

Q Antiphons



*For those who have
experienced divorce*

The antiphons were composed in the seventh or eighth century when monks put together texts from the Old Testament. They emphasize the Advent theme of hope, expectation and longing for the coming of the Savior.

These verses or antiphons begin with “Q” and end with a plea for the Messiah to come. They are usually recited during the special period of Advent preparation which is the Octave before Christmas, Dec. 17-23. The following are the “Q” Antiphons composed for those that have experienced loss through separation or divorce.



December 17th

© Sapientia: © Wisdom, © holy Word of God, you govern all creation with your strong yet tender care. Come and show your people the way to salvation.

Read: Isaiah 11: 2-3

Lord, in my world of darkness that could only embrace my loss, my hope comes only from you where the beauty of your creation seeps in my soul. Your presence to us exist in the stars in the sky, the waters of the ocean, the rain from the clouds, the sun that sends forth its rays that dries the rain in the soil. There is order in the magnificence of your creation. As I experience the losses and disorders in my life, open my eyes to this beauty as a reminder of your love and tender care for us.

©, Lord, come let us experience your presence as we seek your ways to salvation.



December 18th

© Adonai: © sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai Mountain: come, stretch out your mighty hand to set us free.

Read: Isaiah 11: 4-5

Lord, we are weighed down by injustices, anger, disorder, and plain grief in ourselves. We remain as captives of our emotions that seem to rule us as we journey through our loss. Empty are we and unable to give to others. The laws of our land has governed us and rules over us as it seeks to divide our family creating more hurt and chaos. As we look to your laws, Lord, it reminds us that we must love one another.

*“Seventy times seven, you have said, we must forgive those who hurt us”. (Matt. 18:22)
This time, Lord, I need your help to learn how to forgive and love my ex-spouse as you have taught us so that healing can begin in me and our family.*

Lord, come and help me to look at the actions of others through your eyes as I seek your strength in learning how to forgive my ex-spouse.



December 19th

© Radix Jesse: “O Flower of Jesse’s stem, 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.”

Read: Isaiah 11:1, 10 and Micah 5:1

Lord, come and deliver us from the evil of divorce that has afflicted our family. Divided hearts and homes are what we had to deal with in our journey of our life because of choices that we had to make or those that were made for us. We ask you, even though we no longer share our lives together that we will be able to learn how to live in peace and harmony. Difficult as this may be, help us to be reminded that you still call us to learn to love one another.

© Lord, come and deliver us from the evils of division, derision and hatred.



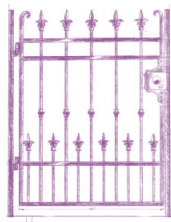
December 20th

© Clavis David: © Key of David, © 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.”

Read: Isaiah 22:22 and 9:6.

Lord, come break down the walls of division and derision that we have set up for ourselves in our family. Break down the barriers that have been caused by our anger, despair and our sense of hopelessness in the loss of our marriage. Fill us with a newfound hope, a new vision and anticipation as we renew our trust in you as we journey to a new life that we must still live despite all of the injustices that has happened through our divorce. Help us to see that our freedom from being stuck in our past lives begins when we see that our lives can have a new found meaning and purpose that will lead us to a new beginning.

©, Lord, come and set us free from our own prison walls and fill our hearts with your peace.



December 21st

☉ Oriens: “☉ Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.”

Read: Isaiah 9:1

Lord, come and shine the light of your compassion and love on us. Shine your light on our family that have been devastated, and we now live in the shadow of financial despair and poverty. Bless all of us who struggle to find the means to be able to take care of our families. Take our hands; lead us out of this darkness to the light by gracing us with the gift of wisdom and knowledge as well as opportunities to be able to provide for them. Help us to be mindful of an even greater poverty which is the poverty of our souls. . . . Be with us, so we continue to love and pray.

☉, Lord, come and shine your light of faith and love on us and restore us to a new life and abundance.



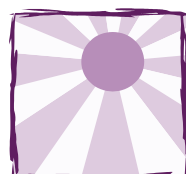
December 22nd

☉ Rex Gentium: “☉ King of all the nations, the only joy of every human heart; ☉ Keystone of the mighty arch of man, come and save the creature you fashioned from the dust.”

Read Isaiah: 9:5; 2:4

Lord, come and let us experience your joy in our hearts. ☉, Prince of Peace, create in us a new heart that is centered on peace that we can receive from your joy. As we restore our homes and lives, let love be at our center. As we reach out to one another and learn to love in a new way, restore and give us a new vision for our lives. As we learn to forgive each other, let the gift of healing begin in each of our hearts. As we begin to heal, let your joy, your peace and your love reign in each of our hearts for we have now found you.

Lord, come with your gift of peace.



December 23rd

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

Read Isaiah: 7:14

Lord, come and set us free from anything that will keep us from you in our lives. Despite our losses and all of our life experiences, © Emmanuel, you are with us. Open our eyes to see your love in our family and all those that have experienced brokenness. Touch very gently our hearts to heal them. Please, bring the balm of peace to our souls and those of our loved ones so that this Christmas as we have now found you in the Christ Child, our spirits will be renewed to carry on your love to a new life.

Lord, come and be with us.



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