

Handout for the Requirements for Gaining Indulgences According to the Fourth Edition of the Manual of Indulgences Published by the U.S. Conference of Bishops on Nov. 10, 2006.

I. The Seven Requirements for Gaining a Plenary Indulgence.

1. Baptized Catholic in the state of grace.
2. Right Intention. Must include sufficient knowledge and a proper disposition.
3. Performance of the prescribed prayer or act of devotion.
4. Reception of Holy Communion. Please note: One Sacramental Communion must be received on the day that you desire to gain a Plenary Indulgence.
5. Sacramental Confession. Please note: One Sacramental Confession suffices for the gaining of several Plenary Indulgences.
6. Prayer for the intentions of the Holy Father. This is commonly understood to be one *Our Father*, *Hail Mary*, and *Glory Be*.
7. Detachment from all sin, even venial sin.

II. The Four General Grants of Indulgence.

First General Grant. A Partial Indulgence is granted to the Christian Faithful, who, while performing their duties and enduring the difficulties of life, raise their minds in humble trust to God and make, at least mentally, some pious invocation.

Second General Grant. A Partial Indulgence is granted to the Christian Faithful, who, prompted by a spirit of faith, devote themselves or their goods in compassionate service to their brothers and sisters in need.

Third General Grant. A Partial Indulgence is granted to the Christian Faithful, who, in a spirit of penitence, voluntarily abstain from something which is licit for and pleasing to them.

Fourth General Grant. A Partial Indulgence is granted to the Christian Faithful, who, in the particular circumstances of life, voluntarily give explicit witness to their faith before others.

III. Four Ways to Gain a Plenary Indulgence Every Day.

1. Pray five decades of the Rosary in a church or oratory. If, however, you pray five decades of the Rosary outside of a church, then you must pray them in a group, that is, with two or more persons. Otherwise, the Indulgence is only Partial.

2. Make the Stations of the Cross. Please note: according to more common practice, this pious exercise consists of fourteen pious readings to which some vocal prayers are added. However, it must be stressed, that nothing more is required to gain the Indulgence than a pious meditation on the Passion and Death of Our Lord, which need not be a particular consideration of the individual mysteries of the Stations. Further, those who are “impeded” because of sickness, old age, or some other infirmity, can gain the same Plenary Indulgence, if they spend at least one half-hour in pious reading and meditation on the Passion and Death of Our Lord.

3. Adoration and prayer before the Blessed Sacrament, either exposed on the altar or reserved in the tabernacle, for at least one half-hour.

IV. Thirteen Additional Ways to Gain a Plenary Indulgence at Certain Times.

1. Renewing our Baptismal Promises on the day that we were Baptized.

2. Receiving Holy Communion for the first time, or being present at the ceremonies of the first Holy Communion of someone else.

3. Visiting a cemetery, and praying, even if only mentally, for the Poor Souls in the month of November. This Plenary Indulgence, however, can only be gained for the Poor Souls in Purgatory.

4. Praying the *Prayer Before a Crucifix* on the Friday’s of Lent.

5. Praying the *Act of Reparation to the Sacred Heart of Jesus* on the Feast of the Sacred Heart.

6. Making a spiritual retreat for at least three full days.

7. Hearing some of the sermons at a parish mission and being present at the solemn closing of the mission.

8. Being present at the First Mass of a priest, or at the Mass of a priest on the fiftieth anniversary of his priesthood.

9. Singing the *Tantum Ergo* on Holy Thursday or on the Feast of *Corpus Christi*.

10. Singing the *Te Deum* on December 31st.

11. Singing the *Veni Creator* on January 1st and at Pentecost.

12. Making a visit to a church on the Feast Day of its Patron Saint; or on the day of its consecration; or on August 2nd, Feast Day of Our Lady, Queen of the Angels.

13. Consecration of a home to the Sacred Heart of Jesus or the Holy Family.