

FIRST FRIDAYS DEVOTION TO THE SACRED HEART OF JESUS

For 9 consecutive months:

- Attend Mass on the first Friday of the month for nine consecutive months
- Receive communion
- Go to confession within 8 days of a First Friday



Prayer of Trust in Jesus Sacred Heart

In all my trials,
I place my trust in You,
O Sacred Heart of Jesus.

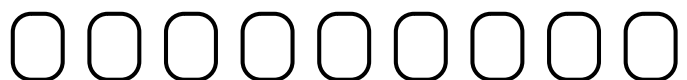
In all my sorrows,
I place my trust in You,
O Sacred Heart of Jesus.

In all my work,
I place my trust in You,
O Sacred Heart of Jesus.

In every failure,
I place my trust in You,
O Sacred Heart of Jesus.

Amen.

FIRST FRIDAYS COMPLETED



THE 12 PROMISES FOR DEVOTEES OF THE SACRED HEART OF JESUS

- I will give them all the graces necessary for their state of life.
- I will give peace in their families.
- I will console them in all their troubles.
- They shall find in My Heart an assured refuge during life and especially at the hour of death.
- I will pour abundant blessings on all their undertakings.
- Sinners shall find in My Heart the source and infinite ocean of mercy.
- Tepid souls shall become fervent.
- Fervent souls shall speedily rise to great perfection.
- I will bless the homes in which the image of My Sacred Heart shall be exposed and honored.
- I will give to priests the power to touch the most hardened hearts.
- Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
- The all-powerful love of My Heart will grant to all those who shall receive Communion on the first Friday of nine consecutive months the grace of final repentance; they shall not die under My displeasure, nor without receiving the Sacraments; My Heart shall be their assured refuge at the last hour.