

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר

Baruk Atah Adonai Eloheinu Melek HaOlam  
Asher Kidshanu B'mitzvotav V'tzivanu al Sefirat HaOmer

Blessed Are You, Lord Our God, King of the Universe,  
Who has set us apart by Your commandments and has  
commanded us to count the Omer.

### **Day 45**

Today is the 3<sup>rd</sup> day of the 7<sup>th</sup> week and Day 45,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 11:27**

All things have been handed over to me by my Father,  
and no one knows the Son except the Father, and no  
one knows the Father except the Son and anyone  
to whom the Son chooses to reveal him.

#### **Isaiah 42:6-7**

I am the Lord; I have called you in righteousness;  
I will take you by the hand and keep you; I will give  
you as a covenant for the people, a light for the nations,  
to open the eyes that are blind, to bring out the prisoners  
from the dungeon, from the prison those who sit in darkness.