

Sunday December 21, 2025

“...come weary rest in your king”

Antiphon: a short sentence sung or recited before or after a psalm or canticle.

The Advent Antiphons come out of the writings of the prophet Isaiah.

Isaiah 11:1 Out of the stump of David’s family will grow a shoot— yes, a new Branch bearing fruit from the old root.
2 And the Spirit of the Lord will rest on him— the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord.

Advent Antiphon #1 ‘O’ Wisdom

O 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.

The Christmas carol, *O Come, O Come Emmanuel*, is written around the ‘O’ Antiphons.

O come, thou **Wisdom** from on high,
And order all things, far and wide;
To us the path of knowledge show,
And cause us in her ways to go.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

- **Consider: Wisdom is not just WHAT Jesus HAS, but WHO he actually IS.**

ANCIENT WISDOM

Proverbs 8:²⁷ I was there when he established the heavens, when he drew the horizon on the oceans. ²⁸ I was there when he set the clouds above, when he established springs deep in the earth. ²⁹ I was there when he set the limits of the seas, so they would not spread beyond their boundaries. And when he marked off the earth’s foundations, ³⁰ I was the architect at his side. I was his constant delight, rejoicing always in his presence. ³¹ And how happy I was with the world he created; how I rejoiced with the human family!

WISDOM OF JESUS

Matthew 11:²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. **Let me teach you**, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”

ASK:

“Who and What is informing me on how I live? (the yoke I am wearing)”

“Jesus, where do I need you to teach me the way of prudence (insight, discernment, discretion)?”

“Jesus, what one ‘attention-grabbing-distraction’ can I disconnect with to make my world go quiet and better hear from you?”