



**The devotion to the Sacred Heart of Jesus is the first Catholic devotion specifically requested and established by Our Lord Jesus Christ**, Himself, in His revelations over a period of two years to St. Margaret Mary Alocque, a Visantine nun in France, beginning in 1693. The Church and Pope John Paul II strongly endorse the practice of the devotion especially in these difficult and uncertain times, when we all need the blessings of the “12 Promises” more than ever before. **The 12 Promises of the Sacred Heart of Jesus to St Margaret Mary.**

Faithful Catholics consecrate to the Sacred Heart of Jesus, in a spirit of reparation, First Friday of each month. Jesus himself made the following promises to St Margaret Mary in favor of those who practice and promote this devotion.

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 all their afflictions.
4. I will be their secure refuge during life, and above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart is exposed 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.

**12.** I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.

### **Prayer to the Sacred Heart of Jesus**

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.