

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 8

Today is the 1st day of the 2nd week and Day 8,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:5

Blessed are the meek, for they
shall inherit the earth.

Psalms 18:36

You have given me the shield of your salvation,
and your right hand supported me,
and your gentleness made me great.

2 Corinthians 10:1

I, Paul, myself entreat you, by the meekness and gentleness
of Christ—I who am humble when face to face with you,
but bold toward you when I am away!