



# The Practice of Pilgrimage

*Misericordiae Vultus*  
Bull of Indiction  
Of the Extraordinary Jubilee of Mercy

**Francis**  
Bishop of Rome

“The practice of pilgrimage has a special place in the Holy Year, because it represents the journey each of us makes in this life. Life itself is a pilgrimage, and the human being is a viator, a pilgrim traveling along the road, making his way to the desired destination. Similarly, to reach the Holy Door in Rome or in any other place in the world, everyone, each according to his or her ability, will have to make a pilgrimage. This will be a sign that mercy is also a goal to reach and requires dedication and sacrifice. May pilgrimage be an impetus to conversion: by crossing the threshold of the Holy Door, we will find the strength to embrace God’s mercy and dedicate ourselves to being merciful with others as the Father has been with us.

“The Lord Jesus shows us the steps of the pilgrimage to attain our goal: ‘Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back’ (Lk 6:37-38). The Lord asks us above all not to judge and not to condemn. If anyone wishes to avoid God’s judgement, he should not make himself the judge of his brother or sister. Human beings, whenever they judge, look no farther than the surface, whereas the Father looks into the very depths of the soul. How much harm words do when they are motivated by feelings of jealousy and envy! To speak ill of others puts them in a bad light, undermines their reputation and leaves them prey to the whims of gossip. To refrain from judgement and condemnation means, in a positive sense, to know how to accept the good in every person and to spare him any suffering that might be caused by our partial judgment, our presumption to know everything about him. But this is still not sufficient to express mercy. Jesus asks us also to forgive and to give. To be instruments of mercy because it was we who first received mercy from God. To be generous with others, knowing that God showers his goodness upon us with immense generosity” (*Misericordiae Vultus*, No. 14).

## How to Obtain the Plenary Indulgence

**T**he indulgence grants the complete remission of the temporal punishment due to sin. According to the Vatican decree, those who desire to gain the plenary indulgence should “devoutly” cross the threshold of the Holy Door each time, where they pray for the intentions of the Holy Father, the Our Father, and the Creed. The Church’s ordinary conditions for receiving a plenary indulgence must also be met:

- ✧ Individuals must have the interior disposition of complete detachment from sin;
- ✧ Have made a sacramental confession;
- ✧ Have received the Holy Eucharist.
- ✧ These must be completed within a week-to-10 days before or after crossing the threshold of the Holy Door

The plenary indulgence can be obtained once per day, for the person completing these requirements or may be applied to the souls of the faithful departed.