

Nine First Fridays

At the end of the 17th century Our Lord appeared to St. Margaret Mary Alcoque (1647-1690) and asked her to spread devotion to His Most Sacred Heart.

The "Great Promise" from Jesus to St. Margaret Mary (the last of Our Lord's 12 promises): *"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 Friday for nine consecutive months, the Grace of Final Penitence; they shall not die under My displeasure nor without receiving the Sacraments; My Divine Heart shall be their safe refuge in this last moment."*

First Friday Requirements:

To meet the requirements for First Friday Devotion a person must, on each First Friday for 9 consecutive months:

1. Attend Holy Mass
2. Receive Communion
3. Go to Confession within 8 days before or after: More detail at <http://first-fridays.us/Home/First-Friday-Requirements>

We should have the intention of honoring the Sacred Heart of Jesus persevering in our faith until the end and offer each Holy Communion as an act of expiation for the offenses committed against this Holy Sacrament and in reparation to the Sacred Heart of Jesus for all the sinfulness and ingratitude of men.

For the 12 promises and some First Friday Devotion Prayers to choose from, go to:

https://www.thecatholiccrusade.com/uploads/2/3/9/1/23919873/first_friday_devotion__1_.pdf

Five First Saturdays

From Our Lady's apparitions to Lucia, Francisco, and Jacinta, in the secret of Fatima, given July 13, 1917: *"You have seen hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace. ... I shall come to ask for the consecration of Russia to my Immaculate Heart, and the Communion of reparation on the First Saturdays. If my requests are heeded, Russia will be converted, and there will be peace."*

According to Sr. Lucia, St. John Paul II consecrated Russia to Mary's Immaculate Heart on March 25, 1984. The USSR fell shortly afterwards. And yet there's still not peace in the world. We need to be faithful to her requests, especially the First Saturdays of Reparation.

First Saturday Requirements:

1. Receive Holy Communion at Holy Mass if possible. If not, a spiritual Communion at a Mass through media.
2. Pray 5 mysteries of the Rosary.
3. Spend 15 minutes in quiet prayer meditating on the life of Jesus and Mary. So easily done by contemplating on the mysteries of the Rosary.
4. Go to the Sacrament of Confession within a 20 day period.

We should have the intention of making reparation for sin against the Immaculate Heart of Mary by the request of Jesus Himself.

As a bonus she says that if we attend 5 straight 1st Saturday Masses and fulfill all the conditions mentioned above that we will receive her special assistance at the moment of our death to help us get to Heaven; and after we fulfill the 5 we can start offering them for other's salvation!

More on how to practice the Five First Saturdays Devotion at:

<https://communalfirstsaturdays.org/first-saturdays-devotion-information>