

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 11

Today is the 4th day of the 2nd week and Day 11,
I have counted the Omer.

Scriptures for Meditation

Matthew 5:8

Blessed are the pure in heart, for they shall see God.

Psalms 24:3-5

Who may go up on the mountain of Adonai? Who may stand in His holy place? One with clean hands and a pure heart, who has not lifted his his soul in nor sworn deceitfully. He will receive a blessing from ADONAI, righteousness from God his salvation.

Matthew 15:7-8

Hypocrites! Rightly did Isaiah prophesy about you, saying, This people honors Me with their lips, but their heart is far from Me.