

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 7

Today is the 7th day of the 1st week and Day 7,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:4

Blessed are those who mourn, for
they shall be comforted.

Isaiah 49:13

Sing for joy, O heavens, and exult, O earth; break forth,
O mountains, into singing! For the Lord has comforted his
people and will have compassion on his afflicted.