

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 31

Today is the 3rd day of the 5th week and Day 31,
I have counted the Omer.

Scriptures for Meditation

Matthew 7:12

So whatever you wish that others would do to you,
do also to them, for this is the Law and the Prophets.

Leviticus 19:18

You shall not take vengeance or bear a grudge against the
sons of your own people, but you shall love your
neighbor as yourself: I am the Lord.

Matthew 22:39-40

And a second is like it: You shall love your neighbor as
yourself. On these two commandments depend
all the Law and the Prophets.