**The First Friday Devotion**

**Nine First Fridays Devotion to the Sacred Heart**

From the writings of St. Margaret Mary:

"On Friday during Holy Communion, He said these words to His unworthy slave, if I mistake not: I promise you in the excessive mercy of my Heart that its all-powerful love will grant to all those who receive Holy Communion on nine first Fridays of consecutive months the grace of final repentance; they will not die under my displeasure or without receiving their sacraments, my divine Heart making itself their assured refuge at the last moment."

With regard to this promise it may be remarked: (1) that our Lord required Communion to be received on a particular day chosen by Him; (2) that the nine Fridays must be consecutive; (3) that they must be made in honor of His Sacred Heart, which means that those who make the nine Fridays must practice the devotion and must have a great love for our Lord; (4) that our Lord does not say that those who make the nine Fridays will be dispensed from any of their obligations or from exercising the vigilance necessary to lead a good life and overcome temptation; rather He implicitly promises abundant graces to those who make the nine Fridays to help them to carry out these obligations and persevere to the end; (5) that perseverance in receiving Holy Communion for nine consecutive First Firdays helps the faithful to acquire the habit of frequent Communion, which our Lord eagerly desires; and (6) that the practice of the nine Fridays is very pleasing to our Lord since He promises such great reward, and that all Catholics should endeavor to make the nine Fridays.

Prayer Source: *Enthronment of the Sacred Heart* by Rev. Francis Larkin, SS.CC., St. Paul Editions, 1978

<http://www.catholicculture.org/culture/liturgicalyear/prayers/view.cfm?id=876>

# The First Friday Devotion

**BACKGROUND**

**The *First Friday Devotion* to the Sacred Heart of Jesus is based on a promise made by Our Lord Jesus Christ during an Apparition to St. Margaret Mary [1]. This promise was implicitly approved by the Church in the 1920 canonization of St. Margaret Mary. The promise reads:**

***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 the Sacraments; My Divine Heart shall be their safe refuge in this last moment.***

**PROCEDURE**

**Such Devotion may be adorned by the offering of several prayers. They are, in the recommended [2] order of their offering, as follows:**

**Litany of the Sacred Heart of Jesus**

**Act of Consecration to the Sacred Heart of Jesus**

**Act of Reparation**

**Concluding Prayers**

**LITANY OF THE SACRED HEART**

**Lord, have Mercy-----------------------------------------------------Lord, have Mercy
Christ, have Mercy--------------------------------------------------Christ, have Mercy
Lord, have Mercy-----------------------------------------------------Lord, have Mercy**

**God the Father in Heaven,.........*have Mercy on us* (Repeat this response after each invocation)
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 in the womb of the Virgin Mother,...
Heart of Jesus, One with the Eternal Word,...
Heart of Jesus, Infinite in Majesty,...
Heart of Jesus, Holy Temple of God,...
Heart of Jesus, Tabernacle of the Most High,...
Heart of Jesus, House of God and Gate of Heaven,...
Heart of Jesus, Aflame with love for us,...
Heart of Jesus, Source of Justice and Love,...
Heart of Jesus, Full of Goodness and Love,...
Heart of Jesus, Wellspring of all Virtue,...
Heart of Jesus, Worthy of all praise,...
Heart of Jesus, King and Center of all hearts,...
Heart of Jesus, Treasure-house of Wisdom and Knowledge,...
Heart of Jesus, In Whom dwells the fullness of God,...
Heart of Jesus, In whom the Father is well-pleased,...
Heart of Jesus, From Whose fullness we have all received,...
Heart of Jesus, Desire of the Eternal Hills,...
Heart of Jesus, Patient and full of Mercy,...
Heart of Jesus, Generous to all who turn to You,...
Heart of Jesus, Fountain of Life and Holiness,...
Heart of Jesus, Atonement for our sins,...
Heart of Jesus, Obedient even to death,...
Heart of Jesus, Pierced by 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, Victim for our sins,...
Heart of Jesus, Salvation of all who trust in You,...
Heart of Jesus, Hope of all who die in You,...
Heart of Jesus, Delight of all the Saints,...**

**Lamb of God; You take away the sins of the world--------------------have Mercy on us
Lamb of God, You take away the sins of the world--------------------have Mercy on us
Lamb of God, You take away the sins of the world--------------------have Mercy on us**

**V. Jesus, meek and humble of heart.
R. Touch our hearts and make them like Your Own.**

**Let us conclude our prayer...**

**Father, we rejoice in the gifts of love we have received from the Heart of Jesus, Your Son.
Open our hearts to share His Life and continue to Bless us with His Love.
We ask this in the Name of Jesus the Lord.**

**AMEN**

**ACTS OF CONSECRATION (use one or the other)**

**Personal/Individual Consecration**

**O most Holy Heart of Jesus, fountain of every blessing, I adore You, I love You, and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and completely obedient to your Will. Grant, good Jesus, that I may live in You and for You. Protect me in the midst of danger, comfort me in all afflictions, give me health of mind, body and soul, assistance in my temporal needs, Your Blessings on all that I do, and the Grace of a holy death.
AMEN
(Raccolta #263).**

**Consecration of Society to the Sacred Heart by Pope John XXIII**

**O Jesus, come back into our society, our family life, our souls, and reign there as our Peaceful Sovereign. Enlighten with the splendor of faith and the charity of Your tender Heart the souls of those who work for the good of the people, for Your poor; impart to them Your Own Spirit, a spirit of discipline, order, and gentleness, preserving the flame of enthusiasm ever alight in our hearts. AMEN.
(Story of a Soul).**

**Lord Jesus, Whose Heart was once pierced for love of us, we renew our baptismal promises to reject Satan and all his works and all his empty promises to live only for You. Although we are already united to You through the Sacrament of Baptism, and this union is constantly perfected by the Eucharist, we give ourselves to You again today to fix more deeply in our hearts this resolve to live for You and to serve You more faithfully. Give us the grace to love and serve You always.**

 **AMEN.
(Apostleship of Prayer).**

**ACT OF REPARATION**

**Lord Jesus Christ, we look at the Cross, and we, Your Pilgrim Church, can see what sin has done to the Son of Mary, to the Son of God. But now You are Risen and Glorified.**

**You suffer no more in the flesh. Sin can no longer expose You to the Agony in the Garden, to the scourging, to the death on a cross.**

**But it can reach You through Your Mystical Body. This is part of You. Your Church on Earth still feels the strength of sin. For this we make our Act of Reparation.**

**We, who have sinned in the past, now consecrate ourselves to the healing of your Mystical Body, to the part in the mystical Body, to the part in the mystery of its well-being and its growth. Sanctify us for this task.**

**May Your Sacred Heart be the symbol, not of one loved, but of two. Your love for us and our love for You. Accept our love and help us make it real by serving You in all our brothers and sister, so that love and concern may lead all people to know the one true God and Jesus Christ whom He has sent.**

 **AMEN.
(Apostleship of Prayer).**

**CONCLUDING PRAYERS**

**Most Sacred Heart of Jesus, have Mercy on us.
Immaculate Heart of Mary, pray for us.
St Joseph, pray for us.
All you angels and saints, pray for us.
May the souls of the faithful departed rest in peace.**

**AMEN**

**NOTES
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[1] Catholic Source Book, by Rev. Peter Klein, Brown-Roa. pp. 375-376 ISBN 0-15-950653-03rd Edition**

<http://www.mgrfoundation.org/FirstFriday.html>

Also check this website: http://www.catholictradition.org/Two-Hearts/devotion12.htm