



**“The Woman and Her Seed”  
ADVENT READING PLAN**

In the tradition of the Advent “Jesse Tree,” which traces through salvation history the ancestors of Jesus or stories showing how all Old Testament scripture points to him, this sequence of readings begins with God’s promise in Genesis 3:15 that the woman and her “seed” will bruise the head of the serpent. Subsequent generations give hints of the one who is to come, born of a woman, to defeat the devil ... until the prophecy is fulfilled in Mary and Jesus.

Every day during Advent, read from Scripture to go through that history:

|             |  |                                  |
|-------------|--|----------------------------------|
| December 1  | <i>Adam and Eve; God’s promise</i>                                     | Genesis 2 - 3                    |
| December 2  | <i>Eve and Seth</i>  | Genesis 4                        |
| December 3  | <i>Sarah and Isaac</i>   | Genesis 17:1-21; 18:1-15; 21:1-7 |
| December 4  | <i>Rebekah and Jacob</i>   | Genesis 25:19-26; 28:1-4         |
| December 5  | <i>Leah and Judah</i>  | Genesis 29:1 – 30:24; 35:16-18   |
| December 6  | <i>Tamar and Perez</i>   | Genesis 38                       |
| December 7  | <i>Daughter of Levi and Moses</i>                                      | Exodus 1:1 – 2:10                |
| December 8  | <i>Rahab (mother of Boaz)</i>  | Joshua 2; 6:15-25                |
| December 9  | <i>Deborah (a mother in Israel)<br/>&amp; Jael (defeats the enemy)</i> | Exodus 2:1-10; 3:1-12            |
| December 10 | <i>Manoah’s wife and Samson</i>  | Judges 13                        |
| December 11 | <i>Ruth and Obed</i>   | Ruth 4                           |
| December 12 | <i>Hannah and Samuel</i>   | 1 Samuel 1; 2:1-11               |
| December 13 | <i>Prophecy: a virgin shall conceive</i>                               | Isaiah 7:1-14                    |
| December 14 | <i>Esther (defeats the enemy)</i>                                      | Esther 14; 5:1-8; 8:3-16         |
| December 15 | <i>Judith (defeats the enemy)</i>                                      | Judith 8:9 – 9:14; 13            |
| December 16 | <i>Elizabeth and John the Baptist<br/>&amp; Mary and Jesus</i>         | Luke 1                           |

*(Advent Readings, continued)*

Readings for December 17-23 are based on names of Jesus from the “O” Antiphons in the Liturgy of the Hours; they focus on the person of the long-awaited “seed.” The antiphon is written below each title and Scripture reference.

**December 17**     *Wisdom (O Sapientia)*     **Sirach 24:3; Wisdom 8:1**

- *Wisdom, you came forth from the mouth of the Most High and, reaching from beginning to end, you ordered all things mightily and sweetly. Come, and teach us the way of prudence*

**December 18**     *Lord (O Adonai)*     **Exodus 3:2; 6:6**

- *Adonai and Ruler of the House of Israel, you appeared to Moses in the fire of the burning bush and on Mount Sinai gave him your law. Come, and with outstretched arm redeem us.*

**December 19**     *Root of Jesse (O Radix)*     **Isaiah 11:1-3**

- *Root of Jesse, you stand as a sign for the peoples; before you kings shall keep silence and to you all nations shall have recourse. Come, save us, and do not delay.*

**December 20**     *Key of David (O Clavis David)*     **Isaiah 22:22, 42:6-7  
Revelation 3:7**

- *Key of David and Scepter of the House of Israel; you open and no man closes; you close and no man opens. Come, and deliver from the chains of prison those who sit in darkness and in the shadow of death.*

**December 21**     *Dayspring, Morning Star (O Oriens)*     **Isaiah 9:1; Malachi 3:20  
2 Peter 1:19**

- *Rising Dawn, Radiance of the Light eternal and Sun of Justice: come and enlighten those who sit in darkness and in the shadow of death*

**December 22**     *King of the Nations (O Rex Gentium)*     **Psalm 2:7-9  
Ephesians 2:14-20**

- *King of the Gentiles and the Desired of all, you are the cornerstone that binds two into one. Come, and save man whom you fashioned out of clay.*

**December 23**     *God with Us (O Emmanuel)*     **Isaiah 7:14; 33:22  
Matthew 1:23**

- *Emmanuel, our King and Lawgiver, the Expected of the nations and their Savior. Come and save us, O Lord our God.*

**December 24**     *Jesus is the Light of the World*     **John 1:1-14**

Read more about the Old Testament women who paved the way for Mary in *Becoming Women of the Word: How to Answer God's Call with Purpose and Joy* by Sarah Christmyer (Ave Maria Press).