

# The 12 Promises of the Sacred Heart of Jesus

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In 1672, Christ appeared to a French Visitation nun, St. Margaret Mary Alacoque. Over a series of visits, Our Lord revealed to St. Margaret Mary the importance of devotion to His Sacred Heart. He asked that His heart, wounded on the cross and continually wounded by ingratitude of men for his sacrifice for them, be venerated and adored as an embodiment of His Divine mercy and love.

Jesus especially asked that all people go to Confession and receive Holy Communion often, especially on the First Friday of each month, and that reparation be made for sins committed against His Sacred Heart and the Eucharist. He requested that the Church observe a feast day specifically for the purpose of this reparation. In 1856, the Solemnity of the Sacred Heart was officially added to the Calendar of the Catholic Church.

You can have a devotion to the Sacred Heart by doing as Our Lord asked, by receiving Holy Communion frequently (especially on the first Friday of each month), monthly confession, veneration of an image of His Sacred Heart, and prayers and sacrifices offered out of love for Him and for the conversion of sinners. Jesus gave through St. Margaret Mary special promises to those who kept a loving devotion to the attribute of His infinite love for mankind as represented in His Most Sacred Heart.

## **Jesus made 12 promises to those who have a true devotion to His Sacred Heart:**

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.



**The Five First Saturdays devotion is one of the principal points of the Fatima message. It centers on the urgent need for mankind to offer reparation and expiate for the many injuries that the Immaculate Heart of Mary suffers from the hands of both impious and indifferent men.**

**On the First Saturday during 5 Consecutive Months, the Devotion consists of:**

1. Going to Confession,
2. Receiving the Sacrament of Holy Communion,
3. Saying five decades of the Rosary,
4. Meditating for 15 minutes on the mysteries of the Rosary.

***All this offered in REPARATION for the sins of blasphemy and ingratitude committed against the Immaculate Heart of Mary.***

### **History**

During the third apparition on July 13, 1917, Our Lady revealed that she would come to ask for the consecration of Russia to her Immaculate Heart and for the Communion of Reparation of the Five First Saturdays. Consequently, she asked for the devotion in 1925 and the consecration in 1929. While staying at the House of the Dorothean Sister in Pontevedra, Portugal, Sister Lucia received a vision on December 10, 1925 where the Blessed Mother appeared alongside a Boy who stood over a luminous cloud. Our Lady rested one hand on the Boy's shoulder while she held on the other hand a heart pierced with thorns around it. Sister Lucia heard the Boy say, "Have pity on the Heart of your Most Holy Mother which is covered with thorns with which ingrate men pierce it at every moment with no one to make an act of reparation to pull them out."

Our Lady expressed her request in the following words, "See, my daughter, My Heart surrounded with thorns with which ingraters pierce me at every moment with blasphemies and ingratitude. You, at least, make sure to console me and announce that all those who for five months, on the first Saturdays, go to confession, receive Communion, say five decades of the Rosary and keep me company for 15 minutes meditating on the mysteries of the Rosary, with the purpose of making reparation to Me, I promise to assist them at the hour of death with all the graces necessary for the salvation of their souls."

A few days afterward, Sister Lucia detailed this vision in a letter addressed to Monsignor Manuel Pereira Lopes, her confessor when she resided in the Asylum of Vilar in the city of Oporto, Portugal.

### **Why Five Saturdays?**

Sister Lucia's confessor questioned her about the reason for the five Saturdays asking why not seven or nine. She answered him in a letter dated June 12, 1930. In it she related about a vision she had of Our Lord while staying in the convent chapel part of the night of the twenty-ninth to the thirtieth of the month of May, 1930. The reasons Our Lord gave were as follows:

The five first Saturdays correspond to the five kinds of offenses and blasphemies committed against the Immaculate Heart of Mary. They are:

- a. Blasphemies against the Immaculate Conception
- b. Blasphemies against her virginity
- c. Blasphemies against her divine maternity, at the same time the refusal to accept her as the Mother of all men
- d. Instilling indifference, scorn and even hatred towards this Immaculate Mother in the hearts of children
- e. Direct insults against Her sacred images

Let us keep the above reasons firmly in our minds. Devotions have intentions attached to them and knowing them adds merit and weight to the practice.

### **Modifications to the Five First Saturdays Devotion to facilitate its observation**

The original request of Our Lady asks one to confess and receive Communion on five consecutive first Saturdays; to say five decades of the Rosary; to meditate during 15 minutes on the mysteries of the Rosary for the purpose of making reparation to the Immaculate Heart of Mary in reparation for the sins of men. In subsequent private visions and apparitions however, Sister Lucia presented to Our Lord the difficulties that devotees encountered in fulfilling some conditions. With loving condescension and solicitude, Our Lord deigned to relax the rules to make this devotion easy to observe:

- Confession may be done on other days other than the First Saturdays so long as one receives Our Lord worthily and has the intention of making reparation to the Immaculate Heart of Mary.
- Even if one forgets to make the intention, it may be done on the next confession, taking advantage of the first occasion to go to confession.
- Sister Lucia also clarified that it is not necessary to meditate on ALL mysteries of the Rosary on each First Saturdays. One or several suffice.

With much latitude granted by Our Lord Himself, there is no reason for the faithful to hesitate or delay this pious practice in the spirit of reparation which the Immaculate Heart of Mary urgently asks.

### **This devotion is so necessary in our days**

The culture of vice and sin remains unabated even as one reads this. Abortion, blasphemy, drug abuse, pornography, divorce and bad marriages, religious indifference, the advances of the homosexual agenda and others are just some of society's many plagues that cut deeply into the Immaculate Heart of Mary. We must console Our Lady amidst all these insults and injuries to her and her Divine Son. She asks for reparation, she pleads for our prayers, she hopes for our amendment of life. Let us listen to her maternal pleas and atone for the ingratitude of men. The First Five Saturdays devotion stimulates the spirit of reparation; it instills a tender love for the Holy Sacraments of Confession and the Blessed Eucharist. It nurtures a holy affection for the Immaculate Heart of Mary and the Rosary. Above all, it is an excellent means to maintain one in the state of grace while immersed in the daily spiritual battles and prosaic existence in the neo-pagan world that we live in.

Let us not delay in observing this devotion for it too gives us hope for eternal salvation.