

Week days Germanic adaptations

The English words for each day bear remnants of Roman tradition, but they have been filtered through centuries of Germanic and Norse myths. The Germanic people adapted the Roman system by identifying Roman gods with their own deities.

Sunday comes from Old English "Sunnandæg," which is derived from a Germanic interpretation of the Latin *dies solis*, "sun's day." Germanic and Norse mythology personify the sun as a goddess named Sunna or Sól.



Monday likewise comes from Old English "Mōnandæg," named after Máni, the Norse personification of the moon (and Sól's brother).

Middle English sone(n)day or sun(nen)day

Old English sunnandæg "day of the sun"

Middle English monday or mone(n)day

Old English mon(an)dæg "day of the moon"



Tuesday comes from Old English "Tīwesdæg," after Tiw, or Tyr, a one-handed Norse god of dueling. He is equated with Mars, the Roman war god.

Middle English tiwesday or tewesday

Old English tiwesdæg "Tiw's (Tiu's) day"

Tiu (Twia) is the English/Germanic god of war and the sky. He is identified with the Norse god Tyr.



TUESDAY – after Tiw, Teutonic god of law

Wednesday is "Wōden's day." Wōden, or Odin, was the ruler of the Norse gods' realm and associated with wisdom, magic, victory and death. The Romans connected Wōden to Mercury because they were both guides of souls after death. "Wednesday" comes from Old English "Wōdnesdæg."

Middle English wodnesday, wednesday, or wednesdai

Old English wodnesdæg "Woden's day"

Woden is the chief Anglo-Saxon/Teutonic god. Woden is the leader of the Wild Hunt. Woden is from wod "violently insane" + -en "headship". He is identified with the Norse Odin.



Thursday, "Thor's day," gets its English name after the hammer-wielding Norse god of thunder, strength and protection. The Roman god Jupiter, as well as being the king of gods, was the god of the sky and thunder. "Thursday" comes from Old English "Þūnresdæg."

Middle English thur(e)sday

Old English thursdæg

Old Norse thorsdagr "Thor's day"

Old English thunresdæg "thunder's day"

Thor is the Norse god of thunder. He is represented as riding a chariot drawn by goats and wielding the hammer Mjölnir. He is the defender of the Aesir, destined to kill and be killed by the Midgard Serpent.



THURSDAY — after Thor, Teutonic god of war

Friday is named after the wife of Odin. Some scholars say her name was Frigg; others say it was Freya; other scholars say Frigg and Freya were two separate goddesses. Whatever her name, she was often associated with Venus, the Roman goddess of love, beauty and fertility. "Friday" comes from Old English "Frīgedæg."

Freo is identical with free, meaning free. It is from the Germanic frijaz meaning "beloved, belonging to the loved ones, not in bondage, free".

Middle English fridai

Old English frīgedæg "Freya's day"

composed of Frige (genitive singular of Freo) + dæg "day" (most likely)

or composed of Frig "Frigg" + dæg "day" (least likely)

Germanic frije-dagaz "Freya's (or Frigg's) day"

Freya (Fria) is the Teutonic goddess of love, beauty, and fecundity (prolific procreation). She is identified with the Norse god Freya. She is leader of the Valkyries and one of the Vanir. She is confused in Germany with Frigg.

Frigg (Frigga) is the Teutonic goddess of clouds, the sky, and conjugal (married) love. She is identified with Frigg, the Norse goddess of love and the heavens and the wife of Odin. She is one of the Aesir. She is confused in Germany with Freya.



FRIDAY—after Fria, Teutonic goddess of love

As for **Saturday**, Germanic and Norse traditions didn't assign any of their gods to this day of the week. They retained the Roman name instead. The English word "Saturday" comes from the Anglo-Saxon word "Sæturnesdæg," which translates to "Saturn's day."

Middle English saterday

Old English sæter(nes)dæg "Saturn's day"

Saturn is the Roman and Italic god of agriculture and the consort of Ops. He is believed to have ruled the earth during an age of happiness and virtue.



SATURDAY—after Saturn, Roman god of agriculture

Day	Planet	Latin	Spanish	French	Italian
Monday	Moon	Dies Lunae	lunes	lundi	lunedì
Tuesday	Mars	Dies Martis	martes	mardi	martedì
Wednesday	Mercury	Dies Mercurii	miércoles	mercredi	mercoledì
Thursday	Jupiter	Dies Jovis	jueves	jeudi	giovedì
Friday	Venus	Dies Veneris	viernes	vendredi	venerdì
Saturday	Saturn	Dies Saturni	sábado	samedi	sabato
Sunday	Sun	Dies Solis	domingo	dimanche	domenica

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