Matins — Little Office of the BVM

Sunday, July 19, 2026

Little Office of the Blessed Virgin Mary • Roman Rite

OPENING

A silent Hail Mary is said.

V. Lord, open my lips.

R. And my mouth will proclaim your praise.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia.

INVITATORY

Ant. Hail, Mary, full of grace, the Lord is with you.

Psalm 95 *Come, Let Us Sing to the Lord*

Come, let us rejoice in the Lord; let us shout with joy to God our Savior.

Let us come before his face with thanksgiving; let us shout with joy to him with psalms.

For the Lord is a great God, and a great King above all gods.

For the Lord will not reject his people; for in his hand are all the ends of the earth, and the heights of the mountains are his.

For the sea is his, and he made it; and his hands formed the dry land.

Come, let us adore and fall down before him; let us weep before the Lord who made us.

For he is the Lord our God; and we are the people of his pasture, and the sheep of his hand.

Today, if you hear his voice, do not harden your hearts.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

Ant. Hail, Mary, full of grace, the Lord is with you.

HYMN

> **Quem Terra, Pontus, Sidera**

The Lord, whom earth and air and sea
With one adoring voice resound,
Who rules them all in majesty,
In Mary's heart a dwelling found.

Lo, in a humble virgin's womb,
Overshadowed by almighty power,
He whom the stars and sun and moon
Each serve in their appointed hour.

O Mother blessed, to whom was given
To carry him who made all things,
The Architect of earth and heaven,
Whose hands the universe sustains!

To you was sent an angel down;
In you the Spirit was enshrined;
From you came forth that mighty One,
The long-desired of all mankind.

O Jesus, born of Virgin bright,
Immortal glory be to you;
Praise to the Father infinite
And Holy Spirit, ever true.
Amen.

Psalm 8 *The Glory of God and the Dignity of Man*

> *Ant. Blessed are you among women, and blessed is the fruit of your womb.*

O Lord, our Lord, how admirable is your name in all the earth!

For your magnificence has been elevated above the heavens.

Out of the mouth of infants and of sucklings, you have perfected praise, because of your enemies, so that you may destroy the enemy and the defender.

For I will see your heavens, the works of your fingers: the moon and the stars, which you have founded.

What is man, that you are mindful of him? Or the son of man, that you visit him?

You have made him a little less than the angels; you have crowned him with glory and honor.

And you have set him over the works of your hands.

You have subjected all things under his feet: all sheep and oxen, moreover, even the beasts of the field,

the birds of the air and the fish of the sea, who pass through the paths of the sea.

O Lord, our Lord, how admirable is your name throughout all the earth!

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Blessed are you among women, and blessed is the fruit of your womb.*

Psalm 19 *Prayer for the King*

> *Ant. Like choice myrrh, you yield a sweet fragrance, O holy Mother of God.*

May the Lord hear you in the day of tribulation; may the name of the God of Jacob protect you.

May he send you help from the sanctuary, and may he defend you from Zion.

May he be mindful of all your sacrifices, and may your burnt offering become fruitful.

May he give to you according to your own heart, and confirm all your counsel.

We will rejoice in your salvation; and we will be magnified in the name of our God.

May the Lord fulfill all your petitions; now I know that the Lord has saved his Christ.

He will hear him from his holy heaven; the salvation of his right hand is in power.

Some approach in chariots and some on horses, but we will call upon the name of the Lord our God.

They have been bound and have fallen; but we have risen and have been set upright.

O Lord, save the king, and hear us in the day that we will call upon you.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Like choice myrrh, you yield a sweet fragrance, O holy Mother of God.*

Psalm 24 *The King of Glory Enters*

> *Ant. Before this Virgin's couch, sing for us the sweet songs of praise.*

The earth is the Lord's and its fullness: the world and all who dwell in it.

For he founded it upon the seas and prepared it upon the rivers.

Who will ascend the mountain of the Lord? Or who will stand in his holy place?

The innocent in hands and clean in heart, who has not received his soul in vain nor sworn deceitfully to his neighbor.

He will receive a blessing from the Lord and mercy from God his Savior.

This is the generation of those who seek him, of those who seek the face of the God of Jacob.

Lift up your gates, O princes, and be lifted up, O eternal gates, and the King of Glory will enter.

Who is this King of Glory? The Lord who is strong and powerful, the Lord powerful in battle.

Lift up your gates, O princes, and be lifted up, O eternal gates, and the King of Glory will enter.

Who is this King of Glory? The Lord of hosts; he is the King of Glory.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Before this Virgin's couch, sing for us the sweet songs of praise.*

LESSON 1

SIRACH 24:7-9

In everything I sought rest, and I shall dwell in the inheritance of the Lord. Then the Creator of all things commanded me, and he who created me rested in my tent. And he said to me: Dwell in Jacob, and take your inheritance in Israel, and put down your roots among my chosen ones.

But you, O Lord, have mercy on us.

Blessing: May the Virgin of virgins intercede for us with the Lord. Amen.

R. Holy and immaculate virginity, with what praises I shall extol you I do not know: for he whom the heavens could not contain, you carried in your womb.
V. Blessed are you among women, and blessed is the fruit of your womb.
R. For he whom the heavens could not contain, you carried in your womb.

LESSON 2

SIRACH 24:15-16

And so I was established in Zion, and in the holy city likewise I rested, and my power was in Jerusalem. And I took root in an honored people, in the portion of my God, his inheritance: and my dwelling is in the full assembly of the saints.

But you, O Lord, have mercy on us.

Blessing: Through the Virgin Mother, may the Lord grant us salvation and peace. Amen.

R. Blessed are you, O Virgin Mary, who carried the Lord, the Creator of the world: you gave birth to him who made you, and you remain a virgin forever.
V. Hail, Mary, full of grace, the Lord is with you.
R. You gave birth to him who made you, and you remain a virgin forever.

LESSON 3

SIRACH 24:17-20

I was exalted like a cedar in Lebanon, and like a cypress on Mount Zion; I was exalted like a palm tree in Cades, and like a rose-bush in Jericho; like a fair olive-tree in the plains, and like a plane-tree beside the water in the streets. Like cinnamon and fragrant balm I yielded a sweet fragrance; like choice myrrh I gave a sweet smell.

But you, O Lord, have mercy on us.

Blessing: May the Virgin Mother obtain for us salvation and peace. Amen.

R. Happy indeed are you, O holy Virgin Mary, and most worthy of all praise: for from you arose the Sun of justice, Christ our God.
V. Pray for the people, plead for the clergy, intercede for all the devoted: let all who keep your holy commemoration feel your help.
R. For from you arose the Sun of justice, Christ our God.
V. Glory to the Father...
R. Christ our God.

TE DEUM

Said from Christmas until Septuagesima, and from Easter until Advent. On other days, omit the Te Deum and say the third Responsory instead.

We praise you, O God; we acknowledge you to be the Lord.

All the earth worships you, the Father everlasting.

To you all the angels cry aloud, the heavens and all the powers therein.

To you the cherubim and seraphim continually cry:

Holy, holy, holy, Lord God of hosts; heaven and earth are full of the majesty of your glory.

The glorious company of the apostles praises you.

The admirable fellowship of the prophets praises you.

The white-robed army of martyrs praises you.

The holy Church throughout all the world acknowledges you:

the Father of infinite majesty; your adorable, true, and only Son; also the Holy Spirit the Comforter.

You are the King of glory, O Christ.

You are the everlasting Son of the Father.

When you took upon yourself to deliver man, you did not disdain the Virgin's womb.

When you had overcome the sharpness of death, you opened the kingdom of heaven to all believers.

You sit at the right hand of God in the glory of the Father.

We believe that you will come to be our Judge.

We therefore ask you to come to the aid of your servants, whom you have redeemed with your precious blood.

Make them to be numbered with your saints in glory everlasting.

Save your people, O Lord, and bless your inheritance.

Govern them and lift them up forever.

Day by day we bless you.

And we praise your name forever and ever.

Vouchsafe, O Lord, this day to keep us without sin.

Have mercy on us, O Lord, have mercy on us.

Let your mercy, O Lord, be upon us, as we have hoped in you.

In you, O Lord, have I hoped; let me never be confounded.

VERSICLE

V. Grace is poured upon your lips.

R. Therefore God has blessed you forever.

LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

COLLECT

O God, who willed that your Word should take flesh in the womb of the Blessed Virgin Mary at the announcement of the angel: grant to those who ask you that we who believe her to be truly the Mother of God may be helped by her intercession with you. Through the same Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen.

CONCLUSION

V. O Lord, hear my prayer.

R. And let my cry come to you.

V. Let us bless the Lord.

R. Thanks be to God.

V. May the souls of the faithful departed, through the mercy of God, rest in peace.

R. Amen.