

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 43

Today is the 1st day of the 7th week and Day 43,
I have counted the Omer.

Scriptures for Meditation

Matthew 10:40

Whoever receives you receives me,
and whoever receives me receives him who sent me.

Isaiah 9:5-6

For every boot of the tramping warrior in battle tumult
and every garment rolled in blood will be burned as fuel for
the fire. For to us a child is born, to us a son is given;
and the government shall be upon his shoulder, and his
name shall be called Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.