

# Summary of How to Receive the Graces of First Fridays and First Saturdays

Jesus told St. Faustina that “the flames of mercy are burning Me – clamoring to be spent; I want to pour them out upon these souls” (*Diary of Saint Maria Faustina Kowalska*, 50).

Why is Jesus “clamoring” to pour out these graces, and why hasn’t mankind been able to fully receive all the graces Jesus wants to shower upon the whole world? The answer is because His Sacred Heart, which is the origin of His Divine Mercy (the rays of Blood and Water) is greatly wounded by our sins. Our Lord’s Heart desires to be consoled and to have us make reparation to His Sacred Heart for these wounds, so that He can fully open the floodgates and pour His Divine Mercy upon the whole world.

Thus, *we need to do our part to bring this mercy fully to the world*. How do we do that? Jesus and Mary gave us the way in the devotions of First Fridays and First Saturdays, which tie to the devotion of Divine Mercy and allow us to receive the mercy Jesus so badly wants to give to us.

## First Fridays

- **Purpose:** To make reparation to the Sacred Heart of Jesus for the sins and ingratitude of mankind that have wounded His Heart.
- **What to Do:** Receive Holy Communion on each First Friday; the nine Fridays must be consecutive; they must be made in honor of and in reparation to His Sacred Heart.
- **Jesus’ Promise:** “I promise you in the excessive mercy of My Heart that My all-powerful love will grant to all those who receive Holy Communion on the First Fridays of nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their Sacraments. My Divine Heart shall be their safe refuge in this last moment.”

## First Saturdays

In the same way, Our Lady’s heart is sorrowful and wounded by the blasphemies committed against her Immaculate Heart. These include those against her Immaculate Conception, her virginity, and her Divine Maternity; and those who instill hatred against her in children and hatred from those who revile her sacred images. In order to make reparation for these wounds to her Immaculate Heart, Jesus established the First Saturdays devotion.

- **Purpose:** To make reparation to Mary for the blasphemies against her Immaculate Heart.
- **What to Do:**
  1. Go to Confession
  2. Receive Holy Communion
  3. Recite five decades of the Rosary
  4. Meditate on one or more of the Mysteries for 15 minutes to keep Mary company
- **Mary’s Promise:** “Tell them that I promise to assist at the hour of death with the graces necessary for salvation all those who, in order to make reparation to me, [do the above conditions] on the First Saturday of five successive months.”

**Note:** If you are unable to go to the Sacrament of Confession, Catechism #1452 states that we can be forgiven of sins if we make a private Act of Contrition as long as we have the intent to go back to the Sacrament as soon as possible. The same can be said of doing a Spiritual Act of Communion if we’re unable to attend Mass and receive Holy Communion due to sickness, quarantine or closed churches.