

# Manual of Indulgences

Intimately connected with the Sacrament of Penance, **indulgences are given by the Church from her spiritual treasury to remit temporal punishment for sin.** Indulgences according to St. Pope John Paul II, “The expression of the Church’s full confidence of being heard by the Father when – in view of Christ’s merits and by His gift, those of Our Lady and the saints – she [the Church] **asks Him to mitigate or cancel the painful aspect of punishment by fostering its medicinal aspect through other channels of grace.**”

The **infinitely** precious merits of Jesus, Divine Redeemer of the human race, have been entrusted to Christ’s Church as an unfailing treasury, that they may be applied to the remission of sins and of the consequences of sin, **by virtue of the power of binding and loosing which the Founder of the Church himself conferred on Peter and the other Apostles,** and through them on their successors, the Supreme Pontiffs and Bishops. This remission is given **primarily,** and in the case of mortal sins necessarily, through the **Sacrament of Reconciliation.**

Even after mortal sin has been forgiven, **the forgiven sinner can need further purification,** that is, be deserving of temporal punishment to be expiated in this life or the life to come (Purgatory). An indulgence, whose purpose is to remit this punishment, is drawn from the Church’s wonderful treasury. The doctrine of faith regarding indulgences and the praiseworthy practice of gaining them confirm and apply, **with special efficacy for attaining holiness,** the deeply consoling mysteries of the Mystical Body of Christ and the Communion of Saints.

## Introduction

The principal prayers and principal works are included to help the faithful make satisfaction for the punishment due their sins, and also, above all, are **encouraged to a greater zeal for the exercise of charity.**

An indulgence can be attached, according to tradition, to various **works of piety,** both private and public. These works are by no means separated from the Mass and the Sacraments, since **Mass and the Sacraments are the principal fonts of sanctification and purification.** Good works and sufferings are made into an oblation in which the faithful themselves are offered up, an oblation conjoined to the offering of Christ in the Eucharistic Sacrifice. The Mass and the Sacraments move the faithful to carry out their duties so that **“by the manner of their life they hold fast to what they have received in faith.”**

The Apostolic Penitentiary, rather than stress the repetition of formulas and acts, has been concerned to put **greater emphasis on the Christian way of life** and to focus attention on **cultivating a spirit of prayer and penance** and on the **exercise of the theological virtues.**

In the Manual, four grants of a more general nature are first presented, which may in some sense serve as **beacons for the conduct of daily Christian life.**

## Norms on Indulgences

N1. An indulgence is a remission before God of the temporal punishment for sins, whose guilt is forgiven, which a properly disposed member of the Christian faithful obtains under **certain and clearly defined** conditions through the intervention of the Church, which, as the minister of Redemption, **dispenses and applies authoritatively** the treasury of the expiatory works of Christ and the saints.

N2. An indulgence is partial or **plenary** (*full*) in **removing temporal punishment due sin**.

N3. The faithful can obtain partial or **plenary** indulgences for **themselves, or they can apply them to the dead by way of suffrage**.

N4. The faithful who perform with at least **inward contrition** an action to which a partial indulgence is attached obtain, **in addition to the remission of temporal punishment** acquired by the action itself, an equal remission of punishment through the intervention of the Church.

N10. Cardinals of the Holy Roman Church have the faculty to grant a partial indulgence everywhere, but **only to those present, and for that time only**.

N14. If a visit to a Church/oratory is required to obtain an indulgence attached to a particular day, this may be accomplished from **noon of the preceding day until midnight of the particular day**.

N15. The faithful can acquire an indulgence if they **use devoutly** one of the following **properly blessed pious objects: a crucifix or cross, rosary, scapular, or medal**.

N17. In order to be capable of gaining an indulgence, one must be baptized, not excommunicated, and **in the state of grace at least at the completion of the prescribed works**. **One must have at least the general intention of doing so** and must carry out the enjoined works at the stated time and in the due fashion, according to the sense of the grant.

N18. A **plenary** indulgence can be acquired only once in the course of a day (but additionally at the hour of death), a partial indulgence can be acquired multiple times.

N19. The work for acquiring a **plenary** indulgence **connected with a church/oratory** consists of a devout visit during which an **Our Father and the Creed are recited**, unless other directives have been laid down.

N20. To gain a **plenary indulgence**

- Exclude **all** attachment to sin, even venial sin
- Perform the indulgenced work
- Fulfill three conditions
  - **Sacramental confession** – a single sacramental confession suffices for gaining several plenary indulgences
  - **Eucharistic Communion** – Holy Communion must be received for the gaining of each plenary indulgence.
  - **Prayer for the intention of the Sovereign Pontiff** - Prayer for the intention of the Holy Father must be recited for the gaining of each plenary indulgence. It is fully satisfied by reciting **one Our Father and one Hail Mary**. One has the option of reciting any other prayer according to individual piety and devotion, if recited for this intention.
- It is fitting that Communion be received and the prayer for the intention of the Holy Father be said on the same day the work is performed, but **the conditions may be fulfilled several days before or after the performance of the prescribed work**.

- If the full disposition is lacking, or if the work and three conditions are not fulfilled (apart from a legitimate impediment where a Confessor commutes it or a local ordinary exercising legitimate authority determines it is very difficult or impossible to meet) the indulgence will be partial.

N21. An indulgence cannot be gained by a work already imposed by law. (Ex. Normal Sunday mass obligation) However if one performs a work which has been imposed as a sacramental penance and which happens to be enriched with an indulgence, they can satisfy the penance and gain the indulgence.

N23. To gain an indulgence it is sufficient to recite the prayer alternately with a companion or to follow it mentally while it is being recited by another.

## The Four General Concessions

There are four general concessions by which the Christian faithful are **encouraged to infuse with a Christian spirit all the actions that go to make up their daily lives and to strive in the ordering of their lives toward the perfection of charity.** These four grants are very general, and each includes many works of the same type. Nevertheless, not all such works are endowed with indulgences, but **only those which are carried out in a special manner and spirit.**

Should someone be devout and zealous enough to fill the day with such acts, he would justly merit, over and above the increase of grace, a fuller remission of punishment, and he can bring in his charity more abundant aid to the souls in purgatory.

## Grant One

**A partial indulgence is granted to the Christian faithful who, while carrying out their duties and enduring the hardships of life, raise their minds in humble trust to God and make, at least mentally, some pious invocation.**

By this first grant, the faithful are guided to fulfill the command of Christ, **“Pray always without becoming weary,”** at the same time carrying out their duties to preserve and strengthen their union with Christ.

“Watch and pray that you may not undergo the test.” Matthew 26:41

“Beware that your hearts do not become drowsy from...the anxieties of daily life...Be vigilant at all times and pray.” Luke 21:34,36

“Rejoice in hope, be patient in trials, be constant in prayer.” Romans 12:12

“Whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.” Colossians 3:17

“Pray without ceasing. In all circumstances give thanks.” 1 Thessalonians 5:17-18

“All the faithful, whatever their condition of life...**will grow daily in holiness if they accept all these things in faith from the hand of their heavenly Father** and if they cooperate with the divine will by making manifest to all, even as they carry out their work here on earth, that love with which God has loved the world.” (LG, no. 41)

“These aids should be used that lay people, **while carrying out their responsibilities in the world in ordinary conditions of life, do not allow any separation of their union with Christ but rather grow in this union by doing their work according to God’s will...Neither providing for their families nor any other business in the secular world should be thought to be outside the scope of the spiritual life.**” (AA, no. 4)

“**The split between the faith which they profess and the daily lives of many people is to be counted as among the more serious misconceptions of our day...**No false opposition should be set up between professional and social activities on the one hand and the life of religion on the other...On the contrary, Christians should rejoice that, following the example of Christ who worked as a craftsman, they are in a position to engage in all their earthly activities and they should bring their humans, domestic, professional, scientific and technical activities into a living synthesis with religious values which orient and coordinate everything to the glory of God.” (GS, no.43)

## PIOUS INVOCATIONS

The following points are to be noted in regard to pious invocations:

1. An invocation, in relation to an indulgence, **is not to be considered a complete or distinct work in itself**, but rather is to be used as a complement to some other work by which the faithful raise their minds to God in humble trust, while carrying out their duties and bearing the hardships of life. Hence, **a pious invocation completes the elevation of the mind to God**; both the raising up of the mind and the pious invocation are like a precious stone which is **inserted into ordinary activities** to adorn them, or are like salt which properly seasons these same activities.
2. The invocation to be preferred is the one which is more in harmony with the particular situation and the personal dispositions of the individual: whether it comes spontaneously to mind or is chosen from those proven effective in their long-standing use by the Christian faithful.
3. An invocation can be very short, expressed either in just one or a few words, or even merely conceived in the mind.

Ex. Praised be Jesus Christ! - I believe in you, O Lord! - I adore you! - I hope in you! - I love you! – Thanks be to you! - Blessed be God! - Your kingdom come! - Your will be done! – Help me, O God! - Comfort me! - Hear my prayer! - Save me! - Have mercy on me! - Spare me, O Lord! - Do not allow me to be separated from you! - Hail, Mary! - Glory to God in the highest! - I am totally yours!

Additional examples of invocations currently in use: Heart of Jesus, burning with love for us, inflame our hearts with love for You. • Jesus, gentle and humble of heart, make my heart like unto Yours. • Lord, send laborers into Your harvest. • May the most Blessed Sacrament be praised now and forevermore. • Most Sacred Heart of Jesus, have mercy on us. • Holy Mary, Mother of God, pray for me. • Mother of Sorrows, pray for us. • O God, be merciful to me a sinner. • Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. • We adore you, O Christ, and we bless You, because by Your holy Cross You have redeemed the world.

## Grant Two

**A partial indulgence is granted to the faithful who, led by the spirit of faith, give compassionately of themselves or of their goods to serve their brothers in need.**

The faithful are encouraged to perform **more frequent works of charity and mercy**, following the example and command of Jesus Christ.

Not all works of charity are enriched with this indulgence, but **only works that “serve their brothers in need”** – such as those in want of food or clothing for the body or of instruction or comfort for the soul.

“For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and in prison and you visited me...Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” Matthew 25:35-36,40

“If one contributes, in generosity; if one does acts of mercy, with cheerfulness; love one another with mutual affection, anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord. Contribute to the needs of the holy ones, exercise hospitality.” Romans 12:8,10-11,13

“So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of the faith.” Galatians 6:10

“Religion that is pure and undefiled before God and the Father is this: to care for orphans and widows in their affliction and to keep oneself unstained by the world.” James 1:27

## Grant Three

**A partial indulgence is granted to the Christian faithful who, in a spirit of penance, voluntarily abstain from something that is licit for and pleasing to them.**

This grant is particularly suitable for our times in which, **over and above** the mild law regarding fast and abstinence, it is altogether opportune that the faithful be encouraged to practice penance.

**By holding their appetites in check**, the faithful are moved to **regain mastery of their bodies** and to conform themselves to the poor and suffering Christ.

**Self-denial will be more precious if it is joined to charity.** St. Leo the Great said, “We should pay to good works what we refuse to indulgence. Let the poor man feast on what our fasting has denied us.”

“If by the Spirit you put to death the deeds of the body, you will live.” Romans 8:17

“Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No I drive my body and train it.” 1 Corinthians 9:25-27

“Rejecting worldly desires we should live temperately, justly, and devoutly in this age.” Titus 2:12

“The Church appeals to all the faithful together that they obey the Lords command to repent not only through the hardships and setbacks bound up with the nature of daily life, **but also by acts of bodily mortification**...The three principal ways which make it possible to fulfill the divine command to repent. These are prayer, fasting, and works of charity – even though fast and abstinence has had a privileged place...**In the richer nations stress is placed on the witness of self-denial so that Christians will not become worldly.**” (Paen. III c.)

## Grant Four

**A partial indulgence is granted to the Christian faithful who, in the particular circumstances of daily life, voluntarily give explicit witness to their faith before others.**

This grant encourages the faithful to **profess their faith openly before others**, for the glory of God and the building up of the Church.

St. Augustine wrote, “**Let your Creed be a mirror for you.** See yourself in it, if you believe all that you profess, and rejoice, daily in your faith.” The Christian life of each and every day, therefore, will be like the “Amen” concluding the “I believe” of our profession of baptismal faith.

“Everyone who acknowledges me before others I will acknowledge before my heavenly Father.” Matthew 10:32

“Blessed are those who hear the word of God and observe it.” Luke 11:28

“So do not be ashamed of your testimony to our Lord.” 2 Timothy 1:8

“Whoever is made to suffer as a Christian should not be ashamed but glorify God because of the name.” 1 Peter 4:16

“Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God.” 1 John 4:15

“The social nature of human beings, however, requires that **they should express these interior religious acts externally, share their religion with others, and witness to it communally.**” (DH, no. 3)

## Other Concessions

All these grants complement one another and, while drawing the faithful by the gift of an indulgence to perform works of devotion, charity, and penance, **lead them through charity to a more intimate union with Christ the Head and with the Church His Body.**

These prayers can be understood as **subsumed under the first general grant**, when they are recited by the faithful in the course of their everyday lives, **with their minds raised in humble trust to God**. Such recitation, as well as visits to sacred places, acts of piety, or use of a devotional object, **must be performed devoutly and with interior reverence**. If the work to which a **plenary** indulgence is attached can be readily divided into parts (ex. The decades of the Marian rosary), whoever, owing to some reasonable cause, cannot complete the entire work can obtain a partial indulgence for the part completed.

**Deserving of special mention** are grants pertaining to those works by any one of which the faithful can obtain a **plenary** indulgence each day of the year.

- Adoration of the Blessed Sacrament for at least one half hour (Grant #7)
- Recitation of the Marian rosary in church/oratory; or in a family or when several faithful are gathered for any good purpose.

### #1 **ACT OF FAMILY CONSECRATION**

- A plenary indulgence is granted to the members of the family on the day on which it is first consecrated, if at all possible by a priest or deacon, to the Most Sacred Heart of Jesus or to the Holy Family of Jesus, Mary, and Joseph, if they devoutly recite the duly approved prayer before an image of the Sacred Heart or the Holy Family; on the anniversary of the consecration, the indulgence will be partial.

### #6 **CHRISTIAN DOCTRINE**

- A partial indulgence is granted to the faithful who teach or study Christian doctrine.

### #7 **EUCCHARISTIC ADORATION AND PROCESSION**

- §1 A plenary indulgence is granted to the faithful who
  - 1° visit the Blessed Sacrament for adoration lasting at least a half hour;
  - 2° piously recite the verses of the Tantum ergo after the Mass of the Lord's Supper on Holy Thursday during the solemn reposition of the Most Blessed Sacrament;
  - 3° devoutly participate in a solemn Eucharistic procession, held inside or outside a church, of greatest importance on the Solemnity of the Body and Blood of Christ;
- §2 A partial indulgence is granted to the faithful who
  - 1° visit the Blessed Sacrament for adoration;
  - 2° offer any duly approved prayer to Jesus present in the Blessed Sacrament (e.g., the Adoro te devote, the prayer O sacrum convivium, or the Tantum ergo).

### **O sacrum convivium**

O sacred banquet, in which Christ is received, the memory of his Passion is renewed, the mind is filled with grace, and a pledge of future glory is given to us.

### **Tantum ergo**

Down in adoration falling, Lo! the sacred Host we hail; Lo! o'er ancient forms departing, Newer rites of grace prevail; Faith for all defects supplying, Where the feeble senses fail. To the everlasting Father, And the Son who reigns on high, With the Holy Spirit proceeding Forth from each eternally, Be salvation, honor, blessing, Might and endless majesty. Amen.

V. You have given them bread from heaven, R/. Having all delight within it.

Let us pray. O God, who in this wonderful Sacrament left us a memorial of your Passion: grant, we implore you, that we may so venerate the sacred mysteries of your Body and Blood, as always to be conscious of the fruit of your Redemption. You who live and reign forever and ever. Amen.

#8

### **EUCCHARISTIC AND SPIRITUAL COMMUNION**

- §1 A plenary indulgence is granted to the faithful who
  - 1° receive Holy Communion for the first time or devoutly assist at the first Holy Communion of others;
  - 2° on any of the Fridays of Lent devoutly recite after Communion the prayer *En ego, O bone et dulcissime Iesu* before a crucifix.
- §2 A partial indulgence is granted to the faithful who, using any duly approved pious formula, make
  - 1° an act of spiritual communion;
  - 2° an act of thanksgiving after Communion (e.g., *Anima Christi*; *En ego, O bone et dulcissime Iesu*).

#### **Anima Christi**

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within thy wounds hide me.  
Suffer me not to be separated from thee.  
From the malicious enemy defend me.  
In the hour of my death call me.  
And bid me come to thee,  
That with thy saints I may praise thee for ever and ever.  
Amen.

#### **En ego, O bone et dulcissime Iesu**

Behold, O kind and most sweet Jesus, I cast myself upon my knees in thy sight, and with the most fervent desire of my soul, I pray and beseech thee that thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul I ponder within myself and mentally contemplate thy five wounds, having before my eyes the words which David the prophet put on thy lips concerning thee: "My hands and my feet they have pierced, they have numbered all my bones."

#9

### **EXAMINATION OF CONSCIENCE AND ACT OF CONTRITION**

A partial indulgence is granted to the faithful who, especially in preparation for sacramental confession,

- 1° examine their conscience with the purpose of amendment;
- 2° devoutly recite an act of contrition, according to any legitimate formula (e.g., the Confiteor, the psalm *De profundis*, or the psalm *Miserere*, or any of the gradual or penitential psalms).

#### **The Confiteor**

I confess to almighty God and to you my brothers and sisters that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault. Therefore I ask Blessed Mary—ever virgin—all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

#14

### **USE OF ARTICLES OF DEVOTION**

- §1 A plenary indulgence is granted to the faithful who, on the Solemnity of the Holy Apostles Peter and Paul (June 29<sup>th</sup>), make prayerful use of an article of devotion, as defined by Norm 15, that has been blessed by the Supreme Pontiff or by any bishop, provided the faithful also make a Profession of Faith using any legitimate formula.
- §2 A partial indulgence is granted to the faithful who devoutly use such articles of devotion properly blessed by either a priest or a deacon.

#18

### **PRAYERS TO ONE'S GUARDIAN ANGEL**

A partial indulgence is granted to the faithful who devoutly invoke the care of their guardian Angel with a duly approved prayer (e.g. *Angele Dei*).

#### **Angele Dei**

Angel of God, my guardian dear, to whom his love entrusts me here, enlighten and guard, rule and guide me. Amen.



#15 **MENTAL PRAYER**

A partial indulgence is granted to the faithful who for their personal edification devoutly spend time in mental prayer.

#16 **LISTENING TO SACRED PREACHING**

- §1 A plenary indulgence is granted to the faithful who on the occasion of a mission have heard some of the sermons and are present for the solemn conclusion of the mission.
- §2 A partial indulgence is granted to the faithful who assist with attention and devotion at other occasions of the preaching of the Word of God.

#20 **PRAYERS IN HONOR OF THE APOSTLES PETER AND PAUL**

A partial indulgence is granted to the faithful who devoutly recite the prayer Sancti Apostoli Petre et Paule.

**Sancti Apostoli Petre et Paule**

Holy Apostles Peter and Paul, intercede for us. Guard your people, who rely on the patronage of your apostles Peter and Paul, O Lord, and keep them under your continual protection. Through Christ our Lord. Amen.

#29 **FOR THE FAITHFUL DEPARTED**

- §1 A plenary indulgence, applicable only to the souls in purgatory, is granted to the faithful who,
  - 1° on any and each day from November 1 to 8, devoutly visit a cemetery and pray, if only mentally, for the departed;
  - 2° on All Souls' Day (or, according to the judgment of the ordinary, on the Sunday preceding or following it, or on the solemnity of All Saints), devoutly visit a church or an oratory and recite an Our Father and the Creed.
- §2 A partial indulgence, applicable only to the souls in purgatory, is granted to the faithful who
  - 1° devoutly visit a cemetery and at least mentally pray for the dead;
  - 2° devoutly recite lauds or vespers from the Office of the Dead or the prayer Eternal rest.

**Requiem aeternam (Eternal rest)**

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace.

#25 **PRAYERS FOR PASTORS**

A partial indulgence is granted to the faithful who

- 1° in a spirit of filial devotion, devoutly recite any duly approved prayer for the Supreme Pontiff (e.g., the Oremus pro Pontifice);
- 2° similarly, devoutly recite a prayer taken from the Missal for the bishop of an eparchy or diocese on the occasion of the beginning of his pastoral ministry or on its anniversary.

**Oremus pro Pontifice**

V. Let us pray for our Sovereign Pontiff N.

R/. The Lord preserve him and give him life, and make him blessed upon the earth, and deliver him not to the will of his enemies.

#30 **READING OF SACRED SCRIPTURE**

- §1 A plenary indulgence is granted to the faithful who read the Sacred Scriptures as spiritual reading, from a text approved by competent authority and with the reverence due to the divine word, for at least a half an hour; if the time is less, the indulgence will be partial.
- §2 If for some good reason a person is unable to read the Sacred Scriptures, a plenary or partial indulgence is granted, as above, if the text of Sacred Scripture is listened to while another person is reading or if it is heard by means of a video or audio recording.

**PRAYERS TO THE BLESSED VIRGIN MARY**

- §1 A plenary indulgence is granted to the faithful who
  - 1° devoutly recite the Marian rosary in a church/oratory, or in a family, a religious community, or an association of the faithful, and in general when several of the faithful gather for some honest purpose;
  - 2° devoutly join in the recitation of the rosary being recited by the Supreme Pontiff and broadcast live. In other circumstances, the indulgence will be partial.

Regarding the plenary indulgence for the recitation of the Marian rosary, the following is prescribed:

1. The recitation of a third part of the rosary is sufficient, but the five decades must be recited without interruption.
2. Devout meditation on the mysteries is to be added to the vocal prayer.
3. In its public recitation the mysteries must be announced in accord with approved local custom, but in its private recitation it is sufficient for the faithful simply to join meditation on the mysteries to the vocal prayer.

- §2 A partial indulgence is granted to the faithful who
  - 1° devoutly recite the canticle of the Magnificat;
  - 2° either at dawn, noon, or evening devoutly recite the Angelus with its accompanying versicles and prayer or, during the Easter season, the Regina caeli antiphon with its usual prayer;
  - 3° devoutly address the Blessed Virgin Mary with some approved prayer (e.g., Maria, Mater gratiae; the Memorare; the Salve Regina; the Sancta Maria, succurre miseris; or the Sub tuum praesidium.)

**Angelus Domini**

V. The Angel of the Lord declared unto Mary,

R/. And she conceived of the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord,

R/. Be it done unto me according to thy word.

Hail Mary...

V. And the Word was made flesh,

R/. And dwelt among us.

Hail Mary...

V. Pray for us, O Holy Mother of God,

R/. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech thee, O Lord, thy grace into our hearts: that we, to whom the Incarnation of Christ thy Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

**Regina caeli**

Queen of Heaven, rejoice, alleluia:

For the Son thou wast privileged to bear, alleluia,

Is risen as he said, alleluia.

Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, Alleluia!

R/. For the Lord is truly risen, Alleluia.

Let us pray: O God, who gave joy to the world through the Resurrection of thy Son our Lord Jesus Christ, grant, we beseech thee, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

**Maria, Mater gratiae**

Mary, Mother of grace and Mother of mercy, shield me from the enemy and receive me at the hour of my death.

### **Memorare, O piissima Virgo Maria**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thine intercession was left unaided.  
Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother;  
to thee do I come, before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions,  
but in thy mercy hear and answer me. Amen.

### **Salve, Regina**

Hail, holy Queen, Mother of mercy;  
Hail, our life, our sweetness and our hope.  
To thee do we cry, poor banished children of Eve.  
To thee do we send up our sighs, mourning and weeping in this valley of tears.  
Turn then, most gracious advocate, thine eyes of mercy toward us;  
and after this our exile show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

### **Sancta Maria, succurre miseris**

Holy Mary,  
succor the miserable,  
help the fainthearted,  
comfort the sorrowful,  
pray for thy people,  
plead for the clergy,  
intercede for all women consecrated to God;  
may all who keep thy holy commemoration feel now thy help and protection.

### **Sub tuum praesidium**

We fly to your patronage,  
O holy Mother of God;  
despise not our petitions in our necessities,  
but deliver us always from all dangers,  
O glorious and blessed Virgin.

#19

### PRAYERS IN HONOR OF ST. JOSEPH

A partial indulgence is granted to the faithful who invoke St. Joseph, spouse of the Blessed Virgin Mary, with a duly approved prayer (e.g., Ad te, beate Ioseph).

#### Ad te, beate Ioseph

To you, O blessed Joseph, do we come in our tribulation,  
and having implored the help of your most holy spouse,  
we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God  
and through the paternal love with which you embraced the Child Jesus,  
we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood,  
and with your power and strength to aid us in our necessities.

O most watchful Guardian of the Holy Family, defend the chosen children of Jesus Christ;

O most loving father, ward off from us every contagion of error and corrupting influence;

O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril,

so now protect God's Holy Church from the snares of the enemy and from all adversity;

shield, too, each one of us by your constant protection,

so that, supported by your example and your aid,

we may be able to live piously,

to die in holiness,

and to obtain eternal happiness in heaven.

Amen.

#33

### VISITING SACRED PLACES

- §1 A plenary indulgence is granted to the faithful who visit, and there devoutly recite an Our Father and the Creed,
  - 1° one of the four Patriarchal Basilicas in Rome, either as part of group making a pilgrimage to the basilica, or at least with the purpose of expressing during the visit filial submission to the Roman Pontiff;
  - 2° a minor basilica on the solemnity of the holy Apostles Peter and Paul; on the solemnity of its Titular; on August 2, the day of the "Portiuncula" indulgence; once a year, on a day chosen by the Christian faithful;
  - 3° the cathedral church on the solemnity of the holy Apostles Peter and Paul, on the solemnity of its Titular; on the liturgical celebration of the Cathedral of St. Peter, the Apostle; on the dedication of the Archbasilica of the Most Holy Savior; on August 2, the day of the "Portiuncula" indulgence;
  - 4° an international, national, or diocesan shrine established by competent authority on the solemnity of its Titular; once a year, on a day chosen by the Christian faithful; as often as they assist in a group pilgrimage visiting the shrine;
  - 5° a parish church on the solemnity of its Titular; on August 2, the day of the "Portiuncula" indulgence;
  - 6° a church or an altar on the day of its dedication;
  - 7° a church or an oratory of institutes of consecrated life and societies of apostolic life, on the liturgical memorial of their founder.
- §2 Similarly, a plenary indulgence is granted to the faithful who assist in the sacred functions held in any stational church on its designated day; if they merely visit the church devoutly, the indulgence will be partial.
- §3 A partial indulgence is granted to the faithful who devoutly visit one of the ancient Christian cemeteries or catacombs.

A partial indulgence is granted to the faithful who

- 2° devoutly recite approved litanies (e.g., of the Most Holy Name of Jesus, the Most Sacred Heart of Jesus, the Most Precious Blood of Our Lord Jesus Christ, the Blessed Virgin Mary, St. Joseph, and of the Saints);
- 3° piously recite an approved little office (e.g., of the Passion of Our Lord Jesus Christ, the Most Sacred Heart of Jesus, the Blessed Virgin Mary, the Immaculate Conception, or St. Joseph).

### Litany of the Holy Name of Jesus

Lord, have mercy	Lord, have mercy	Jesus, teacher of apostles	have mercy on us
Christ, have mercy	Christ, have mercy	Jesus, master of evangelists	have mercy on us
Lord, have mercy	Lord, have mercy	Jesus, courage of martyrs	have mercy on us
God our Father in heaven	have mercy on us	Jesus, light of confessors	have mercy on us
God the Son, Redeemer of the world	have mercy on us	Jesus, purity of virgins	have mercy on us
God the Holy Spirit	have mercy on us	Jesus, crown of all saints	have mercy on us
Holy Trinity, one God	have mercy on us	Lord, be merciful	Jesus, save your people
Jesus, Son of the living God	have mercy on us	From all evil	Jesus, save your people
Jesus, splendor of the Father	have mercy on us	From every sin	Jesus, save your people
Jesus, brightness of everlasting light	have mercy on us	From the snares of the devil	Jesus, save your people
Jesus, king of glory	have mercy on us	From your anger	Jesus, save your people
Jesus, dawn of justice	have mercy on us	From the spirit of infidelity	Jesus, save your people
Jesus, Son of the Virgin Mary	have mercy on us	From everlasting death	Jesus, save your people
Jesus, worthy of our love	have mercy on us	From neglect of your Holy Spirit	Jesus, save your people
Jesus, worthy of our wonder	have mercy on us	By the mystery of your incarnation	Jesus, save your people
Jesus, mighty God	have mercy on us	By your birth	Jesus, save your people
Jesus, father of the world to come	have mercy on us	By your childhood	Jesus, save your people
Jesus, prince of peace	have mercy on us	By your hidden life	Jesus, save your people
Jesus, all-powerful	have mercy on us	By your public ministry	Jesus, save your people
Jesus, pattern of patience	have mercy on us	By your agony and crucifixion	Jesus, save your people
Jesus, model of obedience	have mercy on us	By your abandonment	Jesus, save your people
Jesus, gentle and humble of heart	have mercy on us	By your grief and sorrow	Jesus, save your people
Jesus, lover of chastity	have mercy on us	By your death and burial	Jesus, save your people
Jesus, lover of us all	have mercy on us	By your rising to new life	Jesus, save your people
Jesus, God of peace	have mercy on us	By your return in glory to the Father	Jesus, save your people
Jesus, author of life	have mercy on us	By your gift of the holy Eucharist	Jesus, save your people
Jesus, model of goodness	have mercy on us	By your joy and glory	Jesus, save your people
Jesus, seeker of souls	have mercy on us	Christ, hear us	Christ, hear us
Jesus, our God	have mercy on us	Lord Jesus, hear our prayer	Lord Jesus, hear our prayer
Jesus, our refuge	have mercy on us		
Jesus, father of the poor	have mercy on us	Lamb of God, you take away the sins of the world	have mercy on us
Jesus, treasure of the faithful	have mercy on us		
Jesus, Good Shepherd	have mercy on us	Lamb of God, you take away the sins of the world	have mercy on us
Jesus, the true light	have mercy on us		
Jesus, eternal wisdom	have mercy on us	Lamb of God, you take away the sins of the world	have mercy on us
Jesus, infinite goodness	have mercy on us		
Jesus, our way and our life	have mercy on us	Let us pray.	
Jesus, joy of angels	have mercy on us	Lord, may we who honor the holy name of Jesus enjoy his	
Jesus, king of patriarchs	have mercy on us	friendship in this life and be filled with eternal joy in the kingdom	
		where he lives and reigns for ever and ever. Amen.	



## Litany of the Most Precious Blood

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
God our Father in heaven	have mercy on us
God the Son, Redeemer of the world	have mercy on us
God the Holy Spirit	have mercy on us
Holy Trinity, one God	have mercy on us

Blood of Christ, only Son of the Father	save us
Blood of Christ, incarnate Word	save us
Blood of Christ, of the new and eternal covenant	save us
Blood of Christ, that spilled to the ground	save us
Blood of Christ, that flowed at the scourging	save us
Blood of Christ, dripping from the thorns	save us
Blood of Christ, shed on the cross	save us
Blood of Christ, the price of our redemption	save us
Blood of Christ, our only claim to pardon	save us
Blood of Christ, our blessing cup	save us
Blood of Christ, in which we are washed	save us
Blood of Christ, torrent of mercy	save us
Blood of Christ, that overcomes evil	save us
Blood of Christ, strength of the martyrs	save us
Blood of Christ, endurance of the saints	save us
Blood of Christ, that makes the barren fruitful	save us
Blood of Christ, protection of the threatened	save us
Blood of Christ, comfort of the weary	save us
Blood of Christ, solace of the mourner	save us
Blood of Christ, hope of the repentant	save us
Blood of Christ, consolation of the dying	save us
Blood of Christ, our peace and refreshment	save us
Blood of Christ, our pledge of life	save us
Blood of Christ, by which we pass to glory	save us
Blood of Christ, most worthy of honor	save us

Lamb of God, you take away the sins of the world	have mercy on us
Lamb of God, you take away the sins of the world	have mercy on us
Lamb of God, you take away the sins of the world	have mercy on us
Lord, you redeemed us by your blood.	You have made us a kingdom to serve our God.

Let us pray.

Father, by the blood of your Son you have set us free and saved us from death.

Continue your work of love within us, that by constantly celebrating the mystery of our salvation we may reach the eternal life it promises. We ask this through Christ our Lord. Amen.

## Litany of the Blessed Virgin Mary (Litany of Loreto)

Lord, have mercy  
Christ, have mercy  
Lord, have mercy  
God our Father in heaven  
God the Son, Redeemer of the world  
  
God the Holy Spirit  
Holy Trinity, one God

Lord, have mercy  
Christ, have mercy  
Lord, have mercy  
have mercy on us  
have mercy on us  
have mercy on us

Holy Mary pray for us  
Holy Mother of God pray for us  
Most honored of virgins pray for us  
Mother of Christ pray for us  
Mother of the Church pray for us  
Mother of divine grace pray for us  
Mother most pure pray for us  
Mother of chaste love pray for us  
Mother and virgin pray for us  
Sinless Mother pray for us  
Dearest of mothers pray for us  
Model of motherhood pray for us  
Mother of good counsel pray for us  
Mother of our Creator pray for us  
Mother of our Savior pray for us  
Virgin most wise pray for us  
Virgin rightly praised pray for us  
Virgin rightly renowned pray for us  
Virgin most powerful pray for us  
Virgin gentle in mercy pray for us  
Faithful Virgin pray for us  
Mirror of justice pray for us  
Throne of wisdom pray for us  
Cause of our joy pray for us  
Shrine of the Spirit pray for us  
Glory of Israel pray for us  
Vessel of selfless devotion pray for us

Mystical Rose pray for us  
Tower of David pray for us  
Tower of ivory pray for us  
House of gold pray for us  
Ark of the covenant pray for us  
Gate of heaven pray for us  
Morning Star pray for us  
Health of the sick pray for us  
Refuge of sinners pray for us  
Comfort of the troubled pray for us  
Help of Christians pray for us  
Queen of angels pray for us  
Queen of patriarchs and prophets pray for us  
Queen of apostles and martyrs pray for us  
Queen of confessors and virgins pray for us  
Queen of all saints pray for us  
Queen conceived without sin pray for us  
Queen assumed into heaven pray for us  
Queen of the rosary pray for us  
Queen of families pray for us  
Queen of peace pray for us  
Lamb of God, you take away the sins of the world  
have mercy on us  
Lamb of God, you take away the sins of the world  
have mercy on us  
Lamb of God, you take away the sins of the world  
have mercy on us  
Pray for us, holy Mother of God.  
That we may become worthy of the promises of Christ.

Let us pray.  
Eternal God, let your people enjoy constant health in mind and body. Through the intercession of the Virgin Mary free us from the sorrows of this life and lead us to happiness in the life to come. Grant this through Christ our Lord. Amen.



## Litany of St. Joseph

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
God our Father in heaven	have mercy on us
God the Son, Redeemer of the world	have mercy on us
God the Holy Spirit	have mercy on us
Holy Trinity, one God	have mercy on us

Holy Mary	pray for us
Saint Joseph	pray for us
Noble son of the House of David	pray for us
Light of patriarchs	pray for us
Husband of the Mother of God	pray for us
Guardian of the Virgin	pray for us
Foster father of the Son of God	pray for us
Faithful guardian of Christ	pray for us
Head of the holy family	pray for us
Joseph, chaste and just	pray for us
Joseph, prudent and brave	pray for us
Joseph, obedient and loyal	pray for us
Pattern of patience	pray for us
Lover of poverty	pray for us
Model of workers	pray for us
Example to parents	pray for us
Guardian of virgins	pray for us
Pillar of family life	pray for us
Comfort of the troubled	pray for us
Hope of the sick	pray for us
Patron of the dying	pray for us
Terror of evil spirits	pray for us
Protector of the Church	pray for us

Lamb of God, you take away the sins of the world  
Lamb of God, you take away the sins of the world  
Lamb of God, you take away the sins of the world  
God made him master of his household.

have mercy on us  
have mercy on us  
have mercy on us  
And put him in charge of all that he owned.

Let us pray.

Almighty God, in your infinite wisdom and love you chose Joseph to be the husband of Mary, the mother of your Son. As we enjoy his protection on earth may we have the help of his prayers in heaven. We ask this through Christ our Lord.  
Amen.



#27

## PRAYERS OF SUPPLICATION AND ACTS OF THANKSGIVING

- §2 A partial indulgence is granted to the faithful who,
  - 1° at the beginning and the end of the day,
  - 2° in starting and completing their work,
  - 3° before and after meals,

devoutly offer some legitimately approved prayer of supplication and act of thanksgiving (e.g., *Actiones nostras*; *Adsumus*; *Agimus tibi gratias*; *Benedic, Domine*; *Domine, Deus Omnipotens*; *Exaudi nos*; *the Te Deum*; *the Veni Creator*; *the Veni Sancte Spiritus*; *Visita, quaesumus, Domine*).

### Actiones nostras *(A prayer for imploring divine assistance before any work)*

Direct, we beseech thee, O Lord, all our actions by thy holy inspiration, carry them on by thy gracious assistance, that every word and work of ours may always begin from thee and by thee be happily ended. Amen.

### Adsumus *(Prayer before a meeting dealing with matters of common interest)*

We have come, O Lord, Holy Spirit, we have come before you, hampered indeed by our many and grievous sins, but for a special purpose gathered together in your name.

Come to us, be with us, and enter our hearts.

Teach us what we are to do and what ought to concern us; show us what we must accomplish, in order that, with your help, we may be able to please you in all things.

May you alone be the author and the finisher of our judgments, who alone with God the Father and his Son possess a glorious name.

Do not allow us to disturb the order of justice, you who love equity above all things. Let not ignorance draw us into devious paths. Let not partiality sway our minds or respect of riches or persons pervert our judgment.

But unite our hearts to you by the gift of your grace alone, that we may be one in you and never forsake the truth; as we are gathered together in your name, so may we in all things hold fast to justice tempered by mercy, that in this life our judgment may never be at variance with you and in the life to come we may attain to everlasting rewards for deeds well done. Amen.

### Agimus tibi gratias *(A prayer of thanksgiving)*

We give You thanks, Almighty God, for all your blessings: who live and reign for ever and ever. Amen.

### Benedic, Domine

Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ our Lord. Amen.

### Domine, Deus omnipotens

Lord, God Almighty, you have brought us safely to the beginning of this day. Defend us today by your mighty power, that we may not fall into any sin, but that all our words may so proceed and all our thoughts and actions be so directed, as to be always just in your sight. Through Christ our Lord. Amen.

### Exaudi nos

Hear us, Lord, holy Father, almighty and eternal God; and graciously send your holy angel from heaven to watch over, to cherish, to protect, to abide with, and to defend all who dwell in this house. Through Christ our Lord. Amen.

### Veni, Sancte Spiritus

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

### Visita, quaesumus, Domine

Visit, we beg you, O Lord, this dwelling, and drive from it all snares of the enemy: let your holy Angels dwell herein, to keep us in peace; and let your blessing be always upon us. Through Christ our Lord. Amen.

**PROFESSION OF FAITH AND ACTS OF THE THEOLOGICAL VIRTUES**

- §1 A plenary indulgence is granted to the faithful who, at the celebration of the Easter Vigil or on the anniversary of their own Baptism, renew their baptismal vows in any legitimately approved formula.
- §2 A partial indulgence is granted to the faithful who
  - 1° renew their baptismal vows in any formula;
  - 2° devoutly sign themselves with the sign of the cross, using the customary words: *In the name of the Father and of the Son and of the Holy Spirit. Amen;*
  - 3° devoutly recite either the Apostles' Creed or the Niceno-Constantinopolitan Creed;
  - 4° recite an Act of Faith, Hope, and Charity in any legitimate formula.

**Renewal of Baptismal Promises**

Dear brethren, through the Paschal Mystery we have been buried with Christ in Baptism, that we may walk with him in newness of life. And so, let us renew the promises of Holy Baptism, which we once renounced Satan and his works and promised to serve God in the holy Catholic Church. And so I ask you:

V. Do you renounce sin, so as to live in the freedom of the children of God?

R. I do.

V. Do you renounce the lure of evil, so that sin may have no mastery over you?

R. I do.

V. Do you renounce Satan, the author and prince of sin?

R. I do.

V. Do you believe in God, the Father Almighty, Creator of heaven and earth?

R. I do.

V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

R. I do.

V. Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

R. I do.

V. And may almighty God, the Father of our Lord Jesus Christ, who has given us new birth by water and the Holy Spirit and bestowed on us forgiveness of our sins, keep us by his grace, in Christ Jesus our Lord, for eternal life.

R. Amen.

**Act of Faith**

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit.

I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die.

Amen.

**Act of Hope**

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die.

Amen.

**Act of Love**

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die.

Amen.

**The Apostles' Creed**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## Indulgences Attached to Devotions in Honor of Divine Mercy

“O God, **your mercy knows no bounds** and **the treasure of your goodness is infinite...**” (*Prayer after the “Te Deum” Hymn*) and “O God, you reveal your almighty power above all by showing mercy and forgiveness...” (*Prayer for the Twenty-Sixth Sunday of Ordinary Time*): in these prayers Holy Mother Church humbly and faithfully sings of Divine Mercy. Indeed, **God’s great patience** with the human race in general and **with each individual person** shines out in a special way when sins and moral failures are forgiven by Almighty God Himself and the guilty are readmitted in a father-like way to his friendship, which they deservedly lost.

### Duty of honoring Divine Mercy

The faithful with deep spiritual affection are drawn to commemorate the mysteries of divine pardon and to celebrate them devoutly. They clearly understand the supreme benefit, indeed the duty, that the People of God have to praise Divine Mercy with special prayers and, at the same time, they realize that by gratefully performing the works required and satisfying the necessary conditions, they can obtain spiritual benefits that derive from the Treasury of the Church. “The paschal mystery is the culmination of this revealing and effecting of mercy, which is able to justify man, to restore justice in the sense of that salvific order which God willed from the beginning in man, and through man, in the world” (*Encyclical Letter Dives in misericordia, no. 7*).

### It is God’s Mercy that grants supernatural sorrow and resolution to amend

Indeed, **Divine Mercy knows how to pardon even the most serious sins**, and in doing so it moves the faithful to perceive a supernatural, not merely psychological, sorrow for their sins so that, ever with the help of divine grace, they may **make a firm resolution not to sin any more**. Such spiritual dispositions undeniably follow upon the forgiveness of mortal sin when the faithful fruitfully receive the sacrament of Penance or repent of their sin with an act of perfect charity and perfect contrition, with the resolution to receive the sacrament of Penance as soon as they can. Indeed, Our Lord Jesus Christ teaches us in the parable of the Prodigal Son that the sinner must confess his misery to God saying: “Father I have sinned against heaven and against you; I am no longer worthy to be called your son” (Lk 15:18-19), realizing that this is a work of God, “for [he] was dead, and is alive; he was lost, and is found” (Lk 15:32).

### Second Sunday of Easter, Divine Mercy Sunday

And so with provident pastoral sensitivity and in order to impress deeply on the souls of the faithful these precepts and teachings of the Christian faith, the Supreme Pontiff, John Paul II, moved by the consideration of the Father of Mercy, has willed that the Second Sunday of Easter be dedicated to recalling with special devotion these gifts of grace and gave this Sunday the name “Divine Mercy Sunday” (*Congregation for Divine Worship and the Discipline of the Sacraments, Decree Misericors et miserator, May 5, 2000*).

The Gospel of the Second Sunday of Easter narrates the wonderful things Christ the Lord accomplished on the day of the Resurrection during his first public appearance: “On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, ‘Peace be with you.’ When he said this, he showed them his hands and his side. Then the disciples were glad to see the Lord. Jesus said to them again, ‘Peace be with you. As the Father has sent me, even so I send you.’ And then he breathed on them, and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained’” (Jn 20:19-23).

### Plenary Indulgence

To ensure that the faithful would observe this day with intense devotion, the Supreme Pontiff himself established that this Sunday be enriched by a **plenary** indulgence, as will be explained below, so that the faithful might receive in great abundance the gift of the consolation of the Holy Spirit. In this way, **they can foster a growing love for God and for their neighbor**, and after they have obtained God’s pardon, **they in turn might be persuaded to show a prompt pardon to their brothers and sisters**.

### **Pardon of others who sin against us**

Thus the faithful will more closely conform to the spirit of the Gospel, receiving in their hearts the renewal that the Second Vatican Council explained and introduced: "Mindful of the words of the Lord: 'By this all men will know that you are my disciples, if you have love for one another' (Jn 13:35), Christians can yearn for nothing more ardently than to serve the men of this age with an ever growing generosity and success.... It is the Father's will that we should recognize Christ our brother in the persons of all men and love them with an effective love, in word and in deed" (*Pastoral Constitution, Gaudium et spes, no. 93*).

### **Three conditions for the plenary indulgence**

And so the Supreme Pontiff, motivated by an ardent desire to foster in Christians this devotion to Divine Mercy as much as possible in the hope of offering great spiritual fruit to the faithful, in the Audience granted on June 13, 2002, to those Responsible for the Apostolic Penitentiary, the following Indulgences:

- a plenary indulgence, granted under the usual conditions (sacramental confession, Eucharistic communion and prayer for the intentions of Supreme Pontiff) to the faithful who, **on the Second Sunday of Easter or Divine Mercy Sunday**, in any church or chapel, in a spirit that is **completely detached from the affection for a sin**, even a venial sin, take part in the prayers and devotions held in honor of Divine Mercy, or who, in the presence of the Blessed Sacrament exposed or reserved in the tabernacle, recite the Our Father and the Creed, adding a devout prayer to the merciful Lord Jesus (e.g., "Merciful Jesus, I trust in you!");
- a partial indulgence, granted to the faithful who, at least **with a contrite heart**, pray to the merciful Lord Jesus a legitimately approved invocation.