

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 23

Today is the 2nd day of the 4th week and Day 23,
I have counted the Omer.

Scriptures for Meditation

Matthew 6:1

Beware of practicing your righteousness before other
people in order to be seen by them, for then you
will have no reward from your Father who is in heaven.

Proverbs 8:13

The fear of the Lord is hatred of evil.
Pride and arrogance and the way of evil
and perverted speech I hate.

Proverbs 29:23

One's pride will bring him low,
but he who is lowly in spirit will obtain honor.