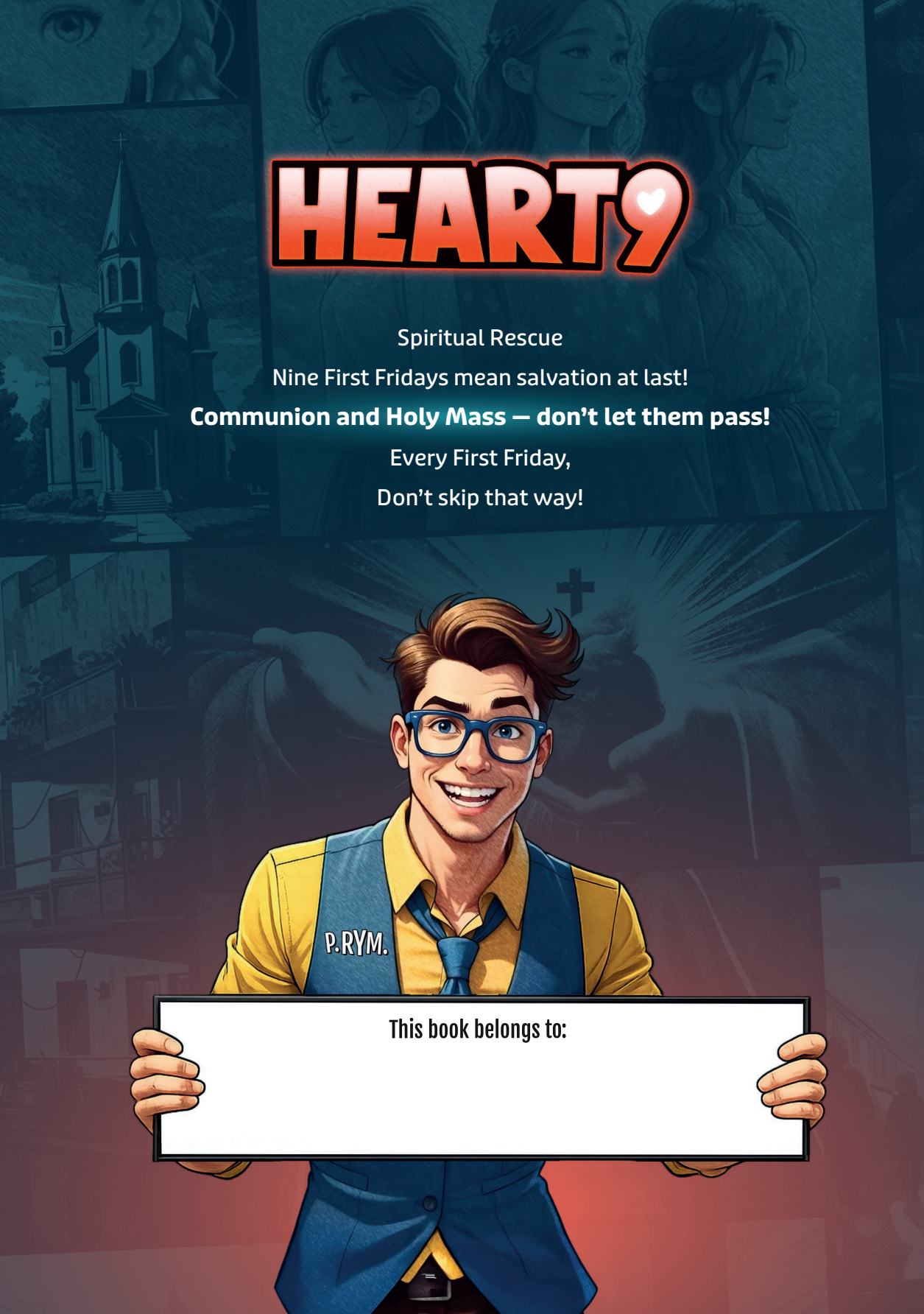




HEART9

Spiritual Rescue

Nine First Fridays mean salvation at last!

Communion and Holy Mass — don't let them pass!

Every First Friday,

Don't skip that way!

P.RYM.

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▼
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Let's start the adventure

The devotion of nine consecutive First Fridays of the month... Most of us have heard about it — at catechism, in church, or from our parents. It's a request Jesus gave a long time ago from His Sacred Heart to Saint Margaret Mary Alacoque — but it's also a request meant for you!

Jesus asks for this devotion not for Himself, but for us. He wants us to be amazed by His Heart again, to love it more deeply, and — by knowing God's love better — to learn how to respond to His love with our own love. That means: letting our heart love the way His Heart loves! Jesus wants to give you His Heart. He wants you to love like Him and draw from His love. He wants you to become like Him.

And there's a promise that comes with this devotion:

“The all-powerful love of My Heart will grant to all who receive Holy Communion on nine consecutive First Fridays of the month the grace of final repentance, so that they will not die in My displeasure or without the sacraments. My Heart will be their safe refuge at the hour of death”.

Why is that promise so important?

We don't know when our final hour will come — only that it surely will. That's why such a promise is so precious. It fills our hearts with trust and peace. If we become more and more like Him, nothing can harm us!

Besides the hour of death, there is one more moment in life that is truly important — and it's now. We even say it in the “Hail Mary”: “...now and at the hour of our death...” That's why the present moment matters so much — it's the one time we can influence.

It's easy to dream about the future or remember happy times from the past. But what truly counts is what I can do now. Now I can love, forgive, turn back to God, and be merciful. Now I can follow Christ and His loving Heart.

My NOW prepares me to meet Jesus at the hour of my death. That's why we invite you NOW to get to know this most beautiful of Hearts, through the materials in this book.

The materials for each of the 9 First Fridays have been prepared so that the same suggested activities can go along with you each time:

Everything centers on the Eucharist. We want to help you experience each Holy Mass in the most beautiful way possible. In this First Friday devotion, Jesus especially asks us to receive Holy Communion — offered in reparation for sins committed against His Sacred Heart.

Remember: to receive Communion, you need a clean heart, a desire to make amends for your sins, and the will to avoid them in the future. You can go to confession before the First Friday — it doesn't have to be on that day. In this book you'll find ideas to help you prepare for confession, and at the very end, a helpful examination of conscience.

To help you remember what's important, you'll find:

The First Friday reflection which is a chance to know the Heart of Jesus better and to discover how to follow His way more beautifully in our lives. Take your time to read the teaching part slowly. Think about it and come back to it whenever you want. You can even write down or draw what you liked the most.

Mr Rhyme Time — rhymes are easy to learn, so they can stay with you longer and remind you of what matters most. Mr. Rhyme-Time will sometimes turn into Rhyme-Man!

Sing, Rhyme & Shine! wonderful musical hits for you and your family! You'll catch yourselves humming them all day long.

Did You Know? — extra fun facts to share with family and friends, and to help you explore the faith more deeply.

Action Now — Easy ideas for things you can do before, during, and after every First Friday. You don't have to do them all — just pick your favorites or try something new and exciting! We even have tasks for your parents, so they can join you on this adventure towards holiness.

Maybe these next nine First Fridays will help you discover His boundless, mercifully loving Heart... or maybe you'll be amazed by it all over again. Are you ready? Then set out **NOW** — no delay — starting this coming First Friday!

Mr Rhyme

Time's quick opener

Heart9, you're on your way,
Young girl, hear what I say.
Listen close, take it all in
That's the path if you wanna win.

Every first Friday,
A new quest's on its way!
Adventure is starting

Young one, hear what I say:
This ain't the time for sleepin' —
Get up, no more dreamin'!
Take on the mission,
Fuel your ambition!
Your ticket's right here —
To heaven, my dear...
Eureka — it's near!



To start on this journey,
Check out this swirl —
It's the map for a young
and brave hero-girl!

Heart9 – salvation's sign!
Nine First Fridays
Lead to the Divine!
It means SALVATION

Every First Friday — don't let it pass!
Receive Communion, go to Mass!
Remember!
Communion and Holy Mass —
Don't skip them,
Don't let it pass

To follow this map,
Take your time – take care
Be at Mass on Friday —
And take Communion there
Offer it up with love and intention,
For Jesus' Heart, in deep reparation!

No excuses, no delay —
Do it every First Friday!
That's the one condition,
To receive true redemption!
That's the one condition,
To receive true redemption!

So write it down, and start transmission —
Here comes Heart9 — your holy mission!
Heart9 — your soul's salvation.

Heart9 – salvation's sign!
Nine First Fridays
Lead to the Divine!
It means SALVATION

Every First Friday — don't let it pass!
Go to Communion, go to Mass!
Remember!
Communion and Holy Mass —
Don't skip them,
Don't let it pass

Sing, Rhyme & Shine!

To help children and young people on their way to heaven even more effectively, Mr Rhyme-Time transforms into Mr Sing-Rhyme-Shine, who turns Mr Rhyme-Time's words into real musical hits.

„The Young Superhero-Girl's Mission“

To hear the song, ask your parents
to scan the QR code below or visit
our YouTube playlist:

Mr. Rhyme for girls

— playlist: **Heart9 for girls**



Remember the words well — to complete the **Heart9 Mission**,
you must attend Holy Mass and receive Holy Communion
in reparation to the Sacred Heart of Jesus **every First Friday**
for nine consecutive months (or even more!).

HEART9 MISSION

– so you don't forget...

Do you feel in your heart the desire to make up for sins against the Heart of Jesus, but you're afraid you might forget and the mission won't succeed...?

Instead of worrying or stressing – plan ahead!

**Write the dates of the next 9 First Fridays in the table.
This will be your plan!**

Come back to it toward the end of each month – it's the perfect time to plan your confession before the First Friday (and, of course, to find time to prepare for it).

Write down the date of your planned confession.

Don't leave it until the last minute...

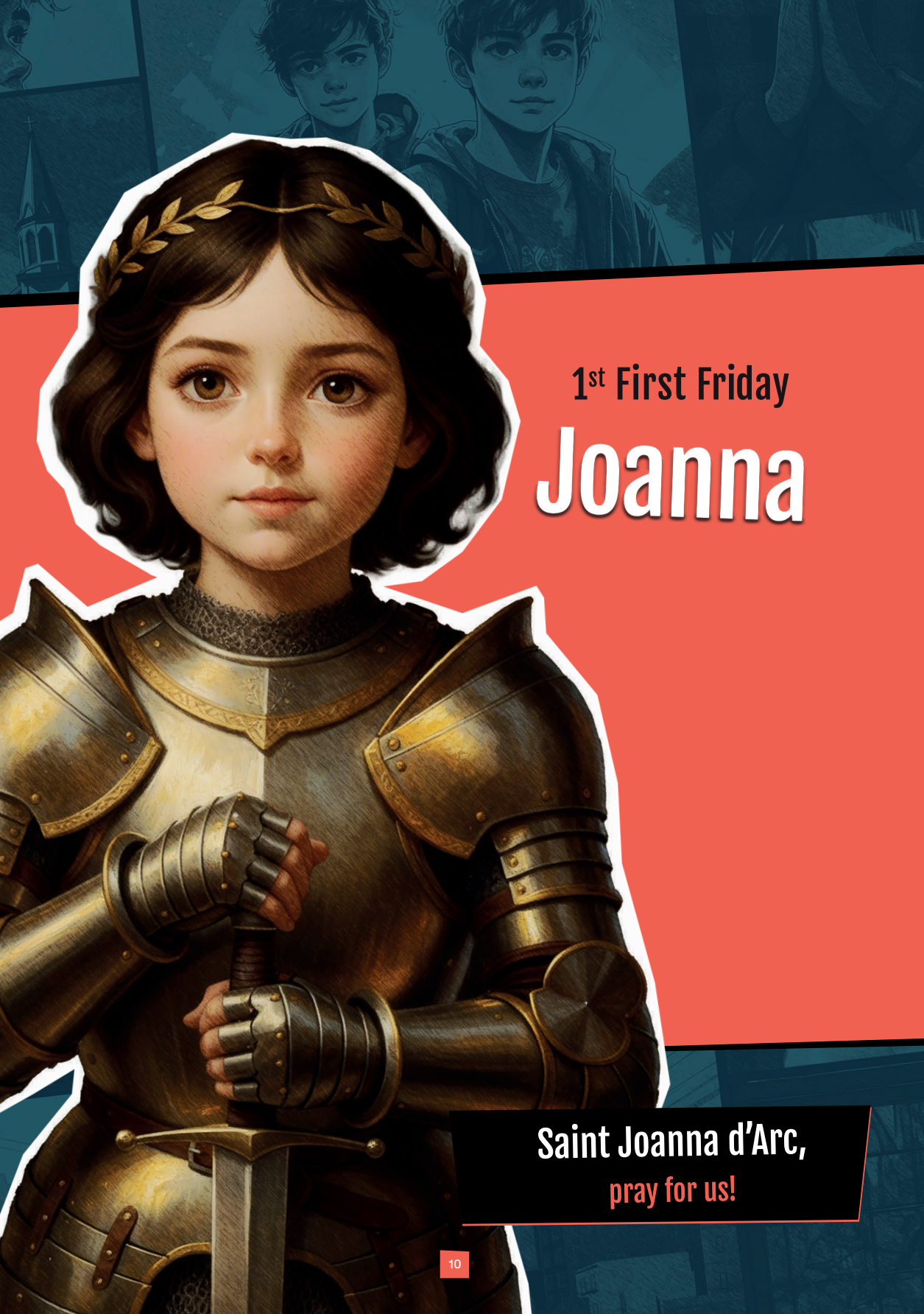
Because of this table, not only will you remember each First Friday, but you will also prepare your heart to experience this devotion more deeply!

Mission completed? Tick the box

	Confession date before First Friday	Mass & Holy Communion date on First Friday
1 st First Friday	☐	☐
2 nd First Friday	☐	☐
3 rd First Friday	☐	☐
4 th First Friday	☐	☐
5 th First Friday	☐	☐
6 th First Friday	☐	☐
7 th First Friday	☐	☐
8 th First Friday	☐	☐
9 th First Friday	☐	☐



CONGRATULATIONS!
Mission completed.



1st First Friday

Joanna

Saint Joanna d'Arc,
pray for us!



How to Complete the **HEART9** Mission?

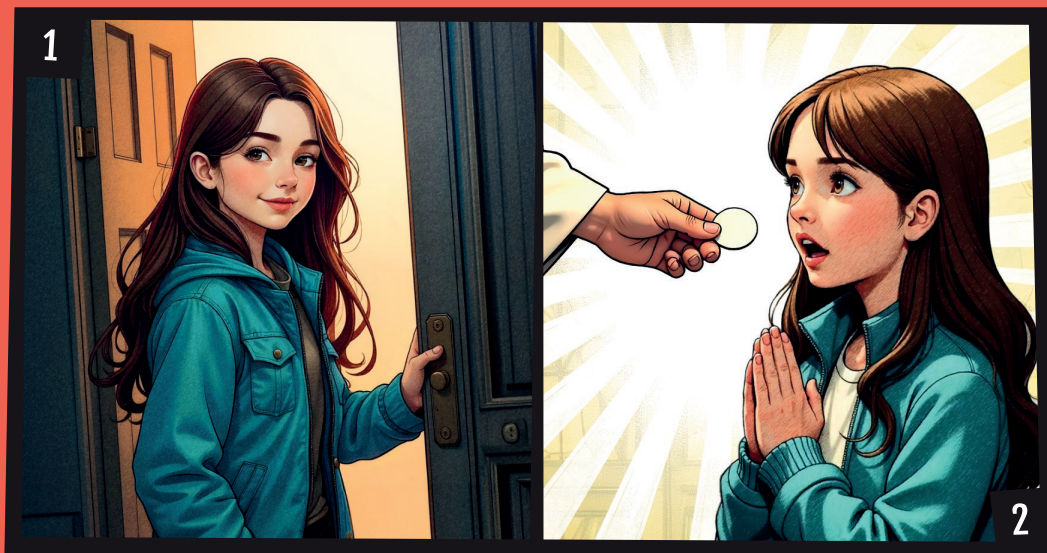
My First Friday step by step

1. First, I will agree with my parents and plan where and at what time I will go to Holy Mass on the First Friday.
2. If I go to Holy Mass in the evening, after coming back from school I will take my time to read: the First Friday reflection and inspirations about Confession and the Eucharist.
3. At Holy Mass I will receive Holy Communion and say in my heart: "Lord Jesus, I receive this Communion in reparation to Your Most Sacred Heart for our sins."
4. After returning home from Holy Mass, I can complete the First Friday task, read the little summary with Mr. Rhyme-Time, and listen to Sing-Rhyme-Shine songs.
5. On the next day or at the beginning of the following week, I will take on the task after the First Friday.

So... **let's just do it!**

Heart9 Mission

What really matters is...



☐ Holy Mass

☐ Communion

Mission completed? Tick the box

EVERY FIRST FRIDAY

Communion and Holy Mass

— don't let them pass!

This is the key condition to accept the rescue mission!



To remember this message, listen to the song:
"The Young Superhero-Girl's Mission"
once again.

The Heart Mission Map

You already know that the one essential condition for completing the Heart9 Mission is taking part in Holy Mass and receiving Holy Communion in reparation to the Sacred Heart of Jesus.

But... we've also prepared some extra tasks, challenges, and treasures for you – to make the adventure even more exciting and fruitful. Here's the plan:



Intro Task

— simple and quick. Do it the day before or a few days before the First Friday.



Make a Pause on First Friday

— something valuable to read, think about, and keep in your heart. Best done on the First Friday itself.



Before Confession

— ideas to help you with your First Friday confession.

Pssst... at the back of the book you'll find a beautiful examination of conscience.



Eucharist

— the greatest treasure we have in the world and the heart of the Heart9 Mission. Learn how to value it even more.



First Friday Task

— one special challenge for each First Friday. Good luck!



Mr. Rhyme-Time and Sing, Rhyme & Shine!

— creative summaries of each First Friday in rhymes and songs.



After First Friday Task

— something to help you use the time between First Fridays in a beautiful and fruitful way.



Did You Know?

— inspiring and surprising facts each month!

TOPIC: HEART

Done?

Don't forget to tick the box when you complete the task.
Good luck!



Introductory task

Do it before the first Friday of the month:

Make sure that red flowers appear in your home. You can make them out of paper, ask your parents to buy a red rose for a vase, or plant red flowers together in the garden or on the balcony.



First Friday reflection:

You can read the following reflection, go through it with your parents, or listen to it – by **scanning the visible QR code**

You can also find this reflection on our YouTube channel:

Mr. Rhyme-Time and FRIENDS in the playlist:

HEART9 - First Friday reflection: HEART [ep. 1/9].



The color red usually makes us think of a heart. The heart is what keeps us alive, pumping blood every moment. When we draw a heart with a red crayon, it almost looks like the picture is glowing with fire! Why? Because the heart beats all the time, it never rests—it's full of life, just like a little flame.

Have you ever felt that kind of fire inside you? We can sometimes see it shining in the eyes of people who work hard and do something with love. That is how the heart is. That is how love is.

Is fire something good? Yes! It gives warmth and light, and it shows the way. A fire that burns bright can guide us, even from far away. It cannot be hidden or ignored. It shines and surrounds us with its glow. And this is what love is like—burning brightly, showing us the path, never stopping.

The heart is a sign of love. When we make cards for mom, dad, or people we love, we often draw little hearts and flowers. That's beautiful—because we really do love each other.

But there is Someone who loves us even more. His love never ends and can never be put out. That Someone is God. Out of His love the whole world was made. Out of His love God created people. And out of His love He wanted you and me to live in this world. For God, each of us is special, precious, and one of a kind.

It's wonderful that when we receive love from God the Father, we also learn how to love others. His love fills us, and we can share it with our family and friends. When we are warmed by God's love, we can carry that warmth into the whole world.

How do we notice love from mom and dad? We feel it in a hug, a kind word, a gentle look, a kiss, or time spent together. And how can we feel God the Father's love, even though we cannot see or touch Him? Through prayer. Prayer is a real meeting with someone very close to us. It's like talking to a good friend. At first, this may not be easy, but we can learn.

Many children in the evening, when they're already in bed, want mom or dad to come and just be nearby—to share the happy and hard moments of the day. God waits for us in the same way. He wants us to come to Him in prayer, to be close, not to rush. Our prayer can be joyful or sad—just like we are at that moment. That is our time with Him.

When we pray, we can thank God, say we're sorry, ask for what we need. But most of all, we should praise Him! We can give glory to God in silence or by singing.

Let's also notice what happens in our bodies when we pray. When we are calm, quiet, and focused, it's easier to meet God deeply. Imagine talking to your parents or friends, but they don't listen—they look at their phone or think about something else. It hurts, doesn't it? We feel like something else is more important than us. In the same way, let's not do this to God. When we pray, let's give Him our full heart and attention.



Before the confession

On the first Friday and in the days that follow this month, let us thank God for His love and His closeness. Let us learn to see Him in the small and big “miracles” of everyday life—in the happy moments of our day, but also in the difficult ones that, thanks to His closeness, we were able to get through. Whenever we look at ourselves, we should first notice that God loves us—even when we sometimes do wrong. His love always comes first—and it is always stronger than any evil.



„Going to Confession every month deepens our faith and, with God’s help, makes it easier to change our hearts and grow for the better.

Regular Confession also helps us to understand more deeply the richness of the Eucharist”.



Eucharist

During every Eucharist, Jesus comes into our hearts in Holy Communion. Then our hearts beat together with His. And if we have not yet had our First Holy Communion, we can still welcome Him into our hearts spiritually—for during the Eucharist He is truly present on the altar.

The most important prayer we can offer to God is the Eucharist itself. This meeting is most pleasing to Him. That is why we should try to take part in Holy Mass as often as we can. Ask if you can go to Mass during the week with your mom or dad. Or maybe you will be the one to suggest it to them!



„Frequent Holy Communion helps us love God and other people even more. Receiving Communion regularly also helps us to understand more deeply the richness of the Eucharist“.



First Friday task:

Pray the **Litany to the Sacred Heart of Jesus**. In this prayer we speak words that tell us what the Heart of Jesus is like. This way we can get to know His Heart better. To remember it more easily, we can repeat some of these words at different times during the day. Just like at school we learn the multiplication table. Or like when we taste different flavors of ice cream—one spoonful at a time. In the same way, we can enjoy God's love. Slowly, without rushing.

Mr Rhyme Time's quick opener

Now listen to Mr Rhyme-Time,
who has summed up the most important
things for you in just a few words.

Keep this message in your heart,
Repeat it daily, from the start.
Dear young friend, please listen true...
Jesus has a word for you!

Look at His Heart — so full of grace,
You're deeply loved in every place!
And never forget, come joy or pain:
“Beloved” — that’s your holy name!

Even if life has made you cry,
With wounds you hide or tears you dry —
God is strong — your Shield, your Light,
Your Defender in every fight!

He truly loves you, without end,
So let these words become your trend.
Connect the letters, loud and free —
The chant of a young faith hero-to-be:

Hero-girl's tagline:

**Jesus! I want to receive You each day,
So Your love in my heart never fades away!
Jesus! I want to receive You each day,
So Your love in my heart never fades away!**



Repeat a hero-girl's tagline often — ideally in
the morning after you wake up, during quiet
moments throughout the day, and in the
evening before going to sleep.

Sing, Rhyme & Shine!

SING - RHYME - SHINE hits are songs for the **WHOLE FAMILY!**

Make sure to play them for your parents, siblings (if you have any) and friends.

Hit for the 1st Friday:

„You are loved”

To listen, ask your parents to **scan the QR codes** or go to our YouTube channel:

Mr. Rhyme-Time and FRIENDS where you'll find the playlist: “Heart9 for girls.”

On this playlist, you'll find:

“YOU ARE LOVED - version 1”

“YOU ARE LOVED - version 2”

1.



2.



Remember well the words of this song, that **God loves you** always and that His Love for you is eternal and unconditional. Nothing will ever change that!



Reminder

Remember that the condition for completing the HEART9 mission is to take part in Holy Mass and receive the Communion of Reparation on EVERY FIRST FRIDAY of the month for 9 consecutive first Fridays!

Have you already planned to go to Holy Mass?

No time for laziness

- before the next first Friday,
accept the spiritual challenge!



Task after the 1st first Friday

How can you make even greater reparation to Jesus?
By transforming your heart and life.

Choose your own best place for daily prayer; maybe also a fixed time?
What position for prayer will be the most fitting?
Also take care of your personal prayer corner – with a holy picture,
a cross, or a candle. It's worth decorating this corner beautifully,
so that in this way too you give glory to God for His Love.





DID YOU KNOW?

- 1. In June 2023, a campaign began in the United States to spread devotion to the Sacred Heart of Jesus in public places. In a short time, supporters of this devotion put up billboards in Miami, Chicago, Los Angeles, and Milwaukee. In 2024, billboards also appeared in New York, and the campaign reached Europe, spreading to Austria and Poland.**
- 2. In our daily prayer, it is also good to remember the souls of the departed who are suffering in purgatory. They can no longer help themselves—but we can help them very much with our prayer. We can obtain for them the grace of heaven! And we can be sure that they, in turn, will remember us and pray for us before God.**

Dear Parent,

**Teach your child how and where
to request a Mass intention
for the deceased.**



2nd First Friday
Jacinta

Saint Jacinta Marto,
pray for us!