# Matins — Little Office of the BVM

*Monday, November 30, 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 8** *The Glory of God and the Dignity of Man*

> *Ant. Blessed are you among women, and blessed is the fruit of your womb.*

O Lord, our Lord, how admirable is your name in all the earth!

For your magnificence has been elevated above the heavens.

Out of the mouth of infants and of sucklings, you have perfected praise, because of your enemies, so that you may destroy the enemy and the defender.

For I will see your heavens, the works of your fingers: the moon and the stars, which you have founded.

What is man, that you are mindful of him? Or the son of man, that you visit him?

You have made him a little less than the angels; you have crowned him with glory and honor.

And you have set him over the works of your hands.

You have subjected all things under his feet: all sheep and oxen, moreover, even the beasts of the field,

the birds of the air and the fish of the sea, who pass through the paths of the sea.

O Lord, our Lord, how admirable is your name throughout all 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. Blessed are you among women, and blessed is the fruit of your womb.*

**Psalm 19** *Prayer for the King*

> *Ant. Like choice myrrh, you yield a sweet fragrance, O holy Mother of God.*

May the Lord hear you in the day of tribulation; may the name of the God of Jacob protect you.

May he send you help from the sanctuary, and may he defend you from Zion.

May he be mindful of all your sacrifices, and may your burnt offering become fruitful.

May he give to you according to your own heart, and confirm all your counsel.

We will rejoice in your salvation; and we will be magnified in the name of our God.

May the Lord fulfill all your petitions; now I know that the Lord has saved his Christ.

He will hear him from his holy heaven; the salvation of his right hand is in power.

Some approach in chariots and some on horses, but we will call upon the name of the Lord our God.

They have been bound and have fallen; but we have risen and have been set upright.

O Lord, save the king, and hear us in the day that we will call upon you.

*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. Like choice myrrh, you yield a sweet fragrance, O holy Mother of God.*

**Psalm 24** *The King of Glory Enters*

> *Ant. Before this Virgin's couch, sing for us the sweet songs of praise.*

The earth is the Lord's and its fullness: the world and all who dwell in it.

For he founded it upon the seas and prepared it upon the rivers.

Who will ascend the mountain of the Lord? Or who will stand in his holy place?

The innocent in hands and clean in heart, who has not received his soul in vain nor sworn deceitfully to his neighbor.

He will receive a blessing from the Lord and mercy from God his Savior.

This is the generation of those who seek him, of those who seek the face of the God of Jacob.

Lift up your gates, O princes, and be lifted up, O eternal gates, and the King of Glory will enter.

Who is this King of Glory? The Lord who is strong and powerful, the Lord powerful in battle.

Lift up your gates, O princes, and be lifted up, O eternal gates, and the King of Glory will enter.

Who is this King of Glory? The Lord of hosts; he is the King of Glory.

*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. Before this Virgin's couch, sing for us the sweet songs of praise.*

LESSON 1

**LUKE 1:26-28**

The angel Gabriel was sent by God to a city of Galilee called Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And the angel came in to her and said: Hail, full of grace, the Lord is with you; blessed are you among women.

*But you, O Lord, have mercy on us.*

*Blessing: May the Virgin of virgins intercede for us with the Lord. Amen.*

*R. The angel Gabriel was sent to Mary the Virgin, betrothed to Joseph, to announce to her the word; and the Virgin was troubled at the light: Fear not, Mary, you have found favor with the Lord. Behold, you shall conceive and bear a son, and he shall be called the Son of the Most High.*
*V. The Lord God shall give him the throne of David his father, and he shall reign in the house of Jacob forever.*
*R. Behold, you shall conceive and bear a son, and he shall be called the Son of the Most High.*

LESSON 2

**LUKE 1:29-33**

When she heard this she was troubled at his word, and wondered what manner of greeting this might be. And the angel said to her: Fear not, Mary, for you have found grace with God. Behold, you shall conceive in your womb and bring forth a son, and you shall call his name Jesus: He shall be great, and shall be called the Son of the Most High;

and the Lord God shall give to him the throne of his father David, and he shall reign in the house of Jacob forever, and of his kingdom there shall be no end.

*But you, O Lord, have mercy on us.*

*Blessing: Through the Virgin Mother, may the Lord grant us salvation and peace. Amen.*

*R. Hail, Mary, full of grace; the Lord is with you: the Holy Spirit will come upon you, and the power of the Most High will overshadow you; for that holy one who is to be born will be called the Son of God.*
*V. How can this be, since I do not know man? And the angel answered and said to her.*
*R. The Holy Spirit will come upon you, and the power of the Most High will overshadow you.*

## LESSON 3

### LUKE 1:34-38

But Mary said to the angel: How can this be, since I do not know man? And the angel answered and said to her: The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore also that holy one who is to be born will be called the Son of God. And behold, your cousin Elizabeth has also conceived a son in her old age; and this is the sixth month with her who was called barren. For with God nothing is impossible. And Mary said: Behold the handmaid of the Lord; let it be done to me according to your word.

*But you, O Lord, have mercy on us.*

*Blessing: May the Virgin Mother obtain for us salvation and peace. Amen.*

*R. Receive the word, O Virgin Mary, which was sent to you by the Lord through the angel: you shall conceive and bring forth God and man alike, that you may be called blessed among all women.*
*V. You shall indeed bear a son, and your virginity shall not be harmed: you shall become with child and remain always an unstained mother.*
*R. That you may be called blessed among all women.*
*V. Glory to the Father...*
*R. That you may be called blessed among all women.*

## 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 eternal Word should take flesh in the womb of the Blessed Virgin Mary at the angel's message: grant to your humble servants that we who believe her to be truly the Mother of God may be helped by her intercession with you. Through 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.