



# Plenary Indulgences

- To acquire a **plenary indulgence**, one must perform the work to which the indulgence is attached and to fulfill three conditions:
  - sacramental confession
  - Eucharistic Communion
  - prayer for the intentions of the Pope (traditionally one Our Father and one Hail Mary)
  - It is further required that all attachment to sin, even to venial sin, be absent
- A plenary indulgence can be acquired **only once a day**.
- The three conditions may be fulfilled several days before or after the performance of the prescribed work.

## Examples:

Opportunities for a plenary indulgence obtainable any day of the year, when completed with the three conditions mentioned above:

- Adoration of the Blessed Sacrament for at least half an hour
- A pious exercise of the Way of the Cross
- Devout reading of the Scriptures for at least half an hour

- A **plenary indulgence** is a particularly powerful way to obtain **remission of punishment** - on earth or in purgatory - that would have resulted from sins that were already forgiven.
- It **covers all sins, mortal or venial**, that the recipient has committed up to that time, if the person sincerely repents, detests their sins and fulfills all requirements of the indulgence.

## What is an indulgence?

"An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints.

An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin.

The faithful can gain indulgences for themselves or apply them to the dead."

*Catechism of the Catholic Church - Chapter 2, Part 10*

