes a pious visit?**

A pious visit includes spending a “suitable” amount of time during a prayerful visit in Eucharistic adoration, either in exposition or before the tabernacle, meditation, and concluding with praying for the intentions of our Holy Father, the recitation of the Our Father, any legitimate form of the Creed, and invocations to the Blessed Virgin Mary.

**What are the requirements for the Jubilee Year of Hope Plenary Indulgence?**

Simply passing through the holy doors does not automatically grant an indulgence. Pilgrims must meet the following spiritual conditions to receive a plenary indulgence during the Jubilee.

Pass through the holy doors with a spirit of faith and conversion
Walking through the holy doors is an act of devotion. It represents the pilgrim’s desire to leave behind sin and embrace God’s mercy. This action should be accompanied by sincere intentions of spiritual conversion and renewal.

Sacramental Confession
Pilgrims must receive the Sacrament of Reconciliation, either shortly before or after passing through the holy doors. The Sacrament of Reconciliation allows for the forgiveness of sins, and it is a necessary step in receiving the indulgence. The Church recommends that it take place within 20 days of the act of passing through the doors, but the timing can be flexible as long as the other conditions are met.

Receive the Eucharist
The pilgrim must receive Holy Communion, ideally on the same day that they pass through the holy doors. Receiving the Eucharist symbolizes the unity of the believer with Christ, and it is an essential part of the indulgence process.

Pray for the intentions of the Pope
To complete the indulgence, pilgrims must offer prayers for the intentions of the Pope. These prayers are typically an Our Father, a Hail Mary, and a Glory Be, though any prayer offered with the intention of supporting the Pope and the Church is acceptable. This condition reflects the pilgrim’s unity with the Church and the wider Catholic community.

Be free from all attachment to sin
One of the most challenging conditions for receiving a plenary indulgence is the requirement to be free from all attachment to sin, including venial sin. This means the pilgrim must genuinely renounce sin and express a desire to live a virtuous life, even if human weakness makes total detachment difficult to achieve. The indulgence is granted when this condition is met with sincerity and effort.