

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 28

Today is the 7th day of the 4th week and Day 28,
I have counted the Omer.

Scriptures for Meditation

Matthew 6:33

But seek first the kingdom of God and his
righteousness, and all these things will be added to you.

Psalms 94:19

When the cares of my heart are many,
your consolations cheer my soul.

Isaiah 35:4

Say to those who have an anxious heart,
“Be strong; fear not! Behold, your God will
come with vengeance, with the recompense of God.
He will come and save you.”