

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 49

Today is the 7th day of the 7th week and Day 49,
I have counted the Omer.

Scriptures for Meditation

Matthew 12:36-37

I tell you, on the day of judgment people will give
account for every careless word they speak,
for by your words you will be justified,
and by your words you will be condemned.

Proverbs 13:3

Whoever guards his mouth preserves his life;
he who opens wide his lips comes to ruin.

Proverbs 10:19

When words are many, transgression is not lacking,
but whoever restrains his lips is prudent.

Proverbs 29:20

Do you see a man who is hasty in his words?
There is more hope for a fool than for him.