



Little Office of the Blessed Virgin Mary



Background:

The Little Office of the Blessed Virgin Mary, also known as Hours of the Virgin, is a liturgical devotion to the Blessed Virgin Mary, in imitation of the Divine Office in the Catholic Church. It is a cycle of psalms, hymns, scripture and other readings all with a Marian twist!

The Prayers:

This devotion has a few key prayers that remain the same every day and some scripture passages that are unique to that day's Little Office prayer. So if you decide this is something you'd like to add in to your prayer life more often, there are books you can purchase that have the readings for each day or you can also find the daily readings online. Here is the link to a site that has the prayers for each day of the week:

<http://www.liturgies.net/Liturgies/Catholic/LittleOffice.htm#saturdaymorning>

The Devotion:

In the name of the Father and of the Son, and of the Holy Spirit, Amen. God, come to my assistance.

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 will be forever. Amen.

Hail, holy Queen of the Heavens.
Hail, holy Queen of the Angels.
Hail, Root of Jesse.
Hail, Gate of Heaven.
By you the Light has entered the world.
Rejoice, glorious Virgin,
Beautiful among all women.
Hail, radiant Splendor,
Intercede with Christ for us.

Blessed are you, O Mary, for the world's salvation came forth through you; now in glory, you rejoice for ever with the Lord.

Psalm 92: Praise of God the Creator

It is good to give thanks to the Lord,
to make music to your name, O Most High, to
proclaim your love in the morning and your truth
in the watches of the night, on the ten-stringed
lyre and the lute, with the murmuring sound of the
harp.

Your deeds, O Lord, have made me glad; for the
work of your hands I shout with joy. O Lord, how
great are your works! How deep are your designs!

The Lord has chosen her, his loved one from the
beginning. He has taken her to live with him.

A reading from the book of Ezekiel 36:24-28

I will take you away from among the nations,
gather you from all the foreign lands, and bring
you back to your own land. I will sprinkle clean
water upon you to cleanse you from all your
impurities, and from all your idols I will cleanse
you. I will give you a new heart and place a new
spirit within you, taking from your bodies your
stony hearts and giving you natural hearts. I will
put my spirit within you and make you live by my
statutes, careful to observe my decrees. You shall
live in the land I gave your fathers; you shall be my
people, and I will be your God.

The Lord has made you so glorious that your
praise will never cease to resound among men.

Psalm 8: The majesty of the Lord and man's dignity

How great is your name, O Lord our God, through
all the earth!

*Your majesty is praised above the heavens; on the
lips of children and of babes you have found praise
to foil your enemy, to silence the foe and the rebel.*

When I see the heavens, the work of your hands,
the moon and the stars which you arranged, what
is man that you should keep him in mind,
mortal man that you care for him?

*Yet you have made him little less than a god; with glory
and honor you crowned him, gave him power over the
works of your hands, put all things under his feet.*

A reading from the book of Revelation 12:1

A great sign appeared in the sky, a woman clothed
with the sun, with the moon under her feet, and on
her head a crown of twelve stars.

The Virgin Mary was taken up to heaven.
For all eternity she shares the victory of Christ.
Glory to the Father and to the Son and to the Holy
Spirit.

This daughter of Jerusalem is lovely and beautiful
as she ascends to heaven like the rising sun at
daybreak.

Let us glorify our Savior, who chose the Virgin
Mary for his mother. Let us ask him: may your
mother intercede for us, Lord.

Eternal Word, you chose Mary as the uncorrupted
ark of your dwelling place: free us from the
corruption of sin.

You are our redeemer, who made the immaculate
Virgin Mary your purest home and the sanctuary
of the Holy Spirit: make us temples of your spirit
forever.

King of kings, you lifted up your mother, body and
soul, into heaven: help us to fix our thoughts on
things above.

Lord of heaven and earth, you crowned Mary
and set her at your right hand as queen: make us
worthy to share this glory.

Our Father...

All-powerful and ever-living God,
you raised the sinless Virgin Mary,
mother of your Son, body and soul to the glory of
heaven. May we see heaven as our final goal and
come to share her glory.

We ask this through our Lord Jesus Christ, your
Son, who lives and reigns with you and the Holy
Spirit, one God, for ever and ever.

May the Lord bless us,
protect us from evil
and bring us to everlasting life. Amen.