

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 20

Today is the 6th day of the 3rd week and Day 20,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:37

Let what you say be simply 'Yes' or 'No';
anything more than this comes from evil.

Numbers 30:2

If a man vows a vow to the Lord, or swears an oath
to bind himself by a pledge, he shall not break his word.
He shall do according to all that proceeds out of his mouth.

Leviticus 19:12

You shall not swear by my name falsely,
and so profane the name of your God: I am the Lord.