Sext — Little Office of the BVM

Thursday, July 30, 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. We run after the sweet fragrance of your ointments; O Virgin, the young women love you greatly.

Psalm 123 *Our Help Is in the Name of the Lord*

Unless the Lord had been our helper, perhaps we would have lived in hell.

"My foot has slipped," and your mercy, O Lord, assisted me.

According to the multitude of my griefs in my heart, your consolations have given joy to my soul.

Does the seat of iniquity adhere to you, who frames hardship by means of commandments?

They will capture the soul of the just and will condemn innocent blood.

But the Lord has become my refuge, and my God the help of my hope.

And he will repay their iniquity to them, and in their malice he will destroy them.

The Lord our God will destroy them.

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 124 *Our Escape Was Like a Bird's*

Those who trust in the Lord are like mount Zion; he will not be shaken forever who dwells in Jerusalem.

Mountains are around it; and the Lord is around his people, from this time forward, forevermore.

For the Lord will not leave the rod of sinners over the lot of the just, so that the just will not extend their hands to iniquity.

Do good, O Lord, to those who are good and to the upright of heart.

But those who decline into obligations, the Lord will lead away with the workers of iniquity.

Peace be upon Israel.

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 125 *The Lord Restored Our Fortunes*

When the Lord turned back the captivity of Zion, we became like those consoled.

Then our mouth was filled with gladness, and our tongue with joy.

Then they will say among the Gentiles: "The Lord has done great things for them."

The Lord has done great things for us; we have become joyful.

Turn back our captivity, O Lord, like a torrent in the south.

Those who sow in tears will reap in joy.

Going, they went and wept, casting their seeds.

But coming, they will come with rejoicing, carrying their sheaves.

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.*

SHORT READING

SIRACH 24:16

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.

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

O most merciful God, grant help to our weakness; that as we celebrate the memory of the holy Mother of God, so by the help of her intercession we may rise from our sins. Through the same Jesus Christ your Son our Lord, 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.