

בְּרוּךְ 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 24

Today is the 3<sup>rd</sup> day of the 4<sup>th</sup> week and Day 24,  
I have counted the Omer.

### Scriptures for Meditation

#### Matthew 6:9-13

Pray then like this: “Our Father in heaven, hallowed be  
your name. Your kingdom come, your will be done,  
on earth as it is in heaven. Give us this day our daily bread,  
and forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from evil.

**Our Father – Isaiah 63:16; in Heaven – Psalm 115:3;**

**Sanctified by your name – Leviticus 22:32;**

**Your kingdom come – Daniel 7:27; Isaiah 9:6;**

**Your will be done – Daniel 4:34;**

**On earth as it is in heaven – Psalm 103:19-22;**

**Give us this our daily bread – Proverbs 30:8;**

**And forgive us our debts -- Exodus 34:7; Psalm 32:1;**

**As we forgive us our debtors – Deuteronomy 15:2;**

**And lead us not into temptation – Isaiah 3:12; Proverbs**

**But deliver us from evil - Psalm 121:7; Jeremiah 15:21;**