

INDULGENCES CHEAT SHEET

CONDITIONS

1. **Intent** to obtain (receive) the indulgence.
2. **No attachment to sin** - *Plenary*.
3. **Do** the prescribed **act**
4. * **sacramental confession** and * **communion** within a 20 day interval - *Plenary*
5. * Pray for intentions of the **Holy Father** - *Plenary*

INTENT

General Intent - the desire to receive all available

Specific Intent - the desire to receive a particular indulgence

DETACHMENT

 from ALL SIN

- PERFECTION (Mt 5:8) and
- HOLINESS (Heb 12:14)

An act of the Will, with assistance of GRACE received as an answer to prayer.

Requires time and perseverance. Achievable!

- NEED to KILL fondness for past sin.

REPARATION

 for PAST FORGIVEN SIN

satisfies GOD's requirement for Justice.

Mercy is obtained in Confessional.

INDULGENCES - repair effects of prior sin.

DO the ACT

An Indulgence is obtained for doing some act that advances the KINGDOM of GOD.

FOUR CONCESSIONS

 - General Intent only

1. While performing duties and enduring difficulties of life, raise mind in humble trust to God and mentally make some pious invocation. "Jesus help me."
2. Prompted by a spirit of faith, devote themselves or their goods in compassionate service of others. Mt 25:35-36
3. Spirit of penitence, voluntarily abstain from something licit and pleasing.
4. voluntarily witness explicitly to the faith

PARTIAL INDULGENCES

-Pious EXAMINATION of conscience and devout recitation of Act of Contrition, prior to confession.

-Recitation of MAGNIFICAT (Lk 1:46-55)

-Prayer of THANKSGIVING - grace before meal or just saying Thank you to God

-SPIRITUAL COMMUNION if in state of Grace.

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

-Apostles' or Nicene CREED

-Office of the Dead (Liturgy of the Hours)

* BEFORE A CRUCIFIX *after communion*

"Look down upon me, good and gentle Jesus, while before your face I humbly kneel, and with burning soul pray and beseech you to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment, while I contemplate with great love and tender pity your five wounds, pondering over them within me, calling to mind the words which David, your prophet, said of you, my good Jesus: "They have pierced my hands and my feet; they have numbered all my bones."

(Plenary on Fridays of Lent)

* HOLY SPIRIT Prayer *(Great before reading Bible)*

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.

(Plenary on Feast of Pentecost)

-GURADIAN ANGEL Prayer

Angel sent by God to guide me, be my light and walk beside me; be my guardian and protect me; on the paths of life direct me. Amen

-ANIMA CHRISTI - Soul of Christ prayer

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 Your wounds hide me.

Never permit me to be separated from You.

From the evil one, defend me.

INDULGENCES CHEAT SHEET

At the hour of my death, call me and bid me come to you. That I may praise you with your saints forever and ever.

- ANGELUS - partial throughout the year
 - The Angel of the Lord declared unto Mary, And she conceived of the Holy Spirit. Hail Mary, etc...
 - Behold the handmaid of the Lord. Be it done unto me according to Your Word. Hail Mary, etc...
 - And the Word was made flesh, And dwelt among us. Hail Mary, etc..
 - 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 You, 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.
- MEMORARE - Partial anytime.
- HAIL HOLY QUEEN - Partial anytime.
- RELIGIOUS VOCATIONS prayer - Any prayer approved by the Church for vocations, including Prayers of the Faithful at Mass.
- PSALM 130 - Recitation of Psalm 130
- TEACHING or STUDYING Christian Doctrine prompted by spirit of faith and charity.
- * BAPTISMAL promises renewal. (*Plenary on anniversary of baptism or Holy Saturday*)
- PRAYER FOR THE HOUSEHOLD
 - Hear us Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house, Amen.
- VISITING A CATACOMB of Early Christians
- PRAYER FOR DEAD
 - “Eternal Rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen”
 - (Plenary on All Souls Day Nov 2 if visit church and pray Our Father and Creed)
- LITANIES - Holy name, Sacred Heart, Precious Blood, Blessed Virgin Mary, St Joseph, of the Saints
- PSALM 51 - in spirit of penitence
- VENERATION OF A SAINT on their feast day by reciting an oration or other approved prayer.

- SACRAMENTALS - cross, rosary, scapular, medal
- SIGN OF THE CROSS

PLENARY INDULGENCES

- FIRST Holy Communion
- ADORATION of Blessed Sacrament (½ hour)
- Read HOLY SCRIPTURE (½ hour)
- Holy Thursday after Mass when Blessed Sacrament reposed if singing TANTUM ERGO
- Participation in CORPUS CHRISTI procession
- FIRST MASS of a newly Ordained Priest

- APOSTOLIC BLESSING - by priest to the DYING person, imparted with the intent to bestow a plenary indulgence.

“Through the Holy Mysteries of our redemption, may Almighty God release you from all punishments in this life and the life to come. May he open to you the gates of paradise and welcome you to everlasting joy.”
“By the authority which the Apostolic See has given me, I grant you a full pardon and the remission all your sins in the name of the Father, and of the Son, and of the Holy Spirit.”

IF priest cannot be present, still available if recited by some one and the dying person is rightly disposed, provided they regularly prayed in some way during their lifetime. (*in articulo mortis*) A cross or crucifix recommended for use during. {Prior regular prayer = confession, communion and detachment from sin}

- VISITING A CEMETERY - Nov 1-8 (partial other times)
- SACRAMENTAL USE on June 29 Feast of Its Peter and Paul, if article blessed by Pope.
- ROSARY - in community announcing mysteries, partial if alone.
- STATIONS OF THE CROSS - Plenary if done in remembrance of Christ's sufferings. (Lawfully erected fourteen stations and readings in between them)

INTENTIONS OF THE HOLY FATHER

Satisfied with a recitation of the Our Father and a Hail Mary. Nothing more is required.