Matins — 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. 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 45 *God Is Our Refuge and Strength*

> *Ant. In your beauty and splendor, go forth, advance, and reign.*

God is our refuge and strength, a helper in the troubles that have found us greatly.

Therefore we will not fear when the earth will be troubled, and the mountains will be transferred into the heart of the sea.

Their waters roared and were troubled; the mountains were troubled by his strength.

The outflows of the river make the city of God joyful; the Most High has sanctified his tabernacle.

God is in its midst, it will not be moved; God will help it at the break of dawn.

The nations were troubled, and the kingdoms were bowed down; he gave forth his voice, the earth was moved.

The Lord of hosts is with us; the God of Jacob is our support.

Come and see the works of the Lord, what wonders he has placed upon the earth,

making wars cease even to the ends of the earth.

He will destroy the bow and break the armor, and he will burn the shields in fire.

"Be empty and see that I am God; I will be exalted among the nations and exalted on the earth."

The Lord of hosts is with us; the God of Jacob is our support.

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. In your beauty and splendor, go forth, advance, and reign.*

Psalm 46 *The Great King Over All the Earth*

> *Ant. God shall help her; God is in her midst, she shall not be moved.*

All you nations clap your hands; shout to God with a voice of jubilation.

For the Lord Most High is terrible; he is a great king over all the earth.

He has subdued peoples under us and nations under our feet.

He has chosen for us his inheritance, the beauty of Jacob which he has loved.

God has ascended with jubilation and the Lord with the voice of the trumpet.

Sing praises to our God, sing praises; sing praises to our king, sing praises.

For God is the king of all the earth; sing wisely.

God will reign over the nations; God sits on his holy throne.

The rulers of the people have gathered together with the God of Abraham.

For the mighty ones of the earth have been greatly exalted; he is the shield of 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. God shall help her; God is in her midst, she shall not be moved.*

Psalm 87 *A Plea from the Depths*

> *Ant. So is our dwelling-place in you, O holy Mother of God.*

O Lord, the God of my salvation, I have cried in the day and in the night before you.

Let my prayer come in before you; incline your ear to my petition.

For my soul is filled with evils, and my life has drawn near to hell.

I am counted among those who descend into the pit; I have become like a man without help,

free among the dead, like the wounded sleeping in the sepulchres, who are remembered no more.

And they are cut off from your hand.

They have placed me in the lower pit, in the dark places and in the shadow of death.

Your wrath has been confirmed over me, and you have brought all your waves over me.

You have put away my acquaintances far from me; they have made me an abomination to them.

I was delivered up and did not go out.

My eyes languished from poverty. I cried out to you, O Lord, all day long; I stretched out my hands to you.

Will you work wonders for the dead? Or will physicians raise them to life, and they will confess to you?

Will anyone in the sepulchre declare your mercy and your truth in perdition?

Will your wonders be known in the dark, and your justice in the land of the forgotten?

But I, O Lord, have cried out to you; and in the morning my prayer will anticipate you.

Lord, why do you cast off my prayer? Why do you turn away your face from me?

I am poor and in labors from my youth; and after being exalted, I have been humbled and troubled.

Your wrath has passed over me, and your terrors have troubled me.

They have surrounded me like water all day long; they have encompassed me all together.

Friend and neighbor you have put far from me, and my acquaintances from my wretchedness.

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. So is our dwelling-place in you, O holy Mother of God.*

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.