



HISTORY & BACKGROUND: The First Friday devotion and the First Saturday devotion are both reparatory devotions in the Catholic Church that arose from separate private revelations. The First Friday devotion is associated with the **Sacred Heart of Jesus**, while the First Saturday devotion is associated with the **Immaculate Heart of Mary**.

Both devotions involve receiving Holy Communion on a certain number of consecutive first Fridays or first Saturdays of the month. You can think of it almost like a novena which is prayed on consecutive days for a particular intention, but instead, these devotions are performed on consecutive months for the intention of reparation to the Sacred Heart of Jesus and the Immaculate Heart of Mary, respectively.

TIME REQUIRED: 1 hour

SUPPLIES NEEDED: Holy Mass, rosary

DIRECTIONS:

NINE FIRST FRIDAYS DEVOTION

When Our Lord appeared to Saint Margaret Mary in 1673 He asked for special prayers and practices to make amends (reparation) for great neglect to the proper reverence owed to God. For those who did this faithfully, He promised to grant the following favors to all those who practiced devotion to His Sacred Heart: Jesus

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.



