



# Promises of the Sacred Heart

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be there to secure refuge during life, and above all in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners shall find in My Heart the source and the infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall quickly mount high perfection.
9. I will bless every place where an image of My Heart shall be exposed and honored.
10. I will give to priests the gifts of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in My Heart, never to be effaced.
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 refuge in the last moment.

## Jesus, Help Me

In every need let me come to You with humble trust, saying: Jesus, help me!

In all my doubts, perplexities & temptations: Jesus, help me!

In hours of loneliness, weariness & trials: Jesus, help me!

In the failure of my plans & hopes, in disappointments, troubles & sorrows: Jesus, help me!

When others fail me Your grace alone can assist me: Jesus, help me!

When I throw myself on Your tender love as father and savior: Jesus, help me!

When my heart is cast down by failure, at seeing no good come from my efforts: Jesus, help me!

When I feel impatient & my cross irritates me: Jesus, help me!

When I am ill & my head & hands cannot work, & I am lonely: Jesus, help me!

Always, always, in spite of weakness, faults & shortcomings of every kind : Jesus, help me & never forsake me.