



-Antiphons

The "O Antiphons" were first used by the Church in the 8th and 9th centuries. They are Old Testament scripturally-based short prayers proclaiming various titles of Jesus Christ. They are used from the 17th to the 23rd of December. In these "O Antiphons" the Church expresses her deep longing for the coming of the Messiah. They are traditionally prayed during the evening hours with the Magnificat-Mary's Song.

The following daily devotion is one way to pray the O'Antiphons.
-Read the title of Christ and the daily antiphon. Reflect upon them.

-Look up one or all of the scripture passages for silent reflection.

-Read the Magnificat-Mary's Song each day.

-Sing silently, or out loud, the verse of *O Come, O Come, Emmanuel* that corresponds with the antiphon of the day.

The Magnificat-Song of Mary:

The holy Gospel According to Luke 1:46-55

And Mary Said,

"My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; for he has looked with favor on his lowly servant. From this day all generations will call me blessed; the Almighty has done great things for me, and holy is his name. He has mercy on those who fear him, from every generation. He has shown strength with his arm, he has scattered the proud in their conceit, He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel, for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever."

DECEMBER 17



Title of Christ-*O Sapientia: O Wisdom*

Antiphon-"O Wisdom, O Holy Word of God, you govern all creation with your strong yet tender care. Come and show your people the way to salvation."

Scripture-*Isaiah 11:2-3:28-29; Isaiah 40: 14; Ecclesiastes 24: 5; Wisdom 8: 1*

Questions-*How does Christ guide the way in my life? How is He my Wisdom? Where do I turn when I am in need of wisdom?*

Song- O come, Thou Wisdom from on high, who orders all things mightily;

to us the path of knowledge show, and teach us in her ways to go.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel.

DECEMBER 18



Title of Christ-*O Adonai: O Lord*

Antiphon- "O Sacred Lord of ancient Israel, who showed yourself to the burning bush, who gave him the holy law on Sinai mountain: come, stretch out your mighty hand to set us free."

Scripture- *Exodus 3:2; Exodus 6:13; Exodus 20; Jeremiah 32:21 Matthew 2:6; Matthew 5:1-12*

Question-*How do I live the Law of God in my life? Where am I faithful? Where do I fall short?*

Song- O come, O come, Thou Lord of might who to thy tribes, on Sinai's height

in ancient times did'st give the law in cloud and majesty and awe.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel

DECEMBER 19



Title of Christ-*O Radix Jesse: O Root of Jesse*

Antiphon- "O Flower of Jesse, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. Come, let nothing keep you from coming to our aid."

Scripture-*Isaiah 11:10; Isaiah 52:15; Micah 5:1*

Question-Who are my ancestors in the faith? Who was an instrument in passing on the faith in my life?

Song- O come, Thou Root of Jesse, free;

Thine own from Satan's tyranny.

From depths of Hell Thy people save,

and give them victory o'er the Grave.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel.

DECEMBER 20



Title of Christ-*O Clavis David: O Key of David*

Antiphon- "O Key of David, O Royal Power of Israel controlling at your will the gate of heaven: Come, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom."

Scripture- *Isaiah 9:6; 22:22; Revelation 3:7; Psalm 107*

Question-Who in your life needs to have the gates of heaven opened to them? How can you help them get to the heavenly gates?

Song- O come, Thou Key of David, come, and open wide our heavenly home;

make safe the way that leads on high and close the path of misery.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel.

DECEMBER 21



Title of Christ-*O Oriens: O Radiant Dawn*

Antiphon- "O Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death."

Scripture-*Isaiah 9:1-2; Zachariah 6:12; Luke 1:78*

Question-When have you felt closest to God? How bright is Christ's light in your prayer life?

Song- O come, thou Dayspring, from on high and cheer us by thy drawing nigh;

Disperse the gloomy clouds of night and death's dark shadow put to flight.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel.

DECEMBER 22



Title of Christ- *O Rex Genitium: O King of the Nations*

Antiphon-"O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man, come and save the creatures you fashioned from the dust."

Scripture- *Isaiah 2:4; Ephesians 2:25; Genesis 2:7*

Question-Who is King of your Life? When was the last time you felt joy...did you thank God for that moment?

Song- O come, Desire of nations, bind in one the hearts of all human kind;

bid thou our sad divisions cease, and by thyself our Prince of Peace.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel.

DECEMBER 23



Title of Christ-*O Emmanuel: God is With Us*

Antiphon-"O Emmanuel, king and lawgiver, desire of the nations, Savior of all people, come and set us free, Lord our God."

Scripture-*Isaiah 7:14; Genesis 49:10; Isaiah 33:22*

Question-How is Jesus "in" your life? How are you "with" God?

Song- O Come, O Come, Emmanuel, and ransom captive Israel.

That mourns in lonely exile here, Until the Son of God appears.

Rejoice! Rejoice! Emmanuel. Shall come to thee O Israel.

DECEMBER 24



Title of Christ-*Jesus the Lord*

Antiphon-"Let us all rejoice in the Lord, for our savior is born to the world. True peace has descended from heaven."

Scripture-*Matthew 1:18-25 Luke 2:15-20*

Question-Am I prepared for the Birth of Christ? If I was one of the shepherds adoring the Christ child what would I say or do?

Song-O come, all ye faithful, joyful and triumphant, O come ye, O come ye, to Bethlehem. Come and behold Him, born the King of angels; O come, let us adore Him, O come, let us adore Him, O come, let us adore Him, Christ the Lord.