

## Benefits of Attending First Friday Mass



The Promises of Our Lord - Part of the apparitions of St. Margaret Mary, these promises to those devoted to the Sacred Heart were implicitly approved by the Church in the 1920 canonization of St. Margaret Mary:

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their houses.
3. I will comfort them in all their afflictions.
4. I will be their strength during life and above all during death.
5. I will bestow a large blessing upon all their undertakings.
6. Sinners shall find in my heart the source and 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 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.