

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 19

Today is the 5th day of the 3rd week and Day 19,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:28

But I say to you that everyone who looks at a woman
with lustful intent has already committed adultery
with her in his heart.

Leviticus 20:10

If a man commits adultery with the wife of his neighbor,
both the adulterer and the adulteress shall surely be put to death.

Proverbs 6:32

He who commits adultery lacks sense;
he who does it destroys himself.