



Surviving the Holidays – O Antiphons Meditation

Listen: *O Come, O Come, Emmanuel*

Narrator: The O Antiphons are a series of seven verses dating from Benedictine monks in the sixth century. According to Catholic tradition, they are sung or recited at Vespers from December 17 through December 23. Each antiphon is a name of Jesus, one of his attributes taken from the ancient Scriptures. They are the basis for the popular Advent hymn, “O Come, O Come Emmanuel.” Today we pray with them as they remind us of the true meaning of rejoicing.

Dec. 17: *O Sapientia / O Wisdom*

Narrator: O Come, O Wisdom, from on high

Loving Jesus, grant me the grace to trust in my own wisdom, my own intuition and my own feelings...to honor my sadness, my anger, my relief, my fear, my joy and whatever else I may be feeling. Allow me to move forward with small steps, staying present to each moment as it comes.

Response: O Come, O Wisdom, from on high

Dec. 18: *O Adonai / O Sacred Lord of ancient Israel*

Narrator: O Come, O Come, great Lord of might

Jesus, you are my strength. Though there are many circumstances that I cannot control, remind me that you are stronger than my fears and insecurities. Guide me in my discernment, that I always keep your will for me ever close to my heart.

Response: O Come, O Come, great Lord of might

Dec. 19: *O Radix Jesse / O Rod of Jesse’s stem*

Narrator: O Come, O Rod of Jesse’s stem

Jesus, you were a son to Mary and Joseph. You held deep and abiding friendships with many during your lifetime. I also understand the expectations of others and brought many of those hopes into my own marriage. Please be with me now as I reimagine my path and my relationships in light of my divorce and separation. Help me to become more deeply aware of the people and the places that will bring me towards your light.

Response: O Come, O Rod of Jesse's stem

Dec. 20: *O Clavis David / O Key of David*

Narrator: O Come, O Key of David, come

Jesus, in you all that was closed can be made open. You, who offered the keys of the Kingdom to Peter, open the keys to my heart. Allow me not to close myself off to others amid my grief. Give me this opportunity to grow in empathy and compassion to all those who suffer.

Response: O Come, O Key of David, come

Dec. 21: *O Oriens / O Dayspring*

Narrator: O Come, O Dayspring from on high

Creative Jesus, you are the dawn of our lives. In you, everything can begin again and become new. Allow me to care for myself with tenderness and with love. Give me permission to be human, to make mistakes but ultimately focus me instead on deepening my relationship with you during this time of transition.

Response: O Come, O Dayspring from on high

Dec. 22: *O Rex Gentium / O King of all the nations*

Narrator: O Come, Desire of nations, bind

Unifying Jesus, you who forgave your captors, teach me to practice acceptance. Teach me to seek forgiveness and to forgive even if that can only happen in small steps over a long time. Offer me the prayer of patience.

Response: O Come, Desire of nations, bind

Dec. 23: *O Emmanuel / O Emmanuel*

Narrator: O Come, O Come, Emmanuel

You are the God that is with us. You came to us in human form and with human vulnerabilities. Be here with me now as I heal from the pain and challenge of my divorce or separation. Be with me in the hope for the future that I may not yet be able to see.

Response: O Come, O Come, Emmanuel

Silent Meditation:

Which one of these attributes of Jesus most resonates with you right now? Use the next moments of silent meditation to invite Jesus into conversation. What does he want to teach you and show you? How can he encourage you during the waning days of Advent?

Reading: Philippians 4: 4-7

A reading from St. Paul's letter to the Philippians

Brothers and sisters:

Rejoice in the Lord always

I shall say it again: rejoice!

Your kindness should be known to all.

The Lord is near.

Have no anxiety at all, but in everything,
by prayer and petition, with thanksgiving,
make your requests known to God.

Then the peace of God that surpasses all understanding
will guard your hearts and minds in Christ Jesus. Amen.

Closing Prayer:

Jesus, we rejoice in the Incarnation. We rejoice in the fact that you are Emmanuel - the God that came among us and is here with us now and always. This rejoicing does not deny our pain or our suffering. No in fact, it is a testament that you stand beside us. Be with us as we grieve and be with us as we heal. We ask for continued awareness of your presence.

In your holy name, amen.