

Twelve (12) promises of the Sacred Heart for those who receive Holy Communion on the First Friday for nine consecutive months:

- I will give them all the graces necessary for their state in life.
- I will give peace in their families.
- I will console them in all their troubles.
- will destroy vice, decrease sin, and defeat heresies.
- They shall find in My Heart an assured refuge during life and especially at the hour of death.
- I will pour abundant blessings on all their undertakings.
- Sinners shall find in My Heart the source and infinite ocean of mercy.
- Tepid souls shall become fervent.
- Fervent souls shall speedily rise to great perfection.
- I will bless the homes in which the image of My Sacred Heart shall be exposed and honoured.
- I will give to priests the power to touch the most hardened hearts.
- Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
- The all-powerful love of My Heart will grant to all those who receive Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under My displeasure, nor without receiving their Sacraments; My Heart shall be their assured refuge at the last hour.