

Ten Ways to Pray for the Holy Souls in Purgatory

[November is dedicated to the Holy Souls in Purgatory and we can commemorate this] by praying for those who have gone before us in faith. Here are ten ways we can pray for our deceased friends and relatives, and for all our brothers and sisters who have died in Christ.

1. **Pray the Novena to the Holy Souls** by St. Alphonsus Liguori.
2. **Offer up your Holy Communions** for the souls in purgatory.
3. **Have Masses said** for your departed loved ones, especially on the anniversary of his or her death.
4. Pray the **Divine Mercy Chaplet** for the intention of the Holy Souls.
5. **Eucharistic Adoration:** visit the Blessed Sacrament to make acts of reparation to the Sacred Heart of Jesus on behalf of those in purgatory.
6. **Sacrifices:** practice small acts of self-denial throughout your day and offer these penances up for the poor souls.
7. **Give alms:** The giving of material assistance to the poor has always been considered a penance that can be offered for the Holy Souls. *“For almsgiving saves from death, and purges all sin” (Tobit 12:9).*
8. **Ask for the intercession of saints** who were known to be great friends of the Holy Souls during their lifetime to join you in prayer for the faithful departed: St. Nicholas of Tolentino, St. Gertrude the Great, St. Catherine of Genoa, St. Padre Pio, St. Philip Neri, St. John Macías, St. Faustina Kowalska, St. Joseph, Our Lady, and others.
9. **When passing by a cemetery:** Pray the short Eternal Rest prayer:

*“Eternal rest grant unto them, O Lord. And let the perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace.
Amen.”*

10. **Pray to earn indulgences for the holy souls:** On all the days from November 1 to November 8, a plenary indulgence, applicable only to the Poor Souls, is granted to those who visit a cemetery and pray, even if only mentally, for the departed (standard requirements for indulgences apply*). Partial indulgences are granted to those who recite Lauds or Vespers of the Office of the Dead, and to those who recite the prayer:

“Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace”.

** The usual conditions for obtaining a plenary indulgence apply, including sacramental confession, the reception of Holy Communion, and prayer for the intentions of the Holy Father, as well as complete detachment from all sin, even venial sin (for more on indulgences, see the “Appendix” to **Popular Devotional Practices**).*

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