

O Antiphons



**For those who have
experienced divorce**

The “O” 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 “O” 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 (eight days) before Christmas, Dec. 17-23. The following are the “O” Antiphons composed for those who have experienced loss through separation or divorce.



December 17th

O Sapientia: O Wisdom, O 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 from you, where the beauty of your creation seeps into my soul. Your presence is in the stars of the sky, the waters of the ocean, the rain from the clouds, and the sun that sends forth its rays and dries 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.

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



December 18th

O Adonai: O 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 injustice, 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 rule over us and divide our family, creating more hurt and chaos. As we look to **your** laws, Lord, they remind 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 see the actions of others through your eyes as I seek your strength in how to my ex-
learning forgive spouse.*



December 19th

O 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 deal with in our journey because of choices that we had to make or that were made for us. We ask you, even though we no longer live our lives together, that we learn how to live in peace and harmony. Difficult as this may be, remind us that you call us to learn to love one another.

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



December 20th

O Clavis David: O Key of David, O 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 in our family. Break down the barriers that have been caused by anger, despair and a sense of hopelessness in the loss of our marriage. Fill us with a hope and a new vision. We renew our trust in you as we journey to a new life despite the injustices of our divorce. Help us to see that our freedom from being stuck in our past begins when we see that our lives can have new meaning and purpose.

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



December 21st

O Oriens: O 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 has been devastated, and now lives in the shadow of financial despair and poverty. Bless us as we struggle to find the means to care for our families. Take our hands; lead us out of this darkness to the light by gracing us with the gifts of wisdom and knowledge as well as opportunities to provide for them. Help us to be mindful of an even greater poverty—the poverty of our souls. Be with us, so we continue to love and pray.

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



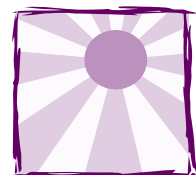
December 22nd

O Rex Gentium: O King of all the nations, the only joy of every human heart; O 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 give us joy in our hearts. O, Prince of Peace, create in us new hearts full of peace. 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 us and give us a new vision for our lives. As we learn to forgive each other, let the gift of healing begin in our hearts. As we begin to heal, let your joy, your peace and your love reign in our hearts, for we have now found you.

Lord, come with your gift of peace.



December 23rd

O 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 . Despite our losses and our life experiences, O 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 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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