

# COUNTING THE OMER

LEVITICUS 23:15-16



## Days 1–10 The 10 Commandments

1. I am Yahweh
2. You have no other mighty ones against My face
3. You do not bring the name of Yahweh to naught
4. Remember the Sabbath day to set it apart
5. Respect your mother and father
6. You do not murder
7. You do not commit adultery
8. You do not steal
9. You do not bear false witness
10. You do not covet

## Days 11–19 The Fruit of the Ruach

11. Love
12. Joy
13. Peace
14. Patience
15. Kindness
16. Goodness
17. Trustworthiness
18. Gentleness
19. Self-control

## Days 20–27 The Beatitudes

20. Blessed are the poor in spirit
21. Blessed are those who mourn
22. Blessed are the meek
23. Blessed are those who hunger and thirst for righteousness
24. Blessed are the compassionate
25. Blessed are the clean in heart
26. Blessed are the peacemakers
27. Blessed are those persecuted for righteousness sake

## Days 28-49 Psalm 119

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|------------------------|----------------|
| 28. Psalm 119 – Aleph  | verses 1-8     |
| 29. Psalm 119 – Bet    | verses 9-16    |
| 30. Psalm 119 – Gimel  | verses 17-24   |
| 31. Psalm 119 – Dalet  | verses 25-32   |
| 32. Psalm 119 – Hey    | verses 33-40   |
| 33. Psalm 119 – Vav    | verses 41-48   |
| 34. Psalm 119 – Zayin  | verses 49-56   |
| 35. Psalm 119 – Chet   | verses 57-64   |
| 36. Psalm 119 – Tet    | verses 65-72   |
| 37. Psalm 119 – Yod    | verses 73-80   |
| 38. Psalm 119 – Kaf    | verses 81-88   |
| 39. Psalm 119 – Lamed  | verses 89-96   |
| 40. Psalm 119 – Mem    | verses 97-104  |
| 41. Psalm 119 – Nun    | verses 105-112 |
| 42. Psalm 119 – Samech | verses 113-120 |
| 43. Psalm 119 – Ayin   | verses 121-128 |
| 44. Psalm 119 – Pey    | verses 129-136 |
| 45. Psalm 119 – Tzadi  | verses 137-144 |
| 46. Psalm 119 – Koof   | verses 145-152 |
| 47. Psalm 119 – Resh   | verses 153-160 |
| 48. Psalm 119 – Shin   | verses 161-168 |
| 49. Psalm 119 – Tav    | verses 169-176 |