

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 39

Today is the 4th day of the 6th week and Day 39,
I have counted the Omer.

Scriptures for Meditation

Matthew 10:22

And you will be hated by all for my name's sake.
But the one who endures to the end will be saved.

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.

Daniel 12:13

But go your way till the end. And you shall rest
and shall stand in your allotted place at the end of the days.