

COUNTING THE OMER

“And from the morrow after the Sabbath, from the day that you brought the sheaf of the wave offering, you shall count for yourselves: seven completed Sabbaths. Until the morrow after the seventh Sabbath you count fifty days, then you shall bring a new grain offering to YAHUAH.” (Lev/Way. 23:15,16)

“Count seven weeks for yourself. Begin to count seven weeks from the time you begin to put the sickle to the grain.” (Deut/Deb. 16:9)

STEP 1: THE BLESSING

Baruch atah YAHUAH Eloheynu Melech Ha-Olam, asher kiddeshanu b’mitzvotav, v’tzivanu al Sefirat HaOmer.

Blessed are You, **YAHUAH** our Elohim, Sovereign of the Universe, Who set us apart with His commands, and commanded us regarding the counting of the Omer.

STEP 2: THE COUNT (SEE CHART BELOW)

Example: *“This is the [first] day of the Omer.”*

After 7 days: *“This is the [eighth] day, which is [one] week and [one] day of the Omer.”*

STEP 3: THE READING (SEE CHART BELOW)

Tehillim 67 is also read each day of the omer in addition to the readings below.

STEP 4: THE PRAYER:

YAHUAH HaRachaman, Hu Yachazir lanu avodat Beit HaMikdash Li’mekomo bimhayra be’yameinu. Amen; Selah.

YAHUAH, the Compassionate One, May He return for us the service of the Set-Apart Place to its place speedily and in our days. So be it; Selah.

We beg You, **YAHUAH**, with the strength of Your right hand’s greatness, untie the bundled sins. Accept the prayer of Your nation; strengthen us, purify us, O Awesome One. Please, O Strong One—those who foster Your Oneness, guard them like the apple of an eye. Bless them, purify them, show them compassion, may Your righteousness always recompense them. Powerful, Set-Apart One, with Your abundant goodness guide Your congregation. One and only Exalted One, turn to Your nation, which proclaims Your set-apartness. Accept our entreaty and hear our cry, O YAHUAH, Knower of mysteries. Blessed is the Name of His esteemed Sovereignty forever and ever.

O YAHUAH, Master of the universe, You commanded us through Mosheh, Your servant, to count the Omer Count in order to cleanse us from our encrustations of evil and from our contaminations, as You have written in Your Torah: *‘And from the morrow after the Sabbath, from the day that you brought the sheaf of the wave offering, you shall count for yourselves: seven completed Sabbaths. Until the morrow after the seventh Sabbath you count fifty days, then you shall bring a new grain offering to YAHUAH,’* (Lev 23:15-16) so that the beings of Your people Yisra’el be cleansed from their contamination.

Therefore, may it be Your will, YAHUAH our Elohim and the Elohim of our forefathers, that You correct whatever blemish I have caused within my being. May I be cleansed and set apart with the Set-Apartness of Above. May You correct our lives, spirits, and beings from all sediment and blemish; may You cleanse us and set us apart with Your exalted set-apartness. So be it, Selah!

DAY	COUNT	READING
1	Ha-yom yom e-chad la-omer <i>Today is one day of the Omer</i>	Psalm / Tehillim 119:1-8
2	Ha-yom sh'nay yamim la-omer <i>Today is two days of the Omer</i>	119:9-16
3	Ha-yom sh'losa yamim la-omer <i>Today is three days of the Omer</i>	119:17-24
4	Ha-yom arba-a yamim la-omer <i>Today is four days of the Omer</i>	119:25-32
5	Ha-yom chami-sha yamim la-omer <i>Today is five days of the Omer</i>	119:33-40
6	Ha-yom shi-sha yamim la-omer <i>Today is six days of the Omer</i>	119:41-48
7	Ha-yom shiv-a yamim, shehaym shavu-a e-chad la-omer <i>Today is seven days, which are one week of the Omer</i>	119:49-56
8	Ha-yom sh'mona yamim, shehaym shavu-a e-chad v'yom e-chad la-omer <i>Today is eight days, which are one week and one day of the Omer</i>	119:57-64
9	Ha-yom tish-a yamim, shehaym shavu-a e-chad ushnay yamim la-omer <i>Today is nine days, which are one week and two days of the Omer</i>	119:65-72
10	Ha-yom asara yamim, shehaym shavu-a e-chad ushlosa yamim la-omer <i>Today is ten days, which are one week and three days of the Omer</i>	119:73-80
11	Ha-yom achad asar yom, shehaym shavu-a echad v'arba-a yamim la-omer <i>Today is eleven days, which are one week and four days of the Omer</i>	119:81-88
12	Ha-yom sh'naym asar yom, shehaym shavu-a echad vachami-sha yamim la-omer <i>Today is twelve days, which are one week and five days of the Omer</i>	119:89-96
13	Ha-yom sh'losa asar yom, shehaym shavu-a echad v'shisha yamim la-omer <i>Today is thirteen days, which are one week and six days of the Omer</i>	119:97-104

14	<p>Ha-yom arba-a asar yom, shehaym sh'nay shavuot la-omer <i>Today is fourteen days, which are two weeks of the Omer</i></p>	119:105-112
15	<p>Ha-yom chami-sha asar yom, shehaym sh'nay shavuot v'yom echad la-omer <i>Today is fifteen days, which are two weeks and one day of the Omer</i></p>	119:113-120
16	<p>Ha-yom shi-sha asar yom, shehaym sh'nay shavuot ushnay yamim la-omer <i>Today is sixteen days, which are two weeks and two days of the Omer</i></p>	119:121-128
17	<p>Ha-yom shiva asar yom, shehaym sh'nay shavuot ushlosa yamim la-omer <i>Today is seventeen days, which are two weeks and three days of the Omer</i></p>	119:129-136
18	<p>Ha-yom shemonah asar yom, shehaym sh'nay shavuot v'arba-a yamim la-omer <i>Today is eighteen days, which are two weeks and four days of the Omer</i></p>	119:137-144
19	<p>Ha-yom tisha asar yom, shehaym sh'nay shavuot va'chamisha yamim la-omer <i>Today is nineteen days, which are two weeks and five days of the Omer</i></p>	119:145-152
20	<p>Ha-yom esrim yom, shehaym sh'nay shavuot v'shi-sha yamim la-omer <i>Today is twenty days, which are two weeks and six days of the Omer</i></p>	119:153-160
21	<p>Hayom e-chad v'esrim yom, shehaym shlosa shavuot la-omer <i>Today is twenty-one days, which are three weeks of the Omer</i></p>	119:161-168
22	<p>Ha-yom sh'nayim v'esrim yom, shehaym shelosha shavuot v'yom echad la-omer <i>Today is twenty-two days, which are three weeks and one day of the Omer</i></p>	119:169-176
23	<p>Ha-yom sh'losa v'esrim yom, shehaym shelosha shavuot ushnay yamim la-omer <i>Today is twenty-three days, which are three week and two days of the Omer</i></p>	Psalm / Tehillim 1:1-6
24	<p>Ha-yom arba-a v'esrim yom, shehaym shelosha shavuot u'shelosha yamim la-omer <i>Today is twenty-four days, which are three weeks and three days of the Omer</i></p>	11:1-7

25	<p>Ha-yom chami-sha v'esrim yom, shehaym shelosha shavuot v'arba-a yamim la-omer <i>Today is twenty-five days, which are three weeks and four days of the Omer</i></p>	15:1-5
26	<p>Ha-yom shi-sha v'esrim yom, shehaym shelosha shavuot va-chamisha yamim la-omer <i>Today is twenty-six days, which are three weeks and five days of the Omer</i></p>	19:7-14
27	<p>Ha-yom shiva v'esrim yom, shehaym shelosha shavuot v'shi-sha yamim la-omer <i>Today is twenty-seven days, which are three weeks and six days of the Omer</i></p>	25:4-10
28	<p>Ha-yom shemonah v'esrim yom, shehaym arba-a shavuot la-omer <i>Today is twenty-eight days, which are four weeks of the Omer</i></p>	63:1-8
29	<p>Ha-yom tisha v'esrim yom, shehaym arba-a shavuot v'yom e-chad la-omer <i>Today is twenty-nine days, which are four weeks and one day of the Omer</i></p>	66:1-20
30	<p>Ha-yom shloshim yom, shehaym arba-a shavuot ushnay yamim la-omer <i>Today is thirty days, which are four weeks and two days of the Omer</i></p>	78:16-1
31	<p>Hayom e-chad u'sheloshim yom, shehaym arba-a shavuot u'shelosha yamim la-omer <i>Today is thirty-one days, which are four weeks and three days of the Omer</i></p>	78:17-31
32	<p>Ha-yom sh'nayim u'sheloshim yom, shehaym arba-a shavuot v'arba-a yamim la-omer <i>Today is thirty-two days, which are four weeks and four days of the Omer</i></p>	78:32-39
33	<p>Ha-yom sh'losa u'sheloshim yom, shehaym arba-a shavuot vachamisha yamim la-omer <i>Today is thirty-three days, which are four weeks and five days of the Omer</i></p>	78:40-55
34	<p>Ha-yom arba-a u'sheloshim yom, shehaym arba-a shavuot v'shi-sha yamim la-omer <i>Today is thirty-four days, which are four weeks and six days of the Omer</i></p>	78:56-72
35	<p>Ha-yom chami-sha u'sheloshim yom, shehaym chami-sha shavuot la-omer <i>Today is thirty-five days, which are five weeks of the Omer</i></p>	93:1-7

36	<p>Ha-yom shi-sha u'sheloshim yom, shehaym chami-sha shavuot v'yom echad la-omer <i>Today is thirty-six days, which are five weeks and one day of the Omer</i></p>	94:12-23
37	<p>Ha-yom shiva u'sheloshim yom, shehaym chami-sha shavuot ushnay yamim la-omer <i>Today is thirty-seven days, which are five weeks and two days of the Omer</i></p>	95:1-7
38	<p>Ha-yom shemonah u'sheloshim yom, shehaym chami-sha shavuot u'shelosha yamim la-omer <i>Today is thirty-eight days, which are five weeks and three days of the Omer</i></p>	96:1-13
39	<p>Ha-yom tisha u'sheloshim yom, shehaym chami-sha shavuot va'arba-a yamim la-omer <i>Today is thirty-nine days, which are five weeks and four days of the Omer</i></p>	98:1-9
40	<p>Ha-yom arba-im yom, shehaym chami-sha shavuot va'chamisha yamim la-omer <i>Today is forty days, which are five weeks and five days of the Omer</i></p>	99:1-9
41	<p>Hayom e-chad v'arbaim yom, shehaym chami-sha shavuot v'shi-sha yamim la-omer <i>Today is forty-one days, which are five weeks and six days of the Omer</i></p>	103:1-22
42	<p>Ha-yom sh'nayim v'arbaim yom, shehaym shi-sha shavuot la-omer <i>Today is forty-two days, which are six weeks of the Omer</i></p>	105:1-11
43	<p>Ha-yom sh'losa v'arbaim yom, shehaym shi-sha shavuot v'yom e-chad la-omer <i>Today is forty-three days, which are six weeks and one day of the Omer</i></p>	106:1-5
44	<p>Ha-yom arba-a v'arbaim yom, shehaym shi-sha shavuot ushnay yamim la-omer <i>Today is forty-four days, which are six weeks and two days of the Omer</i></p>	111:1-10
45	<p>Ha-yom chami-sha v'arbaim yom, shehaym shi-sha shavuot u'shelosha yamim la-omer <i>Today is forty-five days, which are six weeks and three days of the Omer</i></p>	112:1-10
46	<p>Ha-yom shi-sha v'arbaim yom, shehaym shi-sha shavuot v'arba-a yamim la-omer <i>Today is forty-six days, which are six weeks and four days of the Omer</i></p>	128:1-6

47	<p>Ha-yom shiva v'arbaim yom, shehaym shi-sha shavuot va'chami-sha yamim la-omer <i>Today is forty-seven days, which are six weeks and five days of the Omer</i></p>	130:1-8
48	<p>Ha-yom shemonah v'arbaim yom, shehaym shi-sha shavuot v'shi-sha yamim la-omer <i>Today is forty-eight days, which are six weeks and six days of the Omer</i></p>	148:1-14
49	<p>Ha-yom tisha v'arbaim yom, shehaym shiv-a shavuot la-omer <i>Today is forty-nine days, which are seven weeks of the Omer</i></p>	138:1-8
50	<p>Shavuot! Chag Sameach! Happy Festival!</p>	150:1-6