Matins — Little Office of the BVM

Wednesday, July 22, 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 96 *Sing to the Lord a New Song*

> *Ant. Rejoice, O Virgin Mary; you alone have destroyed all heresies throughout the world.*

Sing to the Lord a new song; sing to the Lord, all the earth.

Sing to the Lord and bless his name; proclaim his salvation from day to day.

Declare his glory among the Gentiles, his wonders among all peoples.

For the Lord is great and exceedingly to be praised; he is terrible above all gods.

For all the gods of the nations are statues; but the Lord made the heavens.

Praise and beauty are before him; holiness and majesty are in his sanctuary.

Bring to the Lord, O families of the Gentiles; bring to the Lord glory and honor.

Bring to the Lord glory for his name; bring sacrifices and enter into his courts.

Adore the Lord in his holy court; let all the earth be moved before his face.

Say among the Gentiles: "The Lord has reigned."

For he has also established the world which will not be moved; he will judge the peoples with equity.

Let the heavens rejoice and let the earth exult; let the sea be moved and its fullness.

The fields and all things that are in them will be joyful.

Then all the trees of the forests will exult before the face of the Lord, for he comes.

For he comes to judge the earth; he will judge the world with equity and the peoples with his truth.

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. Rejoice, O Virgin Mary; you alone have destroyed all heresies throughout the world.*

Psalm 97 *The Lord Comes to Judge*

> *Ant. Graciously grant that I may praise you, O holy Virgin; give me strength against your enemies.*

The Lord has reigned; let the earth rejoice; let many islands be glad.

Cloud and darkness are round about him; justice and judgment are the foundation of his throne.

Fire will go before him and will burn up his enemies all around.

His lightnings have illuminated the world; the earth saw and was moved.

The mountains melted like wax before the face of the Lord; before the face of the Lord, all the earth.

The heavens have declared his justice, and all peoples have seen his glory.

Let all be confounded who adore statues and who glory in their idols.

Adore him, all you his Angels.

Zion heard and was glad; and the daughters of Judah rejoiced, because of your judgments, O Lord.

For you are the Lord Most High over all the earth; you are greatly exalted over all gods.

You who love the Lord, hate evil; the Lord guards the souls of his holy ones; he will rescue them from the hand of sinners.

Light has risen for the just, and joy for the upright of heart.

Rejoice in the Lord, O just ones; and confess to the memory of his holiness.

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. Graciously grant that I may praise you, O holy Virgin; give me strength against your enemies.*

Psalm 98 *Joy Before the Lord*

> *Ant. After childbirth, O Virgin, you remained inviolate: O Mother of God, intercede for us.*

Sing to the Lord a new song, because the Lord has done wonders.

His right hand and his holy arm have brought salvation to himself.

The Lord has made known his salvation; in the sight of the nations he has revealed his justice.

He has remembered his mercy and his truth toward the house of Israel.

All the ends of the earth have seen the salvation of our God.

Shout with joy to God, all the earth; sing and exult and sing psalms.

Sing to the Lord with a harp; with a harp and the voice of the psalm.

With trumpets of hammered metal and the voice of the horn of leather; shout with joy in the sight of the Lord our King.

Let the sea be moved and its fullness, the world and those who dwell in it.

The rivers will clap their hands; the mountains will exult together at the face of the Lord.

Because he comes to judge the earth; he will judge the world with justice and the peoples with equity.

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. After childbirth, O Virgin, you remained inviolate: O Mother of God, intercede for us.*

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.