

# Promises of the Sacred Heart

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## Promises made to Saint Margaret Mary Alacoque

Margaret Mary Alacoque said that in her apparitions Jesus promised these blessings to those who practice devotion to his Sacred Heart. The list was tabulated in 1863. In 1882 an American businessman spread the tabular form of the twelve promises throughout the world, in 238 languages. In 1890 Cardinal Adolph Perraud deplored this circulation of the promises in tabular form, which he said were different from the words and the meaning of the expressions used by Saint Margaret Mary, and wanted the promises to be published in their original words.

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. I will be their refuge in life and especially in death.
5. I will abundantly bless all their undertakings.
6. Sinners shall find in my Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall rise speedily to great perfection.
9. I will bless those places wherein the image of My Sacred Heart shall be exposed and venerated.
10. I will give to priests the power to touch the most hardened hearts.
11. Persons who propagate this devotion shall have their names eternally written in my Heart.
12. In the excess of the mercy of my Heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.