

## PROMISES OF THE SACRED HEART

Twelve promises to persons having devotion to the Sacred Heart of Jesus, which were communicated by Christ to St. Margaret Mary Alacoque in a private revelation in 1675:

1. I will give them all the graces necessary in their state in 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 shall find in My Heart the source and the infinite ocean of mercy.
7. By devotion to My Heart tepid souls shall grow fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place where a picture of My Heart shall be set up and honored.
10. I will give to priests 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 blotted out.
12. I will grant the grace of final penitence to those who communicate (receive Holy Communion) on the first Fridays of nine consecutive months.