

# FIRST FRIDAY DEVOTION

“He said these words to His unworthy slave, if I mistake not: ‘I promise you in the excessive mercy of My Heart that Its all-powerful love will grant to all those who receive Holy Communion on nine first Fridays of consecutive months the grace of final repentance; they will not die under My displeasure or without receiving their sacraments, My divine Heart making Itself their assured refuge at the last moment.’”  
- St. Margaret Mary Alocoque

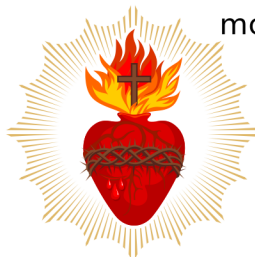
**On the first Friday of each month for five consecutive months:**

1. Have the intention of making reparation to the Sacred Heart of Jesus for all the sinfulness and ingratitude of men.
2. Receive Communion [in a state of grace].
3. Go to Confession [within eight days].



**The Twelve Promises for those who practice this devotion:**

1. I will give them all of the graces necessary for 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 strength during life and above all during 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 you in the excessive mercy of My Heart that My all-powerful love will grant all to 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 their sacraments; My Divine Heart shall be their safe refuge in this last moment.



# FIRST SATURDAY DEVOTION

The Holy Virgin Mary said to St. Lucia, "Look, my daughter, at my Heart, surrounded with thorns with which ungrateful men pierce me every moment by their blasphemies and ingratitude."

**On the first Saturday of each month for five consecutive months**

1. Have the Intention of making reparation to Mary's Immaculate Heart.
2. Recite five decades of the Rosary.
3. Keep Mary company for 15 minutes while meditating on the 15 mysteries of the Rosary.
4. Receive Holy Communion [in a state of grace].
5. Go to confession [within eight days].



## Why Five?

For the five offenses against Mary's Immaculate Heart:

1. Blasphemies against her Immaculate Conception.
2. Against her perpetual virginity.
3. Against the divine and spiritual maternity of Mary.
4. Blasphemies involving the rejection and dishonoring of her images.
5. The neglect of implanting in the hearts of children a knowledge and love of this Immaculate Mother.

