

FOUR ESSENTIAL CONDITIONS

- Compete detachment from all sin,
- Reciting the Lord's Prayer and making a Profession of Faith (either the Apostles' or Nicene Creed),
- Pray for the pope's intentions and the pope himself, and
- Receive Holy Communion and participate in the Sacrament of Penance during a period either 20 days before or after performing the work.

JUBILEE PRAYER

Father in heaven,
 may the faith you have given us in your son, Jesus Christ,
 our brother,
 and the flame of charity enkindled in our hearts
 by the Holy Spirit,
 reawaken in us the blessed hope for the coming of your Kingdom.
 May your grace transform us into tireless cultivators of the seeds of the Gospel.
 May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth,
 when, with the powers of Evil vanquished, your glory will shine eternally.
 May the grace of the Jubilee reawaken in us,
 Pilgrims of Hope,
 a yearning for the treasures of heaven.
 May that same grace spread the joy and peace of our Redeemer throughout the earth.
 To you our God,
 eternally blessed,
 be glory and praise for ever.
 Amen.

FOR THE SICK & ELDERLY UNABLE TO VISIT A PILGRIMAGE CHURCH

Those who are truly sorry for their sins but unable to make it to a pilgrimage church (such as cloistered nuns and monks, the elderly, the sick, prisoners, and those who provide continuous care in a hospital or institution) may obtain the indulgence in the following way:

- Offer up their sufferings or the hardships of their lives, united in spirit with those who take part in person.
- Recite the Lord's Prayer and make a Profession of Faith (either the Apostles' or Nicene Creed), and other prayers in conformity with the objectives of the Holy Year (the Jubilee Prayer, etc.)
- Pray for the pope's intentions and the pope himself.
- Only if possible, receive Holy Communion and participate in the Sacrament of Penance.

Participating in such events via livestream or other broadcasts is encouraged.

WORKS OF MERCY AND PENANCE

The faithful will be able to obtain the Jubilee Indulgence if they visit, for an appropriate amount of time, their brothers and sisters who are in need or in difficulty (the sick, prisoners, lonely elderly people, disabled people, etc.), in a sense making a pilgrimage to Christ present in them, according to the usual spiritual, sacramental and prayer conditions.

The faithful can repeat these visits throughout the Holy Year, even daily, acquiring a plenary indulgence each time.

The Jubilee Indulgence can be obtained by undertaking penances such as:

- rediscovering the penitential nature of Friday by abstaining, in a spirit of penance, at least for one day of the week from futile distractions (for example, the use of the media and/or social networks), from superfluous consumption (for example, by fasting or practicing abstinence), as well as by donating a proportionate sum of money to the poor;
- supporting works of a religious or social nature, especially in support of the defense and protection of life in all its phases, but also by supporting the quality of life of abandoned children, young people in difficulty, the needy or lonely elderly people, or migrants from various countries;
- dedicating a reasonable portion of free time to voluntary activities that are of service to the community or to other similar forms of personal commitment.
- In addition, the faithful will be able to obtain the Jubilee Indulgence if, with a devout spirit, they participate in popular missions, spiritual exercises, or formation activities on the documents of the Second Vatican Council and the Catechism of the Catholic Church, held in a church or other suitable place, according to the mind of the Holy Father.