

POCKET BOOK
of
CATHOLIC DEVOTIONS

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Illustrated in Full Color



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THE SACRED HEART OF JESUS

The Sacred Heart of Jesus symbolizes Our Lord's great love for all human beings, which led Him to give His life for us and continue to watch over us from His seat at God's right hand in heaven.

THE TWELVE PROMISES OF THE SACRED HEART OF JESUS

ST. Margaret Mary Alacoque (1647-1690) was a Visitation nun. The visions of Christ, with which she had been favored in her youth continued, and He made known to her that she was to be the apostle of the Devotion to the Sacred Heart of Jesus. He charged her to reveal to mankind the favors in store for those practicing it, and inspired her to establish the Holy Hour and the custom of receiving Holy Communion on the First Friday of each month.

Jesus confided to St. Margaret Mary twelve promises in behalf of those who would honor and love His Sacred Heart.

In the twelfth promise, called the “Great Promise,” Jesus says: *“I will grant to all those who receive Communion on the First Friday of the month, for nine consecutive months, the grace of final repentance; they shall not die . . . without receiving the Sacraments.”*

Be faithful to the practice of devotion to the Sacred Heart of Jesus—especially on the First Friday of each month. He will give you an assured refuge in His Sacred Heart during life and especially when death approaches.

FIRST PROMISE

The Word of God

“I thrice besought the Lord that [my infirmity] might leave me. And He said to me: ‘My grace is sufficient for you.’”
—2 Cor 12:9

Prayer

SACRED Heart of Jesus, I believe that at Holy Mass, the graces that You merited for us, reach my soul. Holy Communion gives me an increase of sanctifying grace—the life of my soul that makes it holy and pleasing to God. It also gives me actual graces—helps from God that enlighten my mind and strengthen my will to do good and avoid evil.

Sacred Heart of Jesus, I pray for the fulfillment of this promise that You made to Saint Margaret Mary: *“I will give to My faithful all the graces necessary in their state of life.”*

Give me Your help that I may make frequent use of the Sacraments of Penance and the Holy Eucharist, and that I may pray much, so that through Your Divine grace I may faithfully carry out the obligations of my state of life.

Note: The prayers indicated for each Promise may be used as a Novena to the Sacred Heart—one Promise for each day—concluding with the Novena Prayer on page 34.

The FIVE JOYFUL Mysteries



5 *The Joyful Mysteries direct our mind to the Son of God, Jesus Christ, our Lord and Savior, Who took human nature from a human mother, Mary. They also bring to our attention some of the extraordinary events that preceded, accompanied, and followed Christ's birth.*

- 1. The Annunciation**
- 2. The Visitation**
- 3. The Birth of the Child Jesus**
- 4. The Presentation in the Temple**
- 5. The Finding of Jesus in the Temple**

(Usually said on Mondays and Saturdays, and Sundays from Advent until Lent.)

