

A short history of the Devotion to the Sacred Heart of Jesus

- On the 27th of January 1281, in the Benedictine Monastery of Helfta, in Saxony, our Divine Lord revealed the ineffable secrets of His Heart to St. Gertrude. He gave her the Mission of making known the work of His Sacred Heart in the mystery of Grace and the sanctification of souls.

- Later, Our Lord appeared several times to St. Margaret Mary Alacoque (1647–1690), a nun in the Visitation Order in Paray-le-Monial (France). Sometimes Our Lord showed His Most Sacred Heart afire with love for men; while at other times His Heart would appear torn and bleeding because of sin and indifference.

- During the Octave of Corpus Christi in June 1675 the great revelation was made to St. Margaret Mary that she, in union with Father de la Colombière S.J., was to be the chief instrument for instituting the Feast of the Sacred Heart and for spreading devotion to the Sacred Heart of Jesus throughout the world.

- In the year 1765, Pope Clement XIII approved the Mass and Office in honour of the most Sacred Heart of Jesus. Pope Leo XIII, having proclaimed a jubilee, consecrated the whole human race to the Most Sacred Heart.

- Pope Pius XI, in 1928, encouraging the devotion of the Christian people, augmented the dignity of the Feast with an Octave. In order to repair the violated rights of Christ, the supreme King and most loving Lord of the world, and to do penance for the sins of nations, he ordered an Act of Reparation to the Sacred Heart of Jesus to be recited on this Feast day each year. It is customary that this Act of Reparation be recited on all First Fridays.



Indulged Aspirations to the Sacred Heart of Jesus



Most Sacred Heart of Jesus, to Thee I offer myself entirely through Mary.

Praised be the most loving Heart and the sweet Name of Our Lord Jesus Christ and of His glorious Virgin Mother Mary forever and ever.

Praise, honour, and glory be to the Divine Heart of Jesus.



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Sacred Heart of Jesus



have mercy on us!

The revelation of the Sacred Heart of Jesus to St. Margaret Mary Alacoque in own words

I was praying before the Blessed Sacrament on one of the days during the Octave (of Corpus Christi, June of 1675) and I received from my God exceeding great graces of His love. And He said to me:

- 'Thou canst not make Me any greater, than by doing that which I have so often asked of thee.'

He then showed me His Divine Heart, and said:

- 'Behold this Heart, which has so loved men, as that it has spared nothing, even to the exhausting and wearing itself out, in order to show them Its love; and, instead of acknowledgment, I receive, from the greater number, nothing but ingratitude, by their irreverences and sacrileges, and by the coldness and contempt wherewith they treat Me, in this Sacrament of love. But what is still more deeply felt by Me is, that they are hearts which are consecrated to me, which thus treat Me.'

It is on this account, that I make this demand of thee, that the first Friday after the Octave of the Blessed Sacrament be devoted to a special Feast in honour of My Heart; that thou wilt go to Communion on that day; and give it a reparation of honour by an act of amendment, to repair the insults It has received during the time of Its being exposed on the Altar.

I promise thee, also, that My Heart will dilate itself, that it may pour forth, with abundance, the influences of Its divine love upon those who shall thus honour It, and shall do their best to have such honour paid to It.'



The Promises

of the Sacred Heart of Jesus to those who practise the Devotion of the Nine First Fridays

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. They shall find in My heart an assured refuge during life and especially at the hour of death.
5. I will pour abundant blessings on 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 the homes in which the image of My Sacred Heart shall be exposed and honoured.
10. I will give to priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My heart, and it shall never be effaced.
12. 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.

The Nine First Fridays Devotion

- Devotion to the Sacred Heart of Jesus means devotion to His physical Heart as the symbol and instrument of His redemptive love.
- For nine successive months on the first Friday of the month faithful shall **go to confession and receive Holy Communion in honour of the Sacred Heart with the intention of reparation to the Sacred Heart of Jesus**.
- The Communion of this day should be offered as Reparation and to make satisfaction for all the ingratitude which Jesus receives in the Most Holy Sacrament.
- Since the purpose of this devotion is to inflame our hearts with an ardent love for Jesus, and to make amends to Him for all the outrages which are daily committed against Him in the Most Holy Sacrament of the Altar, this intention to make reparation should extend to all the activities of the day.

St. Maximilian, the founder of the Militia Immaculatae wrote:

"The only reason for the existence and activity of the M.I. is love, a love without limits for the Most Sacred Heart of Jesus, in order to offer up to Him as many souls as possible and unite them to Him as closely as possible."

