

## **The First Friday Devotion to the Sacred Heart of Jesus**

"The First Friday of each month was designated by our Savior Himself as a day to be consecrated to honoring His Sacred Heart? As the object of this devotion is to make our Savior Jesus Christ ardently and perfectly loved, and to make reparation for the outrages offered to Him in the past, as well as for those which he daily receives in the Blessed Eucharist? Jesus Christ merits our love at all times, but alas! He is despised and outraged in the Sacrament of His love at all times, and so people should at all times make reparation to Him.

We should then adore Jesus Christ in this august Sacrament, make a fervent act of love to Jesus in the tabernacle, thank Him for having instituted this Mystery of love, express our sorrow at seeing Him so abandoned, and resolve to visit Him as soon as possible and love Him unceasingly.

Attendance at the Holy Sacrifice of the Mass is assuredly the best means of honoring and loving the adorable Heart of Jesus.

**The following First Friday devotions are efficacious in honoring the Sacred Heart of Jesus:**

1. The Holy Sacrifice of the Mass
2. Adoration of the Blessed Sacrament
3. Act of Consecration to the Sacred Heart of Jesus
4. Act of Reparation
5. The Litany of the Sacred Heart of Jesus
6. The Sacrament of Reconciliation

### **The Promises of the Sacred Heart of Jesus to St. Margaret Mary Alacoque**

1. "I will give them all the graces necessary in their state of life."
2. "I will establish peace in their homes."
3. "I will comfort them in their afflictions."
4. "I will be their secure refuge during life, and above all in death."
5. "I will bestow a large blessing upon all their undertakings."
6. "Sinners shall find in My Heart the source and the infinite ocean of mercy."
7. "Tepid souls shall grow fervent."
8. "Fervent souls shall quickly mount to high perfection."
9. "I will bless every place where a picture of My Heart shall be set up and honored."
10. "I will give to priests the gift of touching the most hardened hearts."
11. "Those who shall promote this devotion shall have their names written in My Heart, never to be blotted out."
12. "I promise thee in the excessive mercy of My Heart that My all-powerful love will grant to all those who communicate on the First Friday in nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving the Sacraments; My Divine heart shall be their safe refuge in this last moment."