

The Holy Year Indulgence

A plenary indulgence is the complete remission of all temporal punishment due to sins whose guilt has already been forgiven. In addition to prayerfully crossing through the Holy Door, the Pope has established five conditions to be met in order to receive this indulgence one must:



- ...be in a state of grace.
- ...go to Confession within about 20 days.
- ...receive Holy Communion within about 20 days.
- ...make a Profession of Faith and pray for the intentions of the Pope (typically one Our Father, one Hail Mary, and one Glory Be.).
- ...have “the interior disposition of complete detachment from sin, even venial sin

One sacramental Confession suffices for several plenary indulgences, but a separate Holy Communion and a separate prayer for the Holy Father's intentions are required for each indulgence.

The Jubilee Indulgence can be gained only once a day and may be applied to yourself or to souls in Purgatory.

PRAYERS FOR THE JUBILEE INDULGENCE

Recitation of the Nicene or Apostles Creed

Prayer Before Crossing the Threshold of the Holy Door

V. Open the gates of righteousness;

R. I will enter and thank the Lord.

V. This is the Lord's own gate;

R. Through it the righteous enter. (Psalm 118)

Lord God, You open the doors of Your Mercy to all who come to You. Look upon me, Your child, a sinner, and receive me into Your arms. As I enter into Your house, may You enter into my heart. Refresh me with the double grace of sorrow for my sins and the knowledge of Your loving mercy extended to all who call upon Your Name.

Let us go forth on the peace of Christ! Amen.



Prayer After Crossing the Threshold of the Holy Door

V. How lovely your dwelling;

R. O Lord of Hosts.

V. Blessed are those who dwell in your house!;

R. They never cease to praise you.

V. Better one day in your courts;

R. Than a thousand elsewhere. (Psalm 84)

Lord God, I am filled with the knowledge of Your unending Mercy. As I have entered into Your house I ask You to enter into mine that You be near me each day. Fill me with Your grace that I may open my heart again and again to receive Your Mercy. Grant that I may be merciful like the Father throughout my life.

Let us go forth in the peace of Christ!