



## Devotion to the Sacred Heart of Jesus

The tradition of the Sacred Heart devotion grew from the revelations of Our Lord to St. Margaret Mary Alacoque, a French Visitation nun who had a series of visions for two years from 1673-1675. During these visions, Jesus showed her His exposed Heart, the symbol of his great love for the world, and gave her twelve great promises to pass along to the faithful. Our Lord told St. Margaret Mary that those who devoted themselves to His Sacred Heart would receive many special graces. No one believed St. Margaret Mary when she began to talk about her visions of Jesus, and she suffered much ridicule and hostility within her own community. Finally, her confessor, Blessed Claude de la Colombiere, a Jesuit priest came to believe in her visions and helped assure their authenticity. St. Margaret Mary died in 1690 and was finally canonized in 1920.

Devotion to the Sacred Heart spread after her death. In 1856, the Feast of the Sacred Heart officially was established by the Church. This special feast always falls on the Friday following the Feast of Corpus Christi. Pope Leo XII consecrated the world to the Most Sacred Heart of Jesus in 1899.

Probably the most popular part of the devotion to the Sacred Heart is attendance at Mass on the First Friday of the month for nine consecutive months. Our Lord promised St. Margaret Mary that those who received the Eucharist during these Liturgies would be blessed with the "grace of final repentance."

### **The 12 Promises of the Sacred Heart of Jesus Revealed to Saint Margaret Mary Alacoque:**

1. "I will give them all the graces necessary in their state of life."
2. "I will establish peace in their homes and families"
3. "I will comfort them in their afflictions."
4. "I will be their secure refuge during life, and especially at the hour of 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. "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 shall promote this devotion shall have their names written in My Heart, never to be blotted out."
12. "I promise thee in the excessive mercy of My Heart that My all-powerful love will grant to all those who receive Communion on the First Friday in nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving the Sacraments; My Divine heart shall be their safe refuge in this last moment."