

## THE NINE FIRST FRIDAYS DEVOTION TO THE SACRED HEART OF JESUS

### How to complete the First Fridays' Devotion:

1. Receive Holy Communion on each First Friday;
2. The nine Fridays must be consecutive;
3. They must be made in honor and in reparation to His Sacred Heart.

### ACT OF REPARATION TO THE SACRED HEART OF JESUS

Sacred Heart of Jesus, animated with a desire to repair the outrages unceasingly offered to Thee, we prostrate before Thy throne of mercy, and in the name of all mankind, pledge our love and fidelity to Thee!

The more Thy mysteries are blasphemed, the more firmly we shall believe them, O Sacred Heart of Jesus!

The more impiety endeavors to extinguish our hopes of immortality, the more we shall trust in Thy Heart, sole hope of mankind!

The more hearts resist Thy Divine attractions, the more we shall love Thee, O infinitely amiable Heart of Jesus!

The more unbelief attacks Thy Divinity, the more humbly and profoundly we shall adore It, O Divine Heart of Jesus!

The more Thy holy laws are transgressed and ignored, the more we shall delight to observe them, O most holy Heart of Jesus!

The more Thy Sacraments are despised and abandoned, the more frequently we shall receive them with love and reverence, O most liberal Heart of Jesus!

The more the imitation of Thy virtues is neglected and forgotten, the more we shall endeavor to practice them, O Heart of Jesus, model of every virtue!

The more the devil labors to destroy souls, the more we shall be inflamed with desire to save them, O Heart of Jesus, zealous Lover of souls!

The more sin and impurity destroy the image of God in man, the more we shall try by purity of life to be a living temple of the Holy Spirit, O Heart of Jesus!

The more Thy Holy Church is despised, the more we shall endeavor to be her faithful children, O Sweet Heart of Jesus!

The more Thy Vicar on earth is persecuted, the more we will honor him as the infallible head of Thy Holy Church, show our fidelity and pray for him, O kingly Heart of Jesus!

O Sacred Heart, through Thy powerful grace, may we become Thy apostles in the midst of a corrupted world, and be Thy crown in the kingdom of heaven. *Amen.*

### 12 Promises of the Sacred Heart to St. Margaret Mary

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. I will be their refuge in life and especially in death.
5. I will abundantly bless 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 rise speedily to great perfection.
9. I will bless those places wherein the image of my Sacred Heart shall be exposed and venerated.
10. I will give to priests the power to touch the most hardened hearts.
11. Persons who propagate this devotion shall have their names eternally written in my Heart.
12. In the excess of the mercy of my heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

## THE FIVE FIRST SATURDAY DEVOTIONS TO THE IMMACULATE HEART OF MARY

Saturday has traditionally been set aside to honor Mary. On the first Holy Saturday—between Jesus’s crucifixion and His resurrection—Mary alone remained steadfast in her faith that Jesus would rise again as He said. As for the number five, Our Lady told Sr. Lucy (seer of the 1917 Fatima apparitions) that there are five types of offenses and blasphemies committed against her Immaculate Heart:

1. Blasphemies against the Immaculate Conception.
2. Blasphemies against her virginity.
3. Blasphemies against her divine maternity, in refusing at the same time to recognize her as the Mother of men.
4. The blasphemies of those who publicly seek to sow in the hearts of children indifference to, or scorn or even hatred of this Immaculate Mother.
5. The offenses of those who outrage her directly in her holy images.



### How to Complete the First Saturdays’ Devotion:

1. Make a good Confession.  
This can be made within eight days before or after the First Saturday.
2. Receive Holy Communion.  
Regarding the difficulty that some could meet in fulfilling this requirement on Saturday, Our Lord told Sr. Lucy: *The practice of this devotion will be equally acceptable on the Sunday following the first Saturday when my priests, for a just cause, allow the faithful.*
3. Pray five decades of the Holy Rosary.
4. Keep Our Lady company for 15 minutes while meditating on the 15 mysteries of the Holy Rosary.  
This is to be done separately from the Rosary using one, several, or all of the mysteries.
5. The above four requirements must all be done with the intention of making reparation to the Immaculate Heart of Mary. Our purpose is to console the Immaculate Heart of Mary for the offenses she receives by those who ungratefully reject her maternal intervention and despise her prerogatives.

### The Promises

1. The Virgin Mary’s assistance at the hour of death with the graces necessary for salvation.
2. Establishing devotion to the Immaculate Heart will result in the salvation of souls and peace.