

Sefirat Ha'Omer (Counting of the Omer)

How to Count the Omer:

The Omer is counted at night, while standing.

The Blessing:

Baruch Atah, Adonai Elohaynu, Melech Ha'Olam, Asher Kidishanu B'mitzvotav, vitzivanu al sefirat ha'Omer.

Blessed are You, L-RD our G-D, King of the universe, who has sanctified us by Your Commandments, and commanded us concerning the counting of the Omer.

Then you say, "Today is _____ days, which are _____ weeks and _____ days of the Omer."

Read the appropriate portion of Psalms 119 for the day.

Each day of the Omer reminds us how much time is left before His Promised revelation and renewal.

We can say, "Abba Father, today is the ____ day of the Omer, _____ more days are left until You, Abba, come and bless me again with a fresh filling of the Ruach HaKodesh (Holy Spirit), endowing me with the power of G-d to be a witness in word and in lifestyle; that your message will go forth into the world."



Day 1 Psalm 119:1-8	Day 2 Psalm 119:9-16	Day 3 Psalm 119:17-24	Day 4 Psalm 119:25-32	Day 5 Psalm 119:33-40	Day 6 Psalm 119:41-48
---------------------------	----------------------------	-----------------------------	-----------------------------	-----------------------------	-----------------------------

Day 7 Psalm 119:49-56	Day 8 Psalm 119:57-64	Day 9 Psalm 119:65-72	Day 10 Psalm 119:73-80
-----------------------------	-----------------------------	-----------------------------	------------------------------

Day 11 Psalm 119:81-88	Day 12 Psalm 119:89-96	Day 13 Psalm 119:97-104	Day 14 Psalm 119:105-112	Day 15 Psalm 119:113-120	Day 16 Psalm 119:121-128
------------------------------	------------------------------	-------------------------------	--------------------------------	--------------------------------	--------------------------------

Day 17 Psalm 119:129-136	Day 18 Psalm 119:137-144	Day 19 Psalm 119:145-152	Day 20 Psalm 119:153-160	Day 21 Psalm 119:161-168	Day 22 Psalm 119:169-176	Day 23 Psalm 119:1-8	Day 24 Psalm 119:9-16	Day 25 Psalm 119:17-24
--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	----------------------------	-----------------------------	------------------------------

Day 26 Psalm 119:25-32	Day 27 Psalm 119:33-40	Day 28 Psalm 119:41-48	Day 29 Psalm 119:49-56	Day 30 Psalm 119:57-64	Day 31 Psalm 119:65-72	Day 32 Psalm 119:73-80	Day 33 Psalm 119:81-88	Day 34 Psalm 119:89-96
------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------

Day 35 Psalm 119:97-104	Day 36 Psalm 119:105-112	Day 37 Psalm 119:113-120	Day 38 Psalm 119:121-128	Day 39 Psalm 119:129-136	Day 40 Psalm 119:137-144	Day 41 Psalm 119:145-152	Day 42 Psalm 119:153-160	Day 43 Psalm 119:161-168
-------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------

Day 44 Psalm 119:169-176	Day 45 Psalm 119:1-8	Day 46 Psalm 119:9-16	Day 47 Psalm 119:17-24	Day 48 Psalm 119:25-32	Day 49 Psalm 119:33-40	Day 50 - Shavuot! Psalm 119:41-48 www.CongregationRebirth.com		
--------------------------------	----------------------------	-----------------------------	------------------------------	------------------------------	------------------------------	---	--	--

Counting of The Omer
 Luke 21:28
 “Redemption is near”

Lev. 23:15 &16

“Then you are to count from the morrow after the Shabbat... seven complete Shabbatot. Until the morrow after the seventh Shabbat (fifty days).”