



The devotion of the Nine First Fridays of the month to the Sacred Heart of Jesus is one of the most cherished spiritual practices within the Catholic Church. This pious tradition originates from the private revelations received by Saint Margaret Mary Alacoque in the 17th century, in which Jesus expressed His ardent desire for humanity to venerate His Heart with love and reparation. Through this devotion, we are offered a privileged path to conversion, grace, and salvation.

Origins of the Devotion

Saint Margaret Mary Alacoque, a humble religious of the Order of the Visitation in France, had numerous revelations of the Sacred Heart of Jesus between 1673 and 1675. In these visions, Jesus showed her His Heart surrounded by thorns, symbolizing the ingratitude and forgetfulness of men, and asked her to promote devotion to His Sacred Heart as an act of love and reparation.

One of Jesus' specific requests was the practice of receiving Holy Communion on nine consecutive First Fridays of the month with the intention of honoring His Sacred Heart. As a reward, Jesus promised the grace of final perseverance and eternal salvation to those who fulfilled this devotion with faith and sincere devotion.

The Twelve Promises of the Sacred Heart

Jesus promised abundant graces to those who honor His Sacred Heart, including:

1. **I will give my devotees all the graces necessary in their state of life.**
2. **I will establish peace in their families.**
3. **I will console them in all their afflictions.**
4. **I will be their secure refuge during life and especially at the hour of death.**
5. **I will pour abundant blessings upon their undertakings.**
6. **Sinners will find in My Heart the source and infinite ocean of mercy.**
7. **Lukewarm souls will become fervent.**
8. **Fervent souls will quickly rise to great perfection.**
9. **I will bless the homes in which the image of My Sacred Heart is exposed and honored.**
10. **I will grant priests the gift of touching the most hardened hearts.**
11. **Those who propagate this devotion will have their names written in My Heart and will never be erased.**
12. **To all who receive Communion on the First Fridays for nine consecutive months, I will grant the grace of final perseverance.**



Theological and Spiritual Significance

The devotion to the Sacred Heart of Jesus has a profound theological foundation. His Heart symbolizes the divine and infinite love of Christ for humanity, a love that was given up to death on the Cross for our redemption. This devotion invites us to respond to that love with fidelity, trust, and reparation for our own sins and those of the whole world.

Jesus Himself tells us in the Gospel: *“Come to me, all you who are weary and burdened, and I will give you rest”* (Matthew 11:28). His Heart is a refuge and strength for the soul that seeks true peace.

How to Practice the Devotion of the Nine First Fridays

To obtain the promised grace, it is necessary to:

1. **Confess and be in a state of grace** (this can be done a few days before or after, but with the intention of fulfilling the devotion).
2. **Attend Holy Mass and receive the Holy Eucharist** on each First Friday of the month for nine consecutive months.
3. **Do so with the intention of honoring the Sacred Heart of Jesus and in reparation for the sins of the world.**

Practical Applications for Daily Life

Today, devotion to the Sacred Heart is more relevant than ever. In a world where God’s love is often ignored and despised, this practice helps us remain steadfast in faith, strengthen our relationship with Christ, and work for the conversion of souls.

Some ways to live this devotion in daily life include:

- Dedicating a few minutes daily to contemplating the Sacred Heart, thanking Him for His love.
- Practicing charity with others, imitating Christ’s merciful Heart.
- Offering sacrifices and small renunciations in reparation for the sins of the world.
- Consecrating the family to the Sacred Heart and enthroning His image in the home.

Conclusion: A Call to Conversion and Love

The devotion of the Nine First Fridays is a priceless opportunity to grow in love for Christ and



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receive the graces of His Heart. It is not a “magic formula” for salvation but an expression of living faith that leads us to authentic and persevering conversion. In a world increasingly distant from God, this devotion is a powerful reminder that Christ’s love continues to call us, offering us peace and salvation.

May we respond with hearts that are burning and full of love, surrendering completely to Him, who loves us with an infinite love.