

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 3**

Today is the 3<sup>rd</sup> day of the 1<sup>st</sup> week and Day 3,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 4:10**

Then Jesus said to him, “Be gone, Satan!  
For it is written, “You shall worship the Lord your  
God and him only shall you serve.

#### **Deuteronomy 6:13**

It is the Lord your God you shall fear. Him you  
shall serve and by his name you shall swear.

#### **Exodus 20:5**

You shall not bow down to them or serve them, for I the  
Lord your God am a jealous God, visiting the iniquity of  
the fathers on the children to the third and the fourth  
generation of those who hate me.