

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 33

Today is the 5th day of the 5th week and Day 33,
I have counted the Omer.

Scriptures for Meditation

Matthew 7:24

Everyone then who hears these words of mine and does
them will be like a wise man who built his house on the rock.

Jeremiah 17:7-8

Blessed is the man who trusts in the Lord,
whose trust is the Lord. He is like a tree planted
by water, that sends out its roots by the stream,
and does not fear when heat comes, for its leaves
remain green, and is not anxious in the year of
drought, for it does not cease to bear fruit.

1 Samuel 2:2

There is none holy like the Lord:
for there is none besides you;
there is no rock like our God.