

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 13**

Today is the 6<sup>th</sup> day of the 2<sup>nd</sup> week and Day 13,  
I have counted the Omer.

### **Scriptures for Meditation**

#### **Matthew 5:10-12**

Blessed are those who are persecuted for righteousness' sake,  
for theirs is the kingdom of heaven. Blessed are you when  
others revile you and persecute you and utter all kinds of  
evil against you falsely on my account. Rejoice and be glad,  
for your is great in heaven, for so they persecuted  
the prophets who were before you.

#### **Deuteronomy 30:7**

And the Lord your God will put all these curses  
on your foes and enemies who persecuted you.