

The First Friday Devotion

"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 Friday for nine consecutive months, the grace of final repentance; they shall not die in my disgrace nor without receiving the sacraments; my divine Heart shall be their safe refuge in that last moment." — *Our Lord to St. Margaret Mary*

First Friday Tracker

Color in the Sacred Heart and note the date for each First Friday. To complete the First Friday Devotion you must receive Holy Communion in honor of and reputation to Jesus' Sacred Heart for nine consecutive First Fridays (first Friday of the month)



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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