

The 0 Antiphons • Prayers for Catholic Kids

The 0 Antiphons are an ancient liturgical antiphon (response) sung or recited during the last seven days of Advent (one each day from December 17 through December 23) as part of the [Liturgy of Hours](#). (The Liturgy of Hours is the way the Church prays throughout the day.)

No one knows the exact origin of the 0 Antiphons, but Christians have been singing them since at least the fifth century. You might recognize some of the words, because the 0 Antiphons are the basis of the popular hymn 0 Come, 0 Come Emmanuel.

Each antiphon begins with a title of Christ taken from the Old Testament. Do a little detective work to figure out what they mean, using the Scripture references as clues.

The 0 Antiphons

December 17

0 Wisdom, coming forth from the mouth of the Most High,
reaching from one end to the other,
mightily and sweetly ordering all things:
Come and teach us the way of prudence.

December 18

0 Adonai, and leader of the House of Israel,
who appeared to Moses in the fire of the burning bush
and gave him the law on Sinai:
Come and redeem us with an outstretched arm.

December 19

0 Root of Jesse, standing as a sign among the peoples;
before you kings will shut their mouths,

to you the nations will make their prayer:
Come and deliver us, and delay no longer.

December 20

O Key of David and sceptre of the House of Israel;
you open and no one can shut;
you shut and no one can open:
Come and lead the prisoners from the prison house,

December 21

O Morning Star,
splendor of light eternal and sun
of righteousness:
Come and enlighten those who dwell in darkness and the shadow
of death.

December 22

O King of the nations, and their desire,
the cornerstone making both one:
Come and save the human race,
which you fashioned from clay.

December 23

O Emmanuel, our king and our lawgiver,
the hope of the nations and their Saviour:
Come and save us, O Lord our God.

Scripture references

Wisdom: Isaiah 11:2-3, Isaiah 28:29

Adonai: Isaiah 11:4-5, Isaiah 33:22

Root: Isaiah 11:1, Isaiah 11:10

Key of David: Isaiah 22:22, Isaiah 9:7, Isaiah 42:7

Morning star: Isaiah 9:2

King of Nations: Isaiah 2:4, Isaiah 28:16

Emmanuel: Isaiah 7:14