

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 14

Today is the 7th day of the 2nd week and Day 14,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:13

You are the salt of the earth; but if the salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

Leviticus 2:13

You shall season all your grain offerings with salt. You shall not let the salt of the covenant with your God be missing from your grain offering; with all your offerings you shall offer salt.

Numbers 18:19

All the holy contributions that the people of Israel present to the Lord I give to you, and to your sons and daughters with you, as a perpetual due. It is a covenant of salt forever before the Lord for you and for your offspring with you.