

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 18**

Today is the 4<sup>th</sup> day of the 3<sup>rd</sup> week and Day 18,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 5:23-24**

So if you are offering your gift at the altar and there  
remember that your brother has something against you,  
leave your gift there before the altar and go. First be  
reconciled to your brother, and then come and offer your gift.

#### **Psalms 24:3-4**

Who shall ascend the hill of the Lord? And who shall stand in  
his holy place? He who has clean hands and a pure heart, who  
does not lift up his soul to what is false and does not swear  
deceitfully.

#### **Proverbs 11:24**

One gives freely, yet grows all the richer;  
another withholds what he should give, and only suffers want.