

FIRST FRIDAY DEVOTION STARTS IN JANUARY 2025 IN PREPERATION FOR CENTENNIAL CELEBRATIONS OF OUR CHURCH BUILDING

- Derived from revelations made by Jesus Christ to St. Margaret Mary Alacoque (1647-1690), the “Nine First Fridays” devotion to the Most Sacred Heart of Jesus involves the practice of receiving Holy Communion on nine consecutive First Fridays in reparation to “*the Heart that has loved men so and is loved so little in return*” (Christ’s own words to St. Margaret Mary).
- **Requirements for the Nine First Fridays Devotion to the Most Sacred Heart of Jesus**

1. Receive Holy Communion on each First Friday (preferably at Holy Mass) with the intention of honoring Our Lord Jesus Christ’s Most Sacred Heart. Note: If you have knowledge that you are not in a state of Sanctifying Grace (that is, you are knowledgeable of mortal sin(s) on your soul, and thus unable to receive Holy Communion) you will also need to go to Confession prior to receiving your Holy Communion on the First Friday.

2. The Nine First Fridays must be consecutive.

3. The Nine First Fridays must be made in *honor of* and in *reparation to* Our Lord’s Most Sacred Heart for all the blasphemies, outrages, sacrileges, and indifferences committed against it.

The Twelve Promises of the Most Sacred Heart of Jesus: Here is a list of the Twelve Promises to those who remain devoted to the Most Sacred Heart of Jesus, as communicated by Our Lord Jesus Christ to St. Margaret Mary Alacoque during a private revelation in 1675:

1. I will grant them all the graces necessary for their state of life (single, married, widowed, consecrated religious, diocesan priest, etc.).
2. I will grant peace in their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life and especially at the hour of their death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes in which an Image of My Sacred Heart shall be exposed and honored.
10. I will give to priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My Heart, never to be erased.
12. The all-powerful love of My Heart will grant to all those who shall receive Holy Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under My displeasure, nor without receiving their Sacraments; My Heart shall be their assured refuge during that last hour (of their life).