



ADVENT ANTIPHONS

A RESOURCE FOR INDIVIDUALS AND
FAMILIES TO ENGAGE EACH DAY OF
ADVENT WITH ANCIENT WISDOM FOR
FAITHFUL PRACTICE TODAY.



AN ADVENT RESOURCE

From Baptized for Life (BFL) | Vida En Abundancia (VEA)



WHAT IS AN ANTIPHON?

An **antiphon** (Greek αντίφωνον, αντί "opposite" and φωνή "voice") is a short chant in Christian ritual, sung like a refrain in a song. Antiphons were written with pieces of the Psalms and other verses from the Hebrew Scriptures. They also express deep theological convictions.

The singing of Antiphons (started in early Christianity by the end of the 5th century) had its root in the Synagogue. Early Christians borrowed the Jewish traditions of chanting psalms and singing hymns together. There is some evidence from Acts of the Apostles that early Christians stayed close to those Jewish traditions of chanting and singing together. For example, Acts 2:46-47 states that "with one accord in the Temple, and breaking bread from house to house did eat their meat with gladness and singleness of heart, praising God, and having favor with all the people."

When we say the ancient Antiphons today, we are joining our voices with those who have said these very sentences for thousands of years. When you say or sing the Antiphons, **you are adding YOUR VOICE** to the endless songs of praise to God from the Communion of Saints!



A BRIEF ORDER FOR DAILY PRAYERS DURING ADVENT

The household gathers by an **advent wreath*** (which is not yet lit). Pick a Leader and Reader before you begin. *A simple arrangement of four white votive candles with loose greens works well.

Leader: Light and peace, in Jesus Christ our Lord.

All: **Thanks be to God.**

Leader: Let us pray.

Lord Jesus Christ, in your resurrection you appeared as the Morning Star that knows no setting: Dawn upon the darkness of the human heart so that the darkness of this world may be overcome and your whole creation made new; for with the Father and the Holy Spirit, you live and reign, one God, for ever and ever. **Amen.**

The number of candles is now lit according to the week of Advent, as the following is said by all together:

God of hope, when Christ our Savior appears
may he not find us asleep or idle,
but active in his service and ready for joy.

Come, O Emmanuel,

You are the way, the truth and the life;

Come, living Savior, come to

your world, which waits for you. **Amen**



Families with young children may use this prayer:

Dear God, we love you. We thank you for loving us. Help us get ready for Jesus. Help us say "yes" like Mary. We are wide awake, watching and waiting for you to come and help us to love. **Amen.**

ANTIPHON

*Reader reads the **Antiphon for the Day** and all share responses to the **Reflection Question***

PRAYER

Leader: The Lord be with you

All: **And also with you**

Leader: Let us pray for our own needs and the needs of the world.

All are invited to offer their prayers, silently or aloud.

Leader: And now, as our Savior taught us, let us pray,

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Leader: The Lord bless us and keep us. The Lord make his face to shine upon us and be gracious to us. The Lord lift up his countenance upon us and give us peace.

All: **Amen.**

Leader: Let us bless the Lord.

All: **Thanks be to God.** *Put out the candle or candles*





ADVENT DAILY ANTIPHONS

SUNDAY, NOVEMBER 27

"It is time for us to wake from our sleep: salvation is nearer to us now than when we first believed."

REFLECTION QUESTION:

What are the pressures or voices or patterns in your life that put your faith to sleep?

MONDAY, NOVEMBER 28

"See the Name of the Lord comes from afar; His splendor fills the whole world."

REFLECTION QUESTION:

"Where do you see the "splendor" of God in the world?"

TUESDAY, NOVEMBER 29

"Lift up your eyes, O Jerusalem, and see the power of the King.
Behold the Savior comes to loose you from your chains."

REFLECTION QUESTION:

What are some of the people, things or events that make you feel like you are in chains?

WEDNESDAY, NOVEMBER 30

"Christ the King is coming; Lift high, O gates, and let the King of glory in!"

REFLECTION QUESTION:

How would you define the word "glory?" Where do you see glory in the world?

THURSDAY, DECEMBER 1

"Behold the Lord that comes, and all His Saints with him; and there will be in that day a great light. Alleluia."

REFLECTION QUESTION:

What does the word "saint" mean to you? Who has been a saint to you in your life?

FRIDAY, DECEMBER 2

"Behold, the Lord shall appear in the clouds of heaven, with power and great glory, to save us."

REFLECTION QUESTION:

From what things do you imagine God needs to save us?





ADVENT DAILY ANTIPHONS

SATURDAY, DECEMBER 3

"Behold there comes one who is both God and human, of the House of David, to sit upon the throne. Alleluia!"

REFLECTION QUESTION:

When you hear stories of the life of Jesus, what parts of his human life can you relate to?

SUNDAY, DECEMBER 4

"Come O Lord in peace; visit us with your salvation that we may rejoice before you with a perfect heart."

REFLECTION QUESTION:

Do you hold competing loves in your heart? What are the conflicts you feel in your heart?

MONDAY, DECEMBER 5

"Behold I am sending a messenger before you to prepare the way for you."

REFLECTION QUESTION:

Jesus said he is "the Way and the Truth and the Life." Can you think of a person who has helped you follow the Way of Jesus?

TUESDAY, DECEMBER 6

"Comfort, O comfort my people, says the Lord.
Speak to Jerusalem. Tell her that I have forgiven her sins and her warfare is now over."

REFLECTION QUESTION:

As you approach Christmas Day this year, is there something you have done or left undone that needs forgiveness from God, from others or from yourself? Name your confession before God, in silence or aloud.

WEDNESDAY, DECEMBER 7

"Rejoice and be glad O Daughter Zion. Behold, I am coming to live in your midst."

REFLECTION QUESTION:

When have you experienced the loving, peace-giving or liberating presence of Jesus in your life?





ADVENT DAILY ANTIPHONS

THURSDAY, DECEMBER 8

"Zion, you shall be renewed and shall see your Righteous One. He is the one who comes to you."

REFLECTION QUESTION:

What does the word "righteous" mean to you? In what ways do you try to be righteous?

FRIDAY, DECEMBER 9

"I will help you, says the Lord; I am your Redeemer, the Holy One of Israel."

REFLECTION QUESTION:

What does the word "Redeemer" mean to you? Can you think of a time when you felt redeemed? Can you think of a time when you longed for redemption from choice or habit or pattern in your life?

SATURDAY, DECEMBER 10

"Behold, the day is coming, says the Lord, that I will raise unto David a righteous Branch. Do not be afraid. The King is coming, Alleluia!"

REFLECTION QUESTION:

Are you afraid of the same things you were afraid of as a child? How have your fears changed through the years?

SUNDAY, DECEMBER 11 (ROSE SUNDAY)

"Blessed are you, O Mary, because you have believed in the Lord. The things which the Lord told you will indeed be fulfilled, Alleluia!"

REFLECTION QUESTION:

How does the story of Mary's life speak to you? What parts feel foreign?

MONDAY, DECEMBER 12

"Say to them: you that are of a fearful heart, be strong: for behold, the Lord our God will come to you."

REFLECTION QUESTION:

What practices have you figured out to help you fight your fears? Do you feel God coming to you in moments of fear?





ADVENT DAILY ANTIPHONS

TUESDAY, DECEMBER 13

"The Lord, the Mighty Ruler of the universe will come from heaven in great majesty."

REFLECTION QUESTION:

What does the word "majesty" mean to you? Where do you see or experience majesty in your life?

WEDNESDAY, DECEMBER 14

"Let your hearts be watching and ready for the Lord our God is near at hand."

REFLECTION QUESTION:

What can your heart see that your eyes cannot? How might you "watch" for the Lord today?

THURSDAY, DECEMBER 15

"Awake, awake; rise up, Jerusalem; throw away your bonds, captive daughter of Zion!
The Lord is coming!"

REFLECTION QUESTION:

*What are some things, events or habits that keep you feeling like a captive without joy or freedom?
What can you do to "awake" and "rise up" in your hope and faith?*

FRIDAY, DECEMBER 16

"Let the mountains break forth into singing and the hills with righteousness; for the Lord, the Light of the world, is coming with power! Alleluia!"

REFLECTION QUESTION:

What can your heart hear that your ears cannot? How might you listen for the Lord today?

THE "GREAT DAYS OF ADVENT" BEGIN TODAY!

The Advent Antiphons for the last seven days of Advent (**also called "the Great Days of Advent"**) are often called the **"O Antiphons"** because they all begin with the greeting to God "O..." These last seven days of Advent focus on 7 different titles of Jesus and they all include the verb "come" so that the Church sings the names of Christ for each day while asking Jesus to COME into our world and into our lives!

SATURDAY, DECEMBER 17

"O Wisdom of our God Most High,
guiding creation with power and love:
come to teach us the path of knowledge!"

REFLECTION QUESTION:

At what time in your life, has God had the most of your attention? What did you learn?





ADVENT DAILY ANTIPHONS

SUNDAY, DECEMBER 18

"O Adonai, Leader of the House of Israel,
giver of the Law to Moses on Sinai:
come to rescue us with your mighty power!"

REFLECTION QUESTION:
When have you been rescued?

MONDAY, DECEMBER 19

"O Root of Jesse's stem,
sign of God's love for all people:
at whom Kings shall shut their mouths, come to save us without delay!"

REFLECTION QUESTION:
When have you been left speechless? Has anything at church or from God left you speechless?

TUESDAY, DECEMBER 20

"O Key of David,
Scepter of the House of Israel, you open and no one can shut. You shut and no one can open.
Come and bring the prisoners out of prison, those who sit in darkness and the shadow of death."

REFLECTION QUESTION:
Have you ever known anyone in jail or prison? Have you ever visited anyone in jail or prison? Is there any time in your life that has felt like being in prison?

WEDNESDAY, DECEMBER 21

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

REFLECTION QUESTION:
How do you feel when you see a sunrise? Do you have a favorite place where you have seen (or would like to see) a sunrise?

THURSDAY, DECEMBER 22

"O King of all nations and keystone of the Church:
come and save humankind, whom you formed of clay."

REFLECTION QUESTION:
Have you ever made, built or developed something significant from scratch and finished it? What inspired you to create it?





ADVENT DAILY ANTIPHONS

FRIDAY, DECEMBER 23

"O Emmanuel, our King and Giver of Law:
come to save us, Lord our God!"

REFLECTION QUESTION:

'Emmanuel' means 'God with us.' When was the last time you felt that God was surely with you? When was the last time you felt that you were apart from God?

F U N F A C T !

The seven titles for Jesus Christ (in Latin) mentioned in these last seven Antiphons leading up to Christmas Eve are:

Emmanuel, Rex, Oriens, Clavis, Radix, Adonai, Sapientia

The first letters of these titles, from last to first, form a Latin acrostic!

The first letter of each of these titles spells out two Latin words "ERO CRAS" meaning, **"Tomorrow, I will come."**

Therefore, the Lord Jesus, whose coming we have prepared for in Advent and whom we have addressed in these seven Messianic titles, now speaks to us on the last day of the Antiphons, responding to our Antiphon prayers: "Tomorrow, I will come." So, the O Antiphons not only bring intensity to our Advent preparation but bring it to a joyful conclusion in a greeting and promise from Jesus.

SATURDAY, DECEMBER 24

"O Bethlehem, make ready to receive Christ; for the Word made flesh comes to dwell in you, opening Eden to His people. Make ready, O Manger, to behold the deep mystery; He who cannot be contained will be contained in you, Alleluia!"

REFLECTION QUESTION:

Christ is born in us at our Baptism. Christ chooses to be contained in you. When do you feel Christ in you? What habits or practices help you to know and trust that Christ is in you?

SUNDAY, DECEMBER 25

"Today, Christ is born; today the Savior has appeared: today the angels sing on earth, the archangels rejoice; today the righteous exalt and shout for joy: Glory to God in the highest, Alleluia, Alleluia!"

REFLECTION QUESTION:

This antiphon reminds us that nothing and no one can contain or control Christ in the world. No power can overpower His will and His love. On Christmas Day, is there anything in your heart that you doubt, or act as if you doubt, can be transformed by Christ the Lord? Name that thing and pray for help in trusting Christ to transform it.

