Lauds — Little Office of the BVM

Tuesday, July 21, 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

O Gloriosa Virginum

O Queen of all the virgin choir,
Enthroned above the starry sky,
Who with your breast's milk did feed
Your own Creator, Lord most high.

What man had lost in hapless Eve,
Your sacred womb to man restores;
You to the wretched here below
Have opened heaven's eternal doors.

Hail, O resplendent hall of light!
Hail, gate august of heaven's high King!
Through you redeemed to endless life,
Your praise let all the nations sing.

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

Psalm 93 *The Lord Reigns*

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

The Lord has reigned; he is clothed in beauty; the Lord has clothed and girded himself with power.

For he has also established the world which will not be moved.

Your throne has been prepared from of old; you are from eternity.

The floods have lifted up, O Lord, the floods have lifted up their voice.

The floods have lifted up their waves, with the noise of many waters.

Wonderful are the surges of the sea; wonderful is the Lord on high.

Your testimonies are made very trustworthy; holiness befits your house, O Lord, for length of days.

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.*

Psalm 100 *Mercy and Justice*

> *Ant. The Virgin Mary is taken up into the heavenly bridal chamber, where the King of kings sits upon a starry throne.*

I will sing of mercy and judgment to you, O Lord; I will sing a psalm.

I will have understanding in the immaculate way; when will you come to me?

I walked in the innocence of my heart in the midst of my house.

I did not set before my eyes any unjust thing; I hated those who commit offenses.

The perverse heart did not cling to me; the malicious man who deviated from me, I did not know.

The one who was secretly detractingof his neighbor, him I drove away.

The proud eye and the insatiable heart: with this one I did not eat.

My eyes were upon the faithful of the land, that they might sit with me.

The man who walked in the immaculate way, this one served me.

The arrogant one did not dwell in the midst of my house; the one who spoke unjust things did not prosper before my eyes.

In the morning I put to death all the sinners of the land, so as to exterminate from the city of the Lord all the workers of iniquity.

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. The Virgin Mary is taken up into the heavenly bridal chamber, where the King of kings sits upon a starry throne.*

> *Ant. We run after the sweet fragrance of your ointments; O Virgin, the young women love you greatly.*

Psalm 63 *My Soul Thirsts for You*

O God, my God, to you I watch at the break of day.

My soul has thirsted for you; in how many ways has my flesh longed for you.

In a desert land, without way or water, so in the holy land I have appeared before you, to see your power and your glory.

For your mercy is better than lives; my lips will praise you.

In this way, I will bless you throughout my life; and in your name I will lift up my hands.

Let my soul be filled as if with marrow and fatness, and my mouth will praise you with joyful lips.

I have remembered you upon my bed; in the morning I will meditate on you.

For you have been my helper, and under the cover of your wings I will rejoice.

My soul has adhered to you; your right hand has upheld me.

But those who seek my soul in vain; they will enter into the lower parts of the earth.

They will be delivered to the power of the sword; they will be the portions of foxes.

But the king will rejoice in God; all who swear by him will be praised, for the mouth of those who speak iniquities has been stopped.

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 67 *The Lord's Triumphal March*

Let God arise, and let his enemies be scattered, and let those who hate him flee from before his face.

As smoke vanishes, so let them vanish away; as wax melts before the fire, so let the wicked perish before the face of God.

And let the just feast and rejoice in the sight of God, and be pleased with gladness.

Sing to God, sing a psalm to his name; make a road for him who ascends over the west.

Lord is his name; rejoice in his sight; they will be troubled before his face,

the father of orphans and the judge of widows.

God is in his holy place; God who makes the solitary to dwell in a house,

who leads forth the prisoners to strength; likewise those who provoke, who dwell in sepulchres.

O God, when you went forth in the sight of your people, when you crossed through the desert,

the earth was moved, and the heavens dropped dew before the face of the God of Sinai, before the face of the God of Israel.

You will set apart a voluntary rain, O God, for your inheritance; and it has been weakened, but you have restored it.

Your animals will dwell in it; in your sweetness, O God, you have provided for the poor.

The Lord will give a word to those who proclaim the Gospel with great power.

The King of Hosts is the beloved one, and the beauty of the house will divide the spoils.

If you sleep among the midst of lots, you will be like the wings of a dove covered with silver and the feathers of her back with a pale gold.

When the Heavenly One discerns kings upon it, they will be made white as snow in Zalmon.

The mountain of God is a fat mountain; a curdled mountain, a fat mountain.

Why do you suspect, you curdled mountains, that God has chosen to dwell on this mountain?

For the Lord will dwell even to the end; the chariot of God is accompanied by ten thousands; thousands of those who rejoice.

The Lord is among them in Sinai, in the holy place.

You have ascended on high; you have taken captivity captive; you have received gifts among men.

Yes, for those who do not believe, the Lord God will dwell there.

Blessed is the Lord day by day; the God of our salvation will prosper our way.

Our God is the God of salvation, and the ways of death belong to the Lord God.

Yet God will crush the heads of his enemies, the hairy crown of those who walk on in their offenses.

The Lord said: "I will convert from Bashan; I will convert into the depth of the sea."

"So that your foot may be dipped in blood: the tongue of your dogs with enemies from yourself."

They have seen your proceedings, O God, the proceedings of my God, my king, who is in the holy place.

The leaders joined in song with the singers, in the midst of the young women playing timbrels.

In the churches, bless God the Lord from the fountains of Israel.

There is Benjamin, a youth, in ecstasy of mind; the leaders of Judah, their commanders; the leaders of Zabulon, the leaders of Naphtali.

Command your strength, O God; confirm this, O God, what you have worked in us.

From your temple in Jerusalem, kings will offer gifts to you.

Rebuke the wild beasts of the reeds, the congregation of bulls with the cows of the peoples, so that they may not exclude those who have been proven like silver.

Scatter the nations that desire wars.

Ambassadors will arrive out of Egypt; Ethiopia will hasten her hands to God.

Sing to God, O kingdoms of the earth; sing psalms to the Lord.

Sing to God, who ascends above the heaven of heavens, to the east.

Behold, he will give his voice a voice of power.

Give glory to God above Israel; his magnificence and his power in the clouds.

God is wonderful in his holy ones; the God of Israel himself will give power and strength to his people. Blessed be God.

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. We run after the sweet fragrance of your ointments; O Virgin, the young women love you greatly.*

CANTICLE OF THE THREE YOUNG MEN (DANIEL 3:57-88)

> *Ant. Blessed are you, daughter, by the Lord, for through you we share in the fruit of life.*

All you works of the Lord, bless the Lord; praise and exalt him above all forever.

O you angels of the Lord, bless the Lord; O you heavens, bless the Lord.

O all you waters above the heavens, bless the Lord; O all you powers of the Lord, bless the Lord.

O you sun and moon, bless the Lord; O you stars of heaven, bless the Lord.

O every shower and dew, bless the Lord; O all you spirits of God, bless the Lord.

O you fire and heat, bless the Lord; O you cold and warmth, bless the Lord.

O you dews and hoarfrosts, bless the Lord; O you frost and cold, bless the Lord.

O you ice and snow, bless the Lord; O you nights and days, bless the Lord.

O you light and darkness, bless the Lord; O you lightnings and clouds, bless the Lord.

O let the earth bless the Lord; let it praise and exalt him above all forever.

O you mountains and hills, bless the Lord; O all things that spring up on the earth, bless the Lord.

O you fountains, bless the Lord; O you seas and rivers, bless the Lord.

O you whales and all things that move in the waters, bless the Lord; O all you birds of the air, bless the Lord.

O all you beasts and cattle, bless the Lord; O you children of men, bless the Lord.

O let Israel bless the Lord; let him praise and exalt him above all forever.

O you priests of the Lord, bless the Lord; O you servants of the Lord, bless the Lord.

O you spirits and souls of the just, bless the Lord; O you holy and humble of heart, bless the Lord.

Let us bless the Father, and the Son, with the Holy Spirit; let us praise and magnify him forever.

Blessed are you, O Lord, in the firmament of heaven; worthy of praise, glorious, and exalted above all 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. Blessed are you, daughter, by the Lord, for through you we share in the fruit of life.*

> *Ant. You are beautiful and comely, O daughter of Jerusalem: awesome as an army arrayed for battle.*

Psalm 148 *All Creation Praises the Lord*

Praise the Lord from the heavens; praise him in the heights.

Praise him, all his angels; praise him, all his armies.

Praise him, sun and moon; praise him, all stars and light.

Praise him, heaven of heavens, and let all the waters above the heavens praise the name of the Lord.

For he spoke and they were made; he commanded and they were created.

He established them forever and into ages of ages; he made a commandment and it will not pass away.

Praise the Lord from the earth, you dragons and all deeps.

Fire, hail, snow, ice, stormy winds, which fulfill his word.

Mountains and all hills, fruitful trees and all cedars.

Wild beasts and all cattle, serpents and feathered birds.

Kings of the earth and all peoples, leaders and all judges of the earth.

Young men and virgins, elders with the younger.

Let them praise the name of the Lord, for his name alone is exalted.

His praise is above the heaven and the earth, and he has exalted the horn of his people.

A hymn for all his holy ones, for the sons of Israel, a people drawing near to him.

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 149 *Sing a New Song to the Lord*

Sing to the Lord a new canticle; his praise is in the church of the holy ones.

Let Israel rejoice in him who made him, and the daughters of Zion be joyful in their king.

Let them praise his name in dance; let them sing psalms to him with timbrel and psaltery.

For the Lord is well pleased with his people, and he will exalt the meek unto salvation.

The holy ones will rejoice in glory; they will be joyful in their sleeping places.

The exultations of God will be in their throat, and two-edged swords in their hands.

To execute vengeance among the nations, corrections among the peoples.

To bind their kings with fetters and their nobles with manacles of iron.

To execute upon them the written judgment; this glory is for all his holy ones.

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 150 *Praise God in His Sanctuary*

Praise the Lord in his holy places; praise him in the firmament of his power.

Praise him for his mighty acts; praise him according to the multitude of his greatness.

Praise him with the sound of the trumpet; praise him with psaltery and harp.

Praise him with timbrel and choir; praise him with strings and pipe.

Praise him with well-sounding cymbals; praise him with cymbals of jubilation.

Let every spirit praise the 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.

> *Ant. You are beautiful and comely, O daughter of Jerusalem: awesome as an army arrayed for battle.*

SHORT READING

SONG OF SONGS 6:9

The daughters of Zion saw her and declared her most blessed; and the queens praised her.

BENEDICTUS (LUKE 1:68-79)

THE CANTICLE OF ZECHARIAH (BENEDICTUS) (LUKE 1:68–79)

> *Ant. O Mary, blessed Mother of God, queen of the world, intercede for us before the Lord.*

Blessed is the Lord, the God of Israel, because he has visited and accomplished the redemption of his people.

And he has raised up a horn of salvation for us in the house of David his servant.

As he spoke through the mouth of his holy prophets, those who have been from the beginning:

Salvation from our enemies and from the hand of all who hate us.

To show mercy to our fathers and to remember his holy covenant,

the oath which he swore to our father Abraham, that he would grant to us,

that being freed from the hand of our enemies, we might serve him without fear,

in holiness and justice before him, throughout all our days.

And you, child, will be called a prophet of the Most High; for you will go before the face of the Lord, to prepare his ways.

To give knowledge of salvation to his people, for the remission of their sins,

through the compassionate mercy of our God, by which the Rising Sun has visited us from on high,

to illuminate those sitting in darkness and in the shadow of death, to direct our feet in the way of peace.

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. O Mary, blessed Mother of God, queen of the world, intercede for us before the Lord.*

VERSICLE

V. Blessed are you among women.
R. And blessed is the fruit of your womb.

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

Grant, we ask you, O Lord God, that we your servants may enjoy lasting health of mind and body; and by the glorious intercession of the Blessed Virgin Mary ever-virgin, be freed from present sorrow and come to everlasting joy. Through Christ our Lord. Amen.

SALVE REGINA

SALVE REGINA

Hail, holy Queen, Mother of Mercy,
hail, our life, our sweetness and our hope.
To you we cry, the children of Eve;
to you we send up our sighs,
moaning and weeping in this land of exile.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile,
show us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

> *Almighty and ever-living God, who by the cooperation of the Holy Spirit prepared the body and soul of the glorious Virgin Mother Mary to be a worthy dwelling for your Son: grant that we who rejoice in her commemoration may, by her loving intercession, be delivered from present evils and from everlasting death. Through the same Christ our Lord. 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.