

# 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