PIAE DEVOTIONES CUM PROMISSIS

Devotions with Promises

In private revelations approved by the Church, Our Lord and Our Lady have attached promises to certain practices of piety. These revelations add nothing to the deposit of faith (CCC 67), yet the Church has recommended them to the faithful for centuries as sure helps to holiness.

SACRED HEART · ST. MARGARET MARY ALACOQUE · PARAY-LE-MONIAL, 1673–75

The Nine First Fridays

Practice. Receive Holy Communion worthily on the first Friday of nine consecutive months, in reparation to the Sacred Heart of Jesus.

"My all-powerful love will grant … the grace of final penitence; they shall not die in My disgrace, nor without receiving their sacraments." — the Great Promise, twelfth of twelve

IMMACULATE HEART · SR. LUCIA OF FATIMA · PONTEVEDRA, 1925

The Five First Saturdays

Practice. On the first Saturday of five consecutive months, in reparation to the Immaculate Heart: go to Confession, receive Holy Communion, pray five decades of the Rosary, and keep Our Lady company for fifteen minutes meditating on its mysteries.

"I promise to assist at the hour of death, with all the graces necessary for salvation, all those who …" fulfill these conditions.

OUR LADY · ST. DOMINIC AND BL. ALAN DE LA ROCHE · 13TH–15TH C.

The Holy Rosary

Practice. Pray the Rosary devoutly each day, meditating on its fifteen mysteries — Joyful, Sorrowful and Glorious. Tradition records fifteen promises made to those who do so.

"Whoever shall faithfully serve me by the recitation of the Rosary shall receive signal graces." · "The Rosary shall be a powerful armor against hell."

OUR LADY OF MOUNT CARMEL · ST. SIMON STOCK · 1251

The Brown Scapular

Practice. Be enrolled by a priest and wear the scapular continually (since 1910 a blessed scapular medal may be worn instead), living as a true child of Mary. The Church allows it to be preached that Our Lady especially helps its wearers after death, above all on Saturdays.

"Whosoever dies clothed in this scapular shall not suffer eternal fire."

OUR LADY · ST. CATHERINE LABOURÉ · RUE DU BAC, PARIS, 1830

The Miraculous Medal

Practice. Wear the blessed medal, ideally around the neck, and pray often its prayer: "O Mary, conceived without sin, pray for us who have recourse to thee."

"All who wear it will receive great graces … Graces will abound for persons who wear it with confidence."

OUR LADY OF SORROWS · ST. BRIDGET OF SWEDEN · 14TH C.

The Seven Sorrows of Mary

Practice. Pray seven Hail Marys each day while meditating on her seven sorrows, from Simeon's prophecy to the burial of her Son.

Seven graces are promised, among them peace in their families, consolation in their sorrows, protection in spiritual battles, and Our Lady's visible help at the moment of death.

OUR LORD · SR. MARIE OF ST. PETER · CARMEL OF TOURS, 1843–47

The Holy Face of Jesus

Practice. Honor the Holy Face in reparation for blasphemy and the profanation of Sundays, praying the "Golden Arrow" and venerating the image. Its Archconfraternity was approved by Leo XIII in 1885.

"By My Holy Face you shall work wonders."

OUR LORD · ST. FAUSTINA KOWALSKA · POLAND, 1931–38

The Divine Mercy

Practice. Venerate the image inscribed "Jesus, I trust in You," pray the Chaplet, and keep the Hour of Mercy at three o'clock. Restricted by the Holy Office in 1959 because of faulty texts, the devotion was cleared in 1978.

"Whoever will recite it will receive great mercy at the hour of death." — on the Chaplet

NOT A CHARM, BUT A COVENANT OF LOVE

These promises are never a guarantee apart from a sincere Catholic life. They presuppose faith, the state of grace, a right intention and perseverance; practiced superstitiously, as if the act alone compelled heaven, they lose their meaning. Done with love, they draw the soul ever closer to the Hearts of Jesus and Mary.