

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 40**

Today is the 5<sup>th</sup> day of the 6<sup>th</sup> week and Day 40,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 10:27-28**

What I tell you in the dark, say in the light,  
and what you hear whispered, proclaim on the housetops.  
And do not fear those who kill the body but cannot kill the soul.  
Rather fear him who can destroy both soul and body in hell.

#### **Isaiah 41:10-11**

Fear not, for I am with you; be not dismayed, for I am your  
God; I will strengthen you, I will help you, I will uphold you  
with my righteous right hand. Behold, all who are incensed  
against you shall be put to shame and confounded; those who  
strive against you shall be as nothing and shall perish.

#### **Joshua 1:9**

Have I not commanded you? Be strong and courageous.  
Do not be frightened, and do not be dismayed, for the Lord  
your God is with you wherever you go.