

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 4

Today is the 4th day of the 1st week and Day 4,
I have counted the Omer.

Scriptures for Meditation

Matthew 4:17

From that time Jesus began to preach, saying, “Repent,
for the kingdom of heaven is at hand.

2 Chronicles 7:14

If my people who are called by my name humble themselves,
and pray and seek my face and turn from their wicked ways,
then I will hear from heaven and will forgive their sin and heal
their.

Joel 2:13

And rend your hearts and not your garments.”Return to
the Lord your God, for he is gracious and merciful, slow
to anger, and he relents over disaster.