Prime — Little Office of the BVM

Monday, July 20, 2026

Little Office of the Blessed Virgin Mary • Roman Rite

OPENING

A silent Hail Mary is said.

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.

HYMN

Memento, Rerum Conditor

Remember, O Creator Lord,
That in the Virgin's sacred womb
You were conceived, and of her flesh
Did take our mortal nature on.

Mother of grace, O Mary blessed,
To you, sweet fount of love, we fly;
Shield us through life, and take us hence
To your dear bosom when we die.

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

PSALMODY

Ant. Mary is taken up into heaven; the angels rejoice, praising and blessing the Lord.

Psalm 54 *Betrayal by a Friend*

Give ear, O God, to my prayer, and do not despise my supplication.

Be attentive to me and hear me. I was troubled in my exercise, and I was disturbed

at the voice of the enemy and the tribulation of the sinner.

For they have turned iniquities upon me, and in anger they were troublesome to me.

My heart was troubled within me, and the fear of death fell upon me.

Fear and trembling came upon me, and darkness covered me.

And I said: "Who will give me wings like a dove, and I will fly and be at rest?"

"Behold, I have gone far away, fleeing, and I remained in the wilderness."

"I waited for him who saves me from pusillanimity of spirit and from a storm."

Cast down, O Lord, and divide their tongues; for I have seen iniquity and contradiction in the city.

Day and night, iniquity will surround it on its walls; and in its midst are labor and injustice.

And usury and deceit have not departed from its streets.

For if my enemy had reproached me, I would certainly have endured it.

And if he who hated me had spoken great things against me, I would perhaps have hidden myself from him.

But you, a man of one mind, my guide and my familiar,

who together with me took sweet foods; in the house of God we walked with consent.

Let death come upon them, and let them descend alive into hell.

For there are evils in their dwellings, in their midst.

But I have cried out to God, and the Lord will save me.

Evening and morning and at midday I will speak and declare, and he will hear my voice.

He will redeem my soul in peace from those who draw near to me, for among many they were with me.

God will hear and humble them, who is before the ages. For there is no change in them and they have not feared God.

He has extended his hand in retribution. They have defiled his covenant; they were divided by the wrath of his face, and his heart drew near.

His words are smoother than oil, and they are darts.

Cast your care upon the Lord, and he will sustain you; he will not allow the just to waver forever.

But you, O God, will bring them down into the pit of destruction. Men of blood and deceit will not halve their days; but I will trust in you, O Lord.

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.

Psalm 85 *A Prayer of the Poor*

Incline your ear, O Lord, and hear me; for I am needy and poor.

Preserve my soul, for I am holy; save your servant, O my God, who trusts in you.

Have mercy on me, O Lord, for I have cried out to you all day.

Give joy to the soul of your servant; for to you, O Lord, I have lifted up my soul.

For you, O Lord, are sweet and mild, and plenteous in mercy to all who call upon you.

Give ear, O Lord, to my prayer, and attend to the voice of my supplication.

I have called upon you in the day of my trouble; because you have heard me.

There is no one like you among the gods, O Lord; and there is none according to your works.

All the nations that you have made will come and adore before you, O Lord; and they will glorify your name.

For you are great and do wondrous things; you alone are God.

Lead me, O Lord, in your way, and I will walk in your truth; let my heart rejoice so that it may fear your name.

I will confess to you, O Lord my God, with my whole heart; and I will glorify your name forever.

For your mercy is great towards me; and you have rescued my soul from the lower hell.

O God, the iniquitous have risen up against me, and the assembly of the powerful have sought my soul; and they have not set you in their sight.

And you, O Lord God, are compassionate and merciful, patient and of much mercy, and true.

Look upon me and have mercy on me; give your authority to your son, and save the son of your handmaid.

Show me a token for good, that those who hate me may see and be confounded.

Because you, O Lord, have helped me and have consoled me.

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.

Psalm 117 *Give Thanks to the Lord*

Give praise to the Lord, for he is good; for his mercy is forever.

Let Israel now say: for his mercy is forever.

Let the house of Aaron now say: for his mercy is forever.

Let those who fear the Lord now say: for his mercy is forever.

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. Mary is taken up into heaven; the angels rejoice, praising and blessing the Lord.*

SHORT READING

SONG OF SONGS 6:10

Who is she that comes forth like the morning rising, fair as the moon, bright as the sun, awesome as an army set in array?

VERSICLE

V. Graciously grant that I may praise you, O holy Virgin.
R. Give me strength against your enemies.

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

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 were pleased to choose the virgin dwelling of blessed Mary as your abode: grant, we ask, that we who are defended by her protection may with gladness celebrate her commemoration. Who live and reign with God the Father 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.