

The 12 Promises of the Sacred Heart of Jesus

Between 1673 and 1675, our Lord Jesus Christ appeared to St. Margaret Mary Alacoque, nun and mystic, in Paray-Le-Monial, France. Among the words spoken to her, Jesus made twelve promises to those who would respond to the pleading of His Heart and make an effort to return His love.

1. I will give them all the graces necessary in their state of 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 will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm 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 is exposed and honoured.
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.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.