

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 46**

Today is the 4<sup>th</sup> day of the 7<sup>th</sup> week and Day 46,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 11:28-30**

Come to me, all who labor and are heavy laden,  
and I will give you rest. Take my yoke upon you, and  
learn from me, for I am gentle and lowly in heart,  
and you will find rest for your souls.  
For my yoke is easy, and my burden is light.

#### **Jeremiah 6:16**

Thus says the Lord: “Stand by the roads,  
and look, and ask for the ancient paths,  
where the good way is; and walk in it, and find  
rest for your souls. But they said, ‘We will not walk in it.