

The First Friday Devotion Prayer Booklet



*“I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make me known – make me loved.”
(M.T. no. 361*)*

- Prayers for First Friday
- Sacred Heart Devotion Prayers
- First Friday Indulgences

The devotion to the Sacred Heart of Jesus is the first Catholic devotion specifically requested and established by Our Lord Jesus Christ, Himself, in His revelations over a period of two years to St. Margaret Mary Aloccoque, a Visantine nun in France, beginning in 1693. The Church and Pope John Paul II strongly endorse the practice of the devotion, especially in these difficult and uncertain times, when we all need the blessings of the "12 Promises" more than ever before.

THE 12 PROMISES OF THE SACRED HEART OF JESUS TO ST. MARGARET MARY

Faithful Catholics consecrate to the Sacred Heart of Jesus, in a spirit of reparation, the First Friday of each month. Jesus himself made the following promises to St. Margaret Mary in favor of those who practice and promote this devotion.

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their families and will unite families that are divided.
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 the blessings of Heaven on all their enterprises.
6. Sinners shall find in my Heart the source and the infinite ocean of mercy.
7. Tepid 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 shall be exposed and honored and will imprint My love on the hearts of all those who would wear this image on their person. I will also destroy in them all disordered movements.
10. I will give the priests who are animated by a tender devotion to my Divine Heart the gift of touching the most hardened hearts.
11. Those who promote this devotion shall have their names written in my Heart, never to be effaced.
12. I promise you in the excessive mercy of my Heart that my all-powerful love

will grant to all those who communicate on the First Friday in nine consecutive months the grace of final penitence; they shall not die in my disgrace nor without receiving their Sacraments. My divine Heart shall be their safe refuge in this last moment.

To encourage the practice of the Devotion, the Church grants a Plenary indulgence to those who attend Mass and receive Communion in honor of His Sacred Heart on the First Friday of each month. (Raccolta, S.C. Ind., Sept. 7, 1897; S.P. Ap., June 1, 1934 and May 15, 1949)

(A Plenary Indulgence is the complete remission of all temporal (bodily) punishment due to sins already forgiven upon performance of three conditions: Confession, Communion and a prayer for the intentions of the Holy Father, (Our Father, Hail Mary.) It may be applied to oneself, or a departed loved one. It cannot be applied to any other living person and can only be gained once per day.)

1. Litany of The Most Sacred Heart of Jesus

Lord, have mercy.

Christ, have mercy.

Lord, have mercy

Christ, hear us.

Christ, graciously hear us.

God, the Father of heaven,

*have mercy on us.**

God, the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, one God,

Heart of Jesus, Son of the eternal Father,

Heart of Jesus, formed by the Holy Spirit
in the womb of the Virgin Mother,

Heart of Jesus, substantially united to the
Word of God,

Heart of Jesus, of Infinite majesty,

Heart of Jesus, sacred temple of God,

Heart of Jesus, tabernacle of the Most
High.

Heart of Jesus, house of God and gate of
heaven,

Heart of Jesus, burning furnace of
charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love.

Heart of Jesus, abyss of all virtues,

Heart of Jesus, most worthy of all praise,

Heart of Jesus, king and center of all
hearts,

Heart of Jesus, in whom are all the
treasures of wisdom and knowledge,

Heart of Jesus, in whom dwells the fullness
of divinity.

Heart of Jesus, in whom the Father was
well pleased,

Heart of Jesus, of whose fullness we
have all received,

Heart of Jesus, desire of the everlasting
hills,

Heart of Jesus, patient and most merciful,

Heart of Jesus, enriching all who invoke
you,

Heart of Jesus, fountain of life and holiness,

Heart of Jesus, propitiation for our sins,

Heart of Jesus, loaded down with
opprobrium,

Heart of Jesus, bruised for our offenses,

Heart of Jesus, obedient to death,

Heart of Jesus, pierced with a lance,

Heart of Jesus, source of all consolation,

Heart of Jesus, our life and resurrection,

Heart of Jesus, our peace and
reconciliation,

Heart of Jesus, salvation of those who trust
in you,

Heart of Jesus, hope of those who die in
you,

Heart of Jesus, delight of all the saints,

Lamb of God, you take away the sins of the
world; spare us, O Lord.

Lamb of God, you take away the sins of the
world; graciously hear us, O Lord.

Lamb of God, you take away the sins of the
world; have mercy on us.

Jesus, meek and humble of heart.

Make our hearts like to yours.

**Have mercy on us is repeated after each
invocation*

Let us pray. Almighty and eternal God, look upon the Heart of your most beloved Son and upon the praises and satisfaction which he offers you in the name of sinners; and to those who implore your mercy, in your great goodness, grant forgiveness in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

2. Act of Reparation to the Sacred Heart of Jesus

O Jesus, divine Savior, deign to cast a look of mercy upon Your children, who assemble in the same spirit of faith, reparation, and love, and come to deplore their own infidelities, and those of all poor sinners, their brethren. May we touch Your divine Heart by the unanimous and solemn promises we are about to make and obtain mercy for ourselves, for the world, and for all who are so unhappy as not to love You. We all promise that for the future:

For the forgetfulness and ingratitude of men, *(We will console you O Lord)

For the way You are deserted in Your holy tabernacle,
For the crimes of sinners,
For the hatred of the impious,
For the blasphemies uttered against You,
For the sacrileges that profane Your Sacrament of Love,
For the outrages against Your divinity,
For the injuries of which You are the adorable Victim,
For the coldness of the greater part of your children,
For the contempt of your loving invitation,
For the infidelity of those who called themselves Your friends,
For the abuse of Your grace,
For our own unfaithfulness,
For the incomprehensible hardness of our hearts,
For our long delay in loving You,
For our tepidity in Your holy service,
For Your bitter sadness at the loss of souls,
For Your long waiting at the door of our hearts,
For the heartless scorn that grieves You,
For Your loving sighs,
For Your loving tears,
For Your loving imprisonment,
For Your loving death,

*We will console you, O Lord

Let us pray

O Jesus! Divine Savior, from whose Heart comes forth this bitter complaint, "I looked for one that would comfort me, and I found none," graciously accept the feeble consolation we offer You, and aid us so powerfully by your grace, that we may, for the time to come, shun more and more all that can displease You, and prove ourselves in everything, and everywhere, and forever Your most faithful and devoted servants. We ask it through Your Sacred Heart, O Lord, who live and reign with the Father and the Holy Spirit, one God, world without end. Amen.

3. Memorare to the Sacred Heart of Jesus

Remember, O most kind Jesus, that none who have had recourse to Your Sacred Heart, implored its assistance, or called for mercy, have ever been abandoned. Filled, and animated by this same confidence, O divine Heart, Ruler of all hearts, I fly to You, and oppressed beneath the weight of my sins, I prostrate myself before You. Despise not Your unworthy child, but grant me, I pray, an entrance into Your Sacred Heart. Sustain me in all my combats and be with me now, and at all times, but especially in the hour of my death. O gracious Jesus! O amiable Jesus! O loving Jesus!

4. Prayer of Adoration and Love to the Sacred Heart

I adore Thee, I love Thee, I praise Thee, I cry to Thee for mercy, I return Thee thanks, I invoke Thee and confide myself entirely to Thee, O most holy and adorable Heart of my Lord and Savior, Jesus Christ, who for the salvation of us all didst submit Thyself to the rigors of Divine Justice, and didst voluntarily accept a birth accompanied with poverty, sorrow and contempt, a life of labor and contradictions, but of kindness for all, and a death full of opprobrium, confusion and sorrow, and who, in fine, for the love of those who wish to be saved through Thy divine charity, dost remain in the Blessed Sacrament of the altar to the end of time. Accomplish, O most adorable Heart, Thy wishes in my poor and miserable heart, which I dedicate and consecrate to Thee forever. Grant that I may live in the sentiments of love and gratitude which it owes Thee, that it may at all times breathe only Thy honor and glory, in order that it may expire in the waters of perfect contrition. Amen. (St. Margaret Mary)

5. Prayer of Adoration to the Blessed Sacrament

Jesus Christ, my Lord and my God, whom I believe to be really present in the Blessed Sacrament of the Altar, receive this act of most profound adoration to supply for the desire I have to adore Thee unceasingly, and in thanksgiving for the sentiments of love which Thy Sacred Heart has for me in this Sacrament. I cannot better acknowledge them than by offering Thee all the acts of adoration, resignation, patience and love which this Divine Heart has made during its mortal life, and which it makes still and will make eternally in Heaven, in order that through it, I may love Thee, praise Thee and adore Thee worthily as much as it is possible for me. I unite myself to this Divine Offering which Thou dost make to Thy Divine Father, and I consecrate to Thee my whole being, praying Thee to destroy in me all sin and not to permit that I should be separated from Thee eternally. Amen.

6. Prayer of Trust in The Sacred Heart

In all my temptations, I place my trust in you, O Sacred Heart of Jesus.
In all my weaknesses, I place my trust in you, O Sacred Heart of Jesus.
In all my difficulties, I place my trust in you, O Sacred Heart of Jesus.
In all my trials, I place my trust in you, O Sacred Heart of Jesus.
In all my sorrows, I place my trust in you, O Sacred Heart of Jesus.
In all my work, I place my trust in you, O Sacred Heart of Jesus.
In every failure, I place my trust in you, O Sacred Heart of Jesus.
In every discouragement, I place my trust in you, O Sacred Heart of Jesus.
In life and in death, I place my trust in you, O Sacred Heart of Jesus.
In time and in eternity, I place my trust in you, O Sacred Heart of Jesus.

7. Prayer of Consecration

I,, give myself to the Sacred Heart of our Lord Jesus Christ, and I consecrate to him my person and my life, my actions, pains, and sufferings, so that henceforth I shall be unwilling to make use of any part of my being except for the honor, love, and glory of the Sacred Heart.

My unchanging purpose is to be all his and to do all things for the love of him while renouncing with all my heart whatever is displeasing to him.

I take you, O Sacred Heart, as the only object of my love, the guardian of my life, the assurance of my salvation, the remedy of my weakness and inconstancy, the atonement for all my faults, and the sure refuge at my death.

O Heart of love, I place all my trust in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty.

Consume in me all that can displease you or resist your holy Will. Let your pure love imprint you so deeply upon my heart that I shall nevermore be able to forget you or be separated from you. May I obtain from all your loving kindness the grace of having my name written in you, for I desire to place in you all my happiness and all my glory, living and dying in virtual bondage to you.

St. Margaret Mary Alacoque

I believe...

That God is so immense He can fill a universe easily, yet can be intimately present to each individual who calls on Him, and all at the same time. That this intimacy is so powerful that we feel that it is only us and Him, that the rest of the universe is barely there, so lost in His Love we are and so intimate and precious He makes us feel, when we love Him as He desires.

That the closer you get to the mountain, the bigger it becomes from your view and the smaller you seem in comparison. And when you really comprehend “the mountain” of God, you realize that you are truly nothing, and that is when you become. And it is overwhelmingly enough to be nothing, if He is all, He who saturates the universe with His Love and penetrates to the very core of your soul and beyond.

That God speaks our language through His Son, that part of God that desires to touch us and make us His own, no matter what the cost. That the Sacrifice was ALL and the guarantee nothing. That God waits in longing for us to figure out that it is God that we are searching for as we wander further away, feeling God has deserted us, while we desert God.

That some people do not see God because they don't look, or they don't like what they see when they do, when they see His Wounds suffered for our love. They will not allow God to be Himself, giving all, suffering all, loving all, tirelessly, passionately, with no holding back, nakedly vulnerable to our pain, our condescension, our pride and arrogance, thinking we know God better than God; then we make Him up to be our golden calf, a God of our making, a God not human like us. We put Him back in the sky instead of where He wants to be, in our hearts, infinitely vulnerable to our will to love Him.

That God often allows us to be broken, to be made whole in Him, to be humiliated, to be made humbly tender to His majestic Love, to be lost, alone and confused, to have the birds eat the crumbs that showed the way home, so we would need Him to show us the Way.

That eternity is a long time, but it begins in the present moment and that moment can last forever. That when we live this moment for Him, in Him, when He is all and we are nothing, when we love with all we are until we are nothing, we step into the eternal moment and heaven comes to us wherever we are...

...and that moment can last forever.

Caryn Brady
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Efficacious Novena to The Sacred Heart of Jesus

I. – O my Jesus, You said, “Verily I say to you, ask and you shall receive, seek and you shall find, knock and it shall be opened to you,” behold I knock, I seek and I ask for the grace of....
Our Father, Hail Mary and Glory Be to the Father. Sacred Heart of Jesus, I put all my trust in Thee.

II. – O my Jesus, You said, “Verily I say to you, whatsoever you shall ask the Father in my name, He will give it to you,” behold in your name I ask the Father for the grace of....
Our Father, Hail Mary, and Glory be to the Father. Sacred Heart of Jesus, I put all my trust in Thee.

III. – O my Jesus, You said, “Verily I say to you, heaven and earth shall pass away, but My words shall not pass away,” behold I encouraged by your infallible words, now ask for the grace of....
Our Father, Hail Mary, and Glory be to the Father. Sacred Heart of Jesus, I put all my trust in Thee.

O Sacred Heart of Jesus, to whom one thing alone is impossible, namely, not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of Thee, through the Sorrowful and Immaculate Heart of Mary, your and our tender Mother. *Say the Salve Regina, and add, “St. Joseph, foster father of Jesus, pray for us.”*

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Additional information about the devotion and its practice is on the Devotion website below. The www.sacredheartprayers.com site contains a complete ONLINE Prayer RETREAT you can make at home.

* Quote by the mystic, Sr. Mary of the Trinity, is taken from the book, The Spiritual Legacy of Sr. Mary of the Trinity, by Rev. Silvere Van Den Brock, O.F.M. ,TAN Books.

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