

O COME



PRAYING THE ADVENT O ANTIPHONS | BY SARAH DAMM

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LET US PRAY

O Come, Emmanuel

Mid-December marks the coldest and darkest time of the year, in the Northern Hemisphere.

Many of us leave for work or school before or just as the sun is rising. And we arrive home just as the sun is setting or when it is already dark.

In response, we add flannel sheets to the bed. We place cozy blankets over couches. We restock our tea and hot cocoa supplies. And we find warmth and renewal in the glow of Advent candles and twinkle lights.

As Christmas draws near, our longing for the Savior, the Light of the World, increases. We want to abandon ourselves to the incredible sense of hope that begins to grow in our souls. The Light of Dawn, just beyond the horizon, grows increasingly brighter, even in the midst of this increasingly dark world. And we wonder, *Can it be?*

And the answer is *Yes! It can be!* Because Christ is coming; He is so very near.

As we anticipate the coming of Christ at Christmas, I invite you to enter this final Advent week with intentionality and presence. Let us contemplate the contrasts we see and experience:

darkness & light • cold & warmth •
longing & hope • waiting & watching

and notice Jesus in the midst of them. Let us be mindful of Our Blessed Mother, walking with us to Bethlehem.

This mini journal includes an *O Antiphon* for each day between December 17-23. It is meant to be short and simple—especially since these days can be busy with final Christmas preparations—giving us just enough of a prayerful pause to be filled and renewed.

O come, let us adore Him!
Sarah Damm



O Come, O Come Emmanuel

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

O come, thou **Wisdom** from on high,
who ordered all things mightily;
to us the path of knowledge show
and teach us in her ways to go.

O come, o come, thou **Lord of Might**,
Who to Thy tribes on Sinai's height,
In ancient times didst give the law
In cloud and majesty and awe.

O come, thou **Rod of Jesse's stem**.
From ev'ry foe deliver them
That trust thy mighty power to save,
And give them victory o'er the grave.

O come, Thou **Key of David**, come
And open wide our heav'nly home;
Make safe the way that leads on high,
And close the path to misery.

O come, Thou **Dayspring**, from on high,
And cheer us by Thy drawing nigh;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.

O come, **Desire of nations**, bind
In one the hearts of all mankind;
Bid every strife and quarrel cease
And fill the world with heaven's peace.

O come, o come, **Emmanuel**,
And ransom captive Israel,
That mourns in lonely exile here,
Until the Son of God appear.

O Antiphons

DECEMBER 17-23

The last seven days before Christmas are called the *O Antiphons*. The *O Antiphons* are an ancient liturgical tradition. They are the verses in the hymn *O Come, O Come Emmanuel*. And they are sung at Vespers and for the Gospel Acclamation at Mass. With each antiphon, we call upon the Messiah, begging Him to come soon.

17 O Wisdom

18 O Lord of Might

19 O Root of Jesse

20 O Key of David



21 O Dayspring

22 O Desire of Nations

23 O Emmanuel

December 17

O come, thou Wisdom ...

Dear Jesus, source of all life, show me the path of knowledge,
that I may always follow your ways. Amen.



IS THERE AN ASPECT OF FAITH THAT I DESIRE TO
UNDERSTAND BETTER? TODAY, I MAKE A RESOLUTION TO LEARN
MORE ABOUT THAT CHURCH TEACHING IN THE NEW YEAR.



December 18

O come, great Lord of might ...

Great is your majesty, oh Lord! And your mercy and love abound! May I always bow to your great name, just as you bent low to meet me in my need. Amen.

IN WHAT WAYS HAS GOD RESCUED ME? WRITE HIM A SHORT PRAYER OF GRATITUDE.

December 19

O come, thou root of Jesse ...

When I look back and see that you have been planning my rescue mission from the fall of man, I am in awe of your patience and perfect timing. Lord, I put my trust in your plan for all aspects of my life. Amen.

HOW DID GOD KNOW THAT I WOULD
NEED JESUS TO BE BORN FOR MY
SALVATION? HOW DOES THAT MAKE
ME FEEL ABOUT HIS LOVE FOR ME?



December 20

O come, thou Key of David ...

Sweet Jesus, you came down from your heavenly home to open Heaven up to me! My path to Heaven is not an easy one, but I trust that when I follow you, your love will light the way. Amen.



DO I THINK OF MY LIFE AS A JOURNEY TO HEAVEN? HAS THE ROAD BEEN ROCKY, CURVY, OR STRAIGHT? DRAW YOUR PATH TO THE ETERNAL CITY.



December 21

O come, though Dayspring ...

On the darkest day of the year, with all four Advent candles aglow, I bask in your light, Jesus, and I am grateful for the comfort and cheer that it brings to my soul. Amen.

WITH ONLY A FEW DAYS UNTIL CHRISTMAS, HOW IS MY TO-DO LIST? IS IT COMPLETE? DO I STILL HAVE SOME WORK TO DO? TODAY, I BRING IT TO PRAYER AND ASK GOD WHAT HE WANTS ME TO FOCUS ON TODAY.



December 22

O come, Desire of Nations ...

St. Augustine said that our hearts are restless until they rest in you, Lord. More than anything, this Advent, I have desired to find rest, stillness, and hope in you. Now, I invite you, Baby Jesus, to find a place to rest your head—in the manger of my heart. Amen.

IF YOU HAVE NOT HAD A CHANCE
TO GO TO CONFESSION THIS ADVENT,
NOW IS THE PERFECT TIME TO GO.
HE IS WAITING WITH OPEN ARMS
FOR YOU!



Rejoice! Rejoice!
Emmanuel shall come
to thee, O Israel!

O COME, O COME EMMANUEL

December 23

O come, Emmanuel ...

Emmanuel, God with us, thank you for rescuing me from my weariness. Christmas is almost here, and I am so grateful for the peace I have found this Advent. I wait in wonder and awe, in joy and hope for you. Thank you for coming, not just 2,000 years ago, but today ... and every day! Amen.



HOW HAS JESUS RESCUED ME THIS ADVENT? IN WHAT WAYS IS HE MY SAVIOR? HOW DO I RESPOND TO HIS SAVING GRACE?



The first letter of each of these titles for Our Lord spells out a special message for us, when read backwards from the Latin words:

SAPIENTIA
Wisdom

ADONAI
Almighty God

RADIX JESSE
Root of Jesse

CLAVIS DAVID
Key of David

ORIENS
Radiant Dawn

REX GENTIUM
King of the Nations

EMMANUEL
God With Us

ERO CRAS:
Tomorrow I come!

Yes! He comes tomorrow! And we rejoice! O, come, let us adore Him: Christ, the Lord!