

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."

(as found online at <https://www.ewtn.com/catholicism/library/12-promises-of-the-sacred-heart-13683>)

## Act of Consecration to the Sacred Heart

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings, so that I may be unwilling to make use of any part of my being other than to honor, love and glorify the Sacred Heart. This is my unchanging purpose, namely, to be all His, and to do all things for the love of Him, at the same time renouncing with all my heart whatever is displeasing to Him. I therefore take You, O Sacred heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure

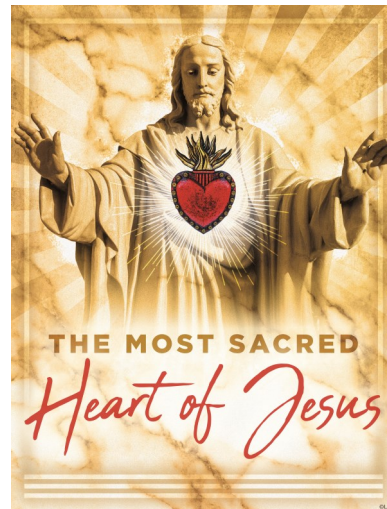
refuge at the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the strokes of his righteous anger. O Heart of love, I put all my confidence in You, for I fear everything from my own wickedness and frailty, but I hope for all things from Your goodness and bounty.

Remove from me all that can displease You or resist Your holy will; let your pure love imprint Your image so deeply upon my heart, that I shall never be able to forget You or to be separated from You.

May I obtain from all Your loving kindness the grace of having my name written in Your Heart, for in You I desire to place all my happiness and glory, living and dying in bondage to You.

Amen.



## For Further Reading

Fr. John Croiset, S.J., *The Devotion to the Sacred Heart: How to Practice the Sacred Heart Devotion*. Trans. by Fr. Patrick O'Connell, B.D. Charlotte, NC: TAN Books. 1988.

Pope Francis, *Dilexit Nos*, October 24, 2024. <https://www.vatican.va/content/francesco/en/encyclicals/documents/20241024-enciclica-dilexit-nos.html>

Fr. Jeffrey S. Tunncliff, "The Sacred Heart of Jesus." <https://renewaloffaith.org/the-sacred-heart-of-jesus/>

## St. Mary's of the Lake Church

905 N. Decatur Street  
Watkins Glen, NY

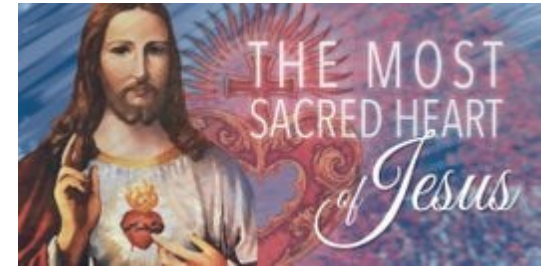
## St. Benedict's Church

304 Speedway  
Odessa, NY

P. O. Box 289  
Watkins Glen, NY 14891  
607-535-2786

[www.stmarystben.org](http://www.stmarystben.org)

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## The Sacred Heart of Jesus and the First Friday Devotions



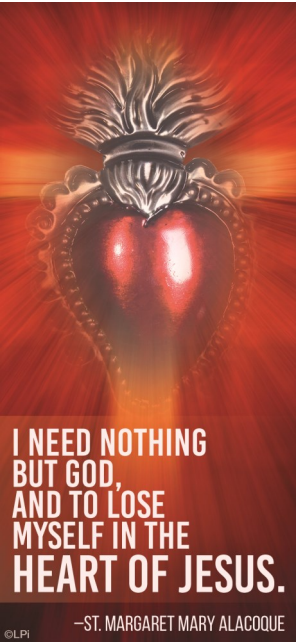
# The Sacred Heart

The heart is a symbol of love. The Heart of Jesus is Sacred because He is the Son of God. It is full of his love for us. Jesus demonstrates his love for us on the Cross by fulfilling what He says in John 15:13, “No one has greater love than this, to lay down one’s life for one’s friends.”

Pope Francis wrote in *Dilexit Nos*, “It is understandable, then, that the Church has chosen the image of the heart to represent the human and divine love of Jesus Christ and the inmost core of his Person. Yet, while the depiction of a heart afire may be an eloquent symbol of the burning love of Jesus Christ, it is important that this heart not be represented apart from him. In this way, his summons to a personal relationship of encounter and dialogue will become all the more meaningful. The venerable image portraying Christ holding out his loving heart also shows him looking directly at us, inviting us to encounter, dialogue and trust; it shows his strong hands capable of supporting us and his lips that speak personally to each of us” (*Dilexit Nos*, 54).



# St. Margaret Mary Alacoque

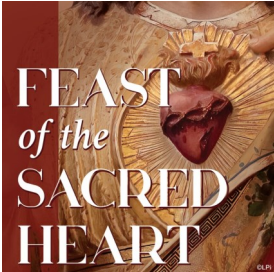


St. Margaret Mary Alacoque was a Visitation nun in the seventeenth century. She suffered from severe illness as a child. As an adult she was blessed with visions of Jesus in which He taught her the Sacred Heart devotion and gave her instructions for how to celebrate it.

Do you know that there is a Feast dedicated to the Sacred Heart of Jesus?

It is celebrated on the Friday after the Sunday when the Feast of Corpus Christi is celebrated on Sunday.

It is celebrated as a solemnity, meaning that the Gloria and Creed are said, a second reading is included, and all the readings are specifically chosen for the Sacred Heart of Jesus.



In fact, the entire month of June is dedicated to the Sacred Heart of Jesus.



## First Friday Devotions

Concerning First Friday devotions, Pope Francis writes, “The promotion of Eucharistic communion on the first Friday of each month, for example, sent a powerful message at a time when many people had stopped receiving communion because they were no longer confident of God’s mercy and forgiveness and regarded communion as a kind of reward for the perfect. In the context of Jansenism, the spread of this practice proved immensely beneficial, since it led to a clearer realization that in the Eucharist the merciful and ever-present love of the heart of Christ invites us to union with him. It can also be said that this practice can prove similarly beneficial in our own time, for a different reason. Amid the frenetic pace of today’s world and our obsession with free time, consumption and diversion, cell phones and social media, we forget to nourish our lives with the strength of the Eucharist” (*Dilexit Nos*, 84).

For the First Friday devotion, a person attends Mass, receives Communion, and confesses their sins in the week before/after. (We offer confessions the day before First Fridays immediately following the 8 am Mass.)

A person should also say an Act of Consecration to the Sacred Heart of Jesus.

The Lord offers the following twelve promises to those who fulfill nine consecutive First Fridays:

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