

## **The Great 'O' Antiphons of Advent**

An 'Antiphon' is a refrain, or repeated line, in prayer.

In these particular antiphons, only said in the last week of Advent, during Vespers and the Gospel Acclamation at Mass. The 'O' is vocative, that is, a call to God.

These antiphons ask, or cry out to, God to open our eyes to the mystery of Christmas.

Vespers is the Evening Prayer of the Church and these antiphons are prayed at the start of the Magnificat; which is Mary's great hymn of praise and glory to God.

# CHRISTMAS

BEGINS WITH

# Christ

### **THE MAGNIFICAT**

My soul magnifies the Lord,  
and my spirit rejoices in God my Saviour,  
for he has regarded the low estate of his handmaiden.  
For behold, henceforth all generations will call me blessed;  
for he who is mighty has done great things for me,  
and holy is his name.  
And his mercy is on those who fear him from generation to generation.  
He has shown strength with his arm,  
he has scattered the proud in the imagination of their hearts,  
he has put down the mighty from their thrones,  
and exalted those of low degree;  
he has filled the hungry with good things,  
and the rich he has sent empty away.  
He has helped his servant Israel,  
in remembrance of his mercy,  
as he spoke to our fathers,  
to Abraham and to his posterity forever. (Lk 1: 46-55)

## **The Great 'O Antiphons' of Advent**

**What better preparation for the coming of Our Lord than for us all to pray these antiphons, followed by the Magnificat, on these seven days. Perhaps even read the Book of Isaiah, where these are all taken from, and who prophesied the coming of the Messiah, hundreds of years before the birth of Christ!**

### **17<sup>th</sup> December – O Sapientia – O Wisdom**

O Wisdom, you come forth from the mouth of the Most High. You fill the universe and hold all things together in a strong yet gentle manner. O come teach us the way of truth.

### **18<sup>th</sup> December – O Adonai – O Lord**

O Adonai and leader of Israel, you appeared to Moses in a burning bush and you gave him the Law on Sinai.

O come and save us with your mighty power.

### **19<sup>th</sup> December – O Radix Jesse – O Root of Jesse**

O stock of Jesse, you stand as a signal for the nations; kings fall silent before you whom the peoples acclaim.

O come and deliver us, and do not delay.

### **20<sup>th</sup> December – O Clavis David – O Key of David**

O key of David and sceptre of Israel, what you open no one else can close again; what you close no one can open.

O come and lead the captive from prison; free those who sit in darkness and in the shadow of death.

### **21<sup>st</sup> December – O Oriens – O Dayspring**

O Rising Sun, you are the splendour of eternal light and the sun of justice.

O come and enlighten those who sit in darkness and the shadow of death.

### **22<sup>nd</sup> December – O Rex Gentium – O King of Nations**

O King whom all the peoples desire, you are the cornerstone which makes all one.

O come and save man whom you made from clay.

### **23<sup>rd</sup> December – O Emmanuel – O God with us**

O Emmanuel, you are our king and judge, the One whom the peoples await and their Saviour.

O come and save us, Lord our God.