

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 44**

Today is the 2<sup>nd</sup> day of the 7<sup>th</sup> week and Day 44,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 11:20 & 24**

**20** Then he began to denounce the cities where most of his mighty works had been done, because they did not repent.

**24** But I tell you that it will be more tolerable on the day of judgment for the land of Sodom than for you.

#### **Proverbs 28:13**

Whoever conceals his transgressions will not prosper,  
but he who confesses and forsakes them will obtain mercy.

#### **2 Chronicles 7:14**

If my people who are called by my name humble themselves,  
and pray and seek my face and turn from their wicked  
ways, then I will hear from heaven and will forgive  
their sin and heal their land.