

Lesson 33 Activity:

Perform an indulgenced act. Prayer provides healing, so we can have the intention of gaining an indulgence when we pray. Many prayers are specifically listed as indulgenced. Studying and teaching about our Faith is indulgenced, so we can ask that each religion class be indulgenced and advance our spiritual healing. There are Catholic books and Web sites that have lists of indulgenced acts. Below are a few you may choose from:

Adoration of the Blessed Sacrament

Act of Spiritual Communion

Litany of the Sacred Heart

Litany of the Precious Blood

Litany of the Blessed Virgin Mary

Litany of the Saints

Psalm 51