

בְּרוּךְ 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 29

Today is the 1st day of the 5th week and Day 29,
I have counted the Omer.

Scriptures for Meditation

Matthew 7:1-2

Judge not, that you be not judged.

2 For with the judgment you pronounce
you will be judged, and with the measure you
use it will be measured to you.

Isaiah 66:5

Hear the word of the Lord, you who tremble
at his word: “Your brothers who hate you and cast you
out for my name's sake have said, ‘Let the Lord be
glorified, that we may see your joy’;
but it is they who shall be put to shame.

Galatians 6:1-2

Brothers, if anyone is caught in any transgression,
you who are spiritual should restore him in a spirit of
gentleness. Keep watch on yourself, lest you too be tempted.
2 Bear one another's burdens, and so fulfill the law of Christ.