

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 30

Today is the 2nd day of the 5th week and Day 30,
I have counted the Omer.

Scriptures for Meditation

Matthew 7:7-8

Ask, and it will be given to you; seek,
and you will find; knock, and it will be opened to you.
For everyone who asks receives, and the one who seeks finds,
and to the one who knocks it will be opened.

Exodus 14:15-16

The Lord said to Moses, “Why do you cry to me?
Tell the people of Israel to go forward Lift up your staff,
and stretch out your hand over the sea and divide it, that the
people of Israel may go through the sea on dry ground.

Matthew 21:22

And whatever you ask in prayer,
you will receive, if you have faith.