The message received by the nun, Saint Margaret Mary Alacoque of Paray-le-Monial, contains the “Twelve Promises of the Sacred Heart,” in which Jesus reveals the graces linked to this devotion. Love for the Sacred Heart of Jesus is directly tied to that of love for the Eucharist. As the great apostle of this devotion, the Jesuit priest Henri Ramiere wrote, “It is in the Eucharist that we truly find the Heart of Jesus nearest to us; it is in the Eucharist that He unites himself in a most intimate way to us, and we to Him.”

Saint Margaret received many mystical gifts and some revelations from Jesus. We list here below the “Twelve Promises of the Sacred Heart” which the Lord revealed to the saint:

1. To those devoted to My Sacred Heart, I will give all the graces and helps necessary to their state of life (Letter #141).
2. I will establish and safeguard peace in their families (Letter #35).
3. I will console them in all their afflictions (Letter #141).
4. I will be their sure refuge in life, and above all, at the hour of death (Letter #141).
5. I will pour abundant blessings on all of their labors and undertakings (Letter #141).
6. Sinners will find in My Heart an inexhaustible source of mercy (Letter #132).
7. Lukewarm souls will become fervent with the practice of this devotion (Letter #132).
8. Fervent souls will ascend rapidly to a higher perfection (Letter #132).
9. My blessing will remain in those places in which the image of the Sacred Heart will be displayed and venerated (Letter #35).
10. To all those who labor for the salvation of souls, I will give the grace to be able to convert the hardest hearts (Letter #141).
11. Persons who spread this devotion will have their names written forever in My Heart (Letter #141).
12. To all people who receive Communion on the first Fridays of nine consecutive months, I will give the grace of endless perseverance and of eternal salvation (Letter #86).