

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 6

Today is the 6th day of the 1st week and Day 6,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:3

Blessed are the poor in spirit, for theirs is the
kingdom of heaven.

Isaiah 66:2

All these things my hand has made, and so all these things came
to be, declares the Lord. But this is the one to whom I will look:
he who is humble and contrite in spirit and trembles at my word.

Isaiah 57:15

For thus says the One who is high and lifted up,
who inhabits eternity, whose name is Holy:
“I dwell in the high and holy place, and also with him
who is of a contrite and lowly spirit, to revive the spirit of the
lowly, and to revive the heart of the contrite.