

*All About*  
**COUNTING  
THE OMER**



**From Passover to Pentecost:**

A step-by-step guide  
to understanding and honoring the  
Counting of the Omer

FROM  
LAMED VAV HOUSE

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LAMED VAV  
HOUSE

# How It All Began

"Counting the Omer" in Judaism is a tradition of verbally counting the days from the second day of Passover (Nisan 16) to Shavuot, also known as Pentecost. This tradition honors the command:

*Then you are to count from the morrow after the Shabbat, from the day that you brought the omer of the wave offering, seven complete Shabbatot. Until the morrow after the seventh Shabbat you are to count fifty days and then present a new grain offering to Adonai. You are to bring out of your houses two loaves of bread for a wave offering, made of two-tenths of an ephah of fine flour. They are to be baked with hametz as firstfruits to Adonai.*

(Leviticus 23:15-17 TLV; see also, Deuteronomy 16:9-12)

It is a period of 49 days, or seven weeks. For believers, this same period is also the stretch between Yeshua's death and resurrection and the gift of the Ruach HaKodesh (the Holy Spirit), recorded in Acts 2. It is interesting to note that "Shavuot" in Hebrew means "weeks" and "Pentecost" in Greek means "fifty".

*Acts 2:1-4*

When the day of Shavuot had come, they were all together in one place. Suddenly there came from heaven a sound like a mighty rushing wind, and it filled the whole house where they were sitting. And tongues like fire spreading out appeared to them and settled on each one of them. They were all filled with the Ruach ha-Kodesh and began to speak in other tongues as the Ruach enabled them to speak out.



# General Instructions

While we don't have a literal Temple in which to offer barley loaves as a wave offering before HaShem, no matter where we are, we can always offer the sacrifices of our lips: praise, blessings, and the verbal acknowledgment of his commandments. The following pages present for your convenience the traditional blessings and readings of Judaism for counting the omer, as well as a list of relevant, daily Messianic scripture readings carefully compiled by Rabbi Gabriel Lumbroso. Here is a suggested outline to follow:

**First counting on Nisan 16:** Preparing to count the Omer (page)

**Daily for the 49-day period:**

1. Blessing for Counting the Omer (pg. 6)
2. Daily Omer Count (one for the corresponding day)
3. Daily Omer Scripture Reading (pg. 17)
4. Temple Blessing
5. Psalm 67 (optional, pg. 19)



# Preparing to Count the Omer

לְשֵׁם יְחִוּד קְדוּשָׁא בְּרִיךְ הוּא וְשְׂכִינְתֵיהּ  
בְּדַחֲלוֹ וּרְחִימוֹ, וּרְחִימוֹ וּדְחִילוֹ  
לְיִחָד שֵׁם יו"ד ה"א בְּנֹא"ו ה"א  
בְּיַחְוּדָא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל.

For the sake of the unification  
of the blessed Holy One and his Shechinah,  
in reverence and compassion, and in love and awe,  
to unify the Name in perfect unity, in the name of all Yisra'el.

הִנְנִי מוּכָן וּמְזוּמָן לְקַיֵּם מִצְוַת עֲשֵׂה שֶׁל סְפִירַת הָעוֹמֵר  
כְּמוֹ שֶׁכָּתוּב בַּתּוֹרָה: וּסְפַרְתֶּם לָכֶם מִמִּחְרַת הַשַּׁבָּת  
מִיּוֹם הַבְּיָאֲכֶם אֶת-עֹמֵר הַתְּנוּפָה  
שִׁבְעַת שַׁבָּתוֹת תְּמִימֹת תִּהְיֶינָה: עַד מִמִּחְרַת הַשַּׁבָּת הַשְּׁבִיעִית  
תִּסְפְּרוּ תְּמַשְׁיִם יוֹם  
(וְהִקְרַבְתֶּם מִנְחָה תְּדָשָׁה לַיהוָה: (ויקרא כג:טו-טז

Behold, I am prepared and ready to perform the mitzvah of counting the Omer, as is written in your Torah: "You are to count from the end of the rest day. From the day you brought the waived Omer-offering, they [the counting] shall be seven complete weeks. Until the end of the seventh week you shall count fifty days and you shall offer a new grain offering to Hashem." (Leviticus 23:15-16)

# Preparing to Count the Omer

וַיְהִי נֹעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ  
וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ  
וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָהוּ: (תהילים צ:יז)

May the pleasantness of Adonai our God, be upon us,  
may our handiwork be established for us —  
our handiwork, may it be established. (Psalms 90:17)

בְּרוּךְ אַתָּה  
יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר:

Blessed are you,  
Adonai our God,  
cosmic majesty,  
who sanctified us with his mitzvot  
and commanded us to count the Omer.



## Blessing for Counting the Omer

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

*Baruch attah Adonai Eloheinu, melech ha-olam, asher kideshanu bemitzvotav vetzivanu al sefirat ha-omer.*

Blessed are You, Adonai our God, King of the Universe, who has sanctified us with His commandments, and commanded us concerning the counting of the Omer.



# Daily Omer Count

הַיּוֹם יוֹם אֶחָד לְעוֹמֵר.

*Hayom yom echad la-omer.*  
Today is one day of the Omer.

הַיּוֹם שְׁנַי יָמִים לְעוֹמֵר

*Hayom sh'nei yamim la-omer.*  
Today is two days of the Omer.

הַיּוֹם שְׁלוֹשָׁה יָמִים לְעוֹמֵר

*Hayom sh'loshah yamim la-omer.*  
Today is three days of the Omer.

הַיּוֹם אַרְבָּעָה יָמִים לְעוֹמֵר

*Hayom arbaah yamim la-omer.*  
Today is four days of the Omer.

הַיּוֹם חֲמִשָּׁה יָמִים לְעוֹמֵר

*Hayom chamishah yamim la-omer.*  
Today is five days of the omer.

הַיּוֹם שֵׁשָׁה יָמִים לְעוֹמֵר

*Hayom shishah yamim la-omer.*  
Today is six days of the Omer.

הַיּוֹם שִׁבְעָה יָמִים שְׁהֵם שָׁבוּעַ אֶחָד לְעוֹמֵר

*Hayom shivah yamim shehem shavua echad la-omer.*  
Today is seven days which is one week of the Omer.



## Daily Omer Count

הַיּוֹם שְׁמוֹנָה יָמִים שֶׁהֵם שָׁבוּעַ אֶחָד וַיּוֹם אֶחָד לְעֹמֶר.

*Hayom sh'monah yamim shehem shavua echad v'yom echad la-omer.*

Today is eight days, which is one week and one day of the Omer.

הַיּוֹם תִּשְׁעָה יָמִים שֶׁהֵם שָׁבוּעַ אֶחָד וּשְׁנַי יָמִים לְעֹמֶר.

*Hayom tishah yamim shehem shavua echad ushnei yamim la-omer.*

Today is nine days, which is one week and two days of the Omer.

הַיּוֹם עֶשְׂרֵה יָמִים שֶׁהֵם שָׁבוּעַ אֶחָד וּשְׁלֹשָׁה יָמִים לְעֹמֶר.

*Hayom asarah yamim shehem shavua echad ushloshah yamim la-omer.*

Today is ten days, which is one week and three days of the Omer.

הַיּוֹם אֶחָד עָשָׂר יוֹם שֶׁהֵם שָׁבוּעַ אֶחָד וְאַרְבָּעָה יָמִים לְעֹמֶר.

*Hayom achad asar yom shehem shavua echad v'arbaah yamim la-omer.*

Today is eleven days, which is one week and four days of the Omer.

הַיּוֹם שְׁנַיִם עָשָׂר יוֹם שֶׁהֵם שָׁבוּעַ אֶחָד וַחֲמִשָּׁה יָמִים לְעֹמֶר.

*Hayom sh'neim asar yom shehem shavua echad vachamishah yamim la-omer.*

Today is twelve days, which is one week and five days of the Omer.

## Daily Omer Count

הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם שֶׁהֵם שָׁבוּעַ אֶחָד וְשִׁשָּׁה יָמִים לְעֹמֶר.

*Hayom sh'loshah asar yom shehem shavua echad v'shishah yamim la-omer.*

Today is thirteen days, which is one week and six days of the Omer.

הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת לְעֹמֶר

*Hayom arbaah asar yom shehem sh'nei shavuot la-omer.*

Today is fourteen days, which is two weeks of the Omer.

הַיּוֹם חֲמִשָּׁה עָשָׂר יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר

*Hayom chamishah asar yom shehem sh'nei shavuot v'yom echad la-omer.*

Today is fifteen days, which is two weeks and one day of the Omer.

הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת וְשְׁנַי יָמִים לְעֹמֶר

*Hayom shishah asar yom shehem sh'nei shavuot ushnei yamim la-omer.*

Today is sixteen days, which is two weeks and two days of the Omer.

הַיּוֹם שִׁבְעָה עָשָׂר יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת וְשִׁלְשָׁה יָמִים לְעֹמֶר

*Hayom shivah asar yom shehem sh'nei shavuot ushloshah yamim la-omer.*

Today is seventeen days, which is two weeks and three days of the Omer.

## Daily Omer Count

הַיּוֹם שְׁמוֹנָה עָשָׂר יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר.

Hayom sh'monah asar yom shehem sh'nei shavuot v'arbaah yamim la-omer.

Today is eighteen days, which is two weeks and four days of the Omer.

הַיּוֹם תִּשְׁעָה עָשָׂר יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת וַחֲמִישָׁה יָמִים לְעֹמֶר

Hayom tishah asar yom shehem sh'nei shavuot vachamishah yamim la-omer.

Today is nineteen days, which is two weeks and five days of the Omer.

הַיּוֹם עָשָׂרִים יוֹם שֶׁהֵם שְׁנַי שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר.

Hayom esrim yom shehem sh'nei shavuot v'shishah yamim la-omer.

Today is twenty days, which is two weeks and six days of the Omer.

הַיּוֹם אֶחָד וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת לְעֹמֶר

Hayom echad v'esrim yom shehem sh'loshah shavuot la-omer.

Today is twenty-one days, which is three weeks of the Omer.

הַיּוֹם שְׁנַיִם וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר

Hayom sh'nayim v'esrim yom shehem sh'loshah shavuot v'yom echad la-omer.

Today is twenty-two days, which is three weeks and one day to the Omer.

# Daily Omer Count

הַיּוֹם שְׁלֹשָׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁנַי יָמִים  
לְעֹמֵר.

*Hayom sh'loshah v'esrim yom shehem sh'loshah shavuot  
ushnei yamim la-omer.*

Today is twenty-three days, which is three weeks and two  
days of the Omer.

הַיּוֹם אַרְבָּעָה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁלֹשָׁה  
יָמִים לְעֹמֵר.

*Hayom arbaah v'esrim yom shehem sh'loshah shavuot  
ushloshah yamim la-omer.*

Today is twenty-four days, which is three weeks and three  
days of the Omer.

הַיּוֹם חֲמִשָּׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה  
יָמִים לְעֹמֵר.

*Hayom chamishah v'esrim yom shehem sh'loshah  
shavuot v'arbaah yamim la-omer.*

Today is twenty-five days, which is three weeks and four  
days of the Omer.

הַיּוֹם שֵׁשָׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים  
לְעֹמֵר.

*Hayom shishah v'esrim yom shehem sh'loshah shavuot  
vachamishah yamim la-omer.*

Today is twenty-six days, which is three weeks and five  
days of the Omer.

## Daily Omer Count

הַיּוֹם שִׁבְעָה וְעֶשְׂרִים יוֹם שָׁהֶם שְׁלֹשָׁה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר  
*Hayom shivah v'esrim yom shehem sh'loshah shavuot v'shishah yamim la-omer.*

Today is twenty-seven days, which is three weeks and six days of the Omer.

הַיּוֹם שְׁמוֹנֶה וְעֶשְׂרִים יוֹם שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת לְעֹמֶר.  
*Hayom sh'monah v'esrim yom shehem arbaah shavuot la-omer.*

Today is twenty-eight days, which is four weeks of the Omer.

הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר  
*Hayom tishah v'esrim yom shehem arbaah shavuot v'yom echad la-omer.*

Today is twenty-nine days, which is four weeks and one day of the Omer.

הַיּוֹם שְׁלֹשִׁים יוֹם שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וּשְׁנַי יָמִים לְעֹמֶר  
*Hayom sh'loshim yom shehem arbaah shavuot ushnei yamim la-omer.*

Today is thirty days, which is four weeks and two days of the Omer.

הַיּוֹם אֶחָד וּשְׁלֹשִׁים יוֹם שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר

*Hayom echad ushloshim yom shehem arbaah shavuot ushloshah yamim la-omer.*

Today is thirty-one days, which is four weeks and three days of the Omer.



# Daily Omer Count

הַיּוֹם שְׁנַיִם וְשָׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר.

*Hayom sh'nayim ushloshim yom shehem arbaah shavuot v'arbaah yamim la-omer.*

Today is thirty-two days, which is four weeks and four days of the Omer.

הַיּוֹם שְׁלֹשָׁה וְשָׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר.

*Hayom sh'loshah ushloshim yom shehem arbaah shavuot vachamishah yamim la-omer.*

Today is thirty-three days, which is four weeks and five days of the Omer.

הַיּוֹם אַרְבָּעָה וְשָׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשֵׁשׁ יָמִים לְעֹמֶר.

*Hayom arbaah ushloshim yom shehem arbaah shavuot v'shishah yamim la-omer.*

Today is thirty-four days, which is four weeks and six days of the Omer.

הַיּוֹם חֲמִשָּׁה וְשָׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת לְעֹמֶר.

*Hayom chamishah ushloshim yom shehem chamishah shavuot la-omer.*

Today is thirty-five days, which is five weeks of the Omer.

# Daily Omer Count

הַיּוֹם שִׁשָּׁה וּשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

*Hayom shishah ushloshim yom shehem chamishah shavuot v'yom echad la-omer.*

Today is thirty-six days, which is five weeks and one day of the Omer.

הַיּוֹם שִׁבְעָה וּשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעֹמֶר.

*Hayom shivah ushloshim yom shehem chamishah shavuot ushnei yamim la-omer.*

Today is thirty-seven days, which is five weeks and two days of the Omer.

הַיּוֹם שְׁמוֹנָה וּשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר

*Hayom sh'monah ushloshim yom shehem chamishah shavuot ushloshah yamim la-omer.*

Today is thirty-eight days, which is five weeks and three days of the Omer.

הַיּוֹם תִּשְׁעָה וּשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר

*Hayom tishah ushloshim yom shehem chamishah shavuot v'arbaah yamim la-omer.*

Today is thirty-nine days, which is five weeks and four days of the Omer.

# Daily Omer Count

הַיּוֹם אַרְבָּעִים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר.

*Hayom arbaim yom shehem chamishah shavuot vachamishah yamim la-omer.*

Today is forty days, which is five weeks and five days of the Omer.

הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר.

*Hayom echad v'arbaim yom shehem chamishah shavuot v'shishah yamim la-omer.*

Today is forty-one days, which is five weeks and six days of the Omer.

הַיּוֹם שְׁנַיִם וְאַרְבָּעִים יוֹם שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת לְעֹמֶר.

*Hayom sh'nayim v'arbaim yom shehem shishah shavuot la-omer.*

Today is forty-two days, which is six weeks of the Omer.

הַיּוֹם שְׁלֹשָׁה וְאַרְבָּעִים יוֹם שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

*Hayom sh'loshah v'arbaim yom shehem shishah shavuot v'yom echad la-omer.*

Today is forty-three days, which is six weeks and one day of the Omer.

הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעֹמֶר.

*Hayom arbaah v'arbaim yom shehem shishah shavuot ushnei yamim la-omer.*

Today is forty-four days, which is six weeks and two days of the Omer.

# Daily Omer Count

הַיּוֹם חֲמִישָׁה וְאַרְבָּעִים יוֹם שָׁהֶם שְׁשָׁה שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעֹמֶר.

*Hayom chamishah v'arbaim yom shehem shishah shavuot ushloshah yamim la-omer.*

Today is forty-five days, which is six weeks and three days of the Omer.

הַיּוֹם שְׁשָׁה וְאַרְבָּעִים יוֹם שָׁהֶם שְׁשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר

*Hayom shishah v'arbaim yom shehem shishah shavuot v'arbaah yamim la-omer.*

Today is forty-six days, which is six weeks and four days of the Omer.

הַיּוֹם שִׁבְעָה וְאַרְבָּעִים יוֹם שָׁהֶם שְׁשָׁה שָׁבוּעוֹת וְחֲמִישָׁה יָמִים לְעֹמֶר

*Hayom shivah v'arbaim yom shehem shishah shavuot vachamishah yamim la-omer.*

Today is forty-seven days, which is six weeks and five days of the Omer.

הַיּוֹם שְׁמוֹנֶה וְאַרְבָּעִים יוֹם שָׁהֶם שְׁשָׁה שָׁבוּעוֹת וְשְׁשָׁה יָמִים לְעֹמֶר

*Hayom sh'monah v'arbaim yom shehem shishah shavuot v'shishah yamim la-omer.*

Today is forty-eight days, which is six weeks and six days of the Omer.

הַיּוֹם תִּשְׁעָה וְאַרְבָּעִים יוֹם שָׁהֶם שִׁבְעָה שָׁבוּעוֹת לְעֹמֶר

*Hayom tishah v'arbaim yom shehem shivah shavuot la-omer*

Today is forty-nine days, which is seven weeks of the Omer.

# Daily Omer Scripture Readings

compiled by Rabbi Gabriel Lumbroso

1. Leviticus 23:9-14
2. Matthew 28:1-10
3. Matthew 28: 16-20
4. Mark 16: 9-16
5. Mark 16: 19-20
6. Luke 24:13-17
7. Luke 24: 18-26
8. Luke 24: 27-32
9. Luke 24: 33-36
10. Luke 24: 37-39
11. Luke 24: 40-44
12. Luke 24: 45-49
13. John 20:11-17
14. John 20: 18-23
15. John 20: 24-29
16. John 20: 30-31
17. John 21:1-7
18. John 21: 8-14
19. John 21: 15-20
20. John 21: 21-25
21. Acts 1:1-5
22. Acts 1: 6-8
23. Romans 4:18-25
24. Romans 6:3-8
25. Romans 7:1-8
26. Romans 8:11-17
27. 1 Corinthians 6: 9-14
28. 1 Corinthians 15:36-45
29. 2 Corinthians 4:14-18
30. Galatians 5:13-24
31. Ephesians 2: 4-10
32. Ephesians 2:11-22
33. Ephesians 4:17-26
34. Ephesians 4: 28-32
35. Ephesians 5:21-32
36. Colosians 2:8-12
37. 2 Timothy 2:1-8
38. Hebrews 12:1-4
39. Hebrews 12: 5- 11
40. Acts 1:6-11
41. Leviticus 23:16-22
42. John: 14:15-21
43. John 15: 18-27
44. John 16:5-15
45. Joel 2:28-32
46. Matthew 3:11-17
47. Luke 24:45-49
48. Luke 11:9-13
49. Luke 12:2-12
50. Exodus 20; Acts 2



# Temple Blessing

May it be Your will, Adonai our God,  
God of our ancestors,  
that the Beit HaMikdash  
be rebuilt speedily in our days,  
and may You grant us a portion in  
your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ  
יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ  
שְׂיִבְנֶה בַּיִת הַמִּקְדָּשׁ  
בְּמַהֲרָה בְּיָמֵינוּ  
וְתֵן חֵלְקֵנוּ בְּתוֹרָתְךָ:



אָמֵן בָּאֵה־נָא הָאָדוֹן יֵשׁוּעַ

Amen, come, Adon Yeshua!

## Psalm 67 (TLV)

After one counts the omer, it is customary to recite Psalm 67, a psalm with seven verses and 49 words. Each word of this psalm corresponds with each day of the omer count.

**1** For the music director, with stringed instruments, a psalm, a song.

**2** May God be gracious to us and bless us.

May He cause His face to shine upon us—*Selah*

**3** so that Your way may be known on earth,  
and Your salvation among all nations.

**4** Let the peoples praise You, O God.

Let all the peoples praise You.

**5** Let the nations be glad and sing for joy,  
for You will judge the peoples fairly,  
and guide the nations on the earth. *Selah*

**6** Let the peoples praise You, O God.

Let all the peoples praise You.

**7** The earth has yielded its harvest—  
God, our God will bless us.

**8** God will bless us,

and all the ends of the earth will fear Him.



## ABOUT LAMED VAV HOUSE

Lamed Vav House is a brand-new publishing house founded by Rabbi Gabriel Lumbroso and Audrey Eaves. It seeks to promote Messianic Judaism in the context of biblical learning and righteous living.

Much like Roman numerals, Hebrew letters have numerical values. Lamed “ל” has a value of 30; vav, “ו” has a value of 6. Therefore, lamed and vav together equal 36. There is a beautiful Jewish legend that says that at any time on the earth, there are 36 righteous people for the sake of whom HaShem does not destroy the world for its sins. Whether it is true or not, we believe that as much as HaShem is aware of the sin of people, he also adds into his scales of justice all the incredible good done by people of integrity.

This “goodness” is not necessarily based on religious ritual observance, civic obedience, or outward shows of charity, but the type of lifestyle King Solomon may have referred to when he said, “Many a man proclaims his own steadfast love, but a faithful man who can find? The righteous who walks in his integrity—blessed are his children after him” (Proverbs 20:6-7, ESV). Lamed Vav House seeks to promote this lifestyle through both fiction and non-fiction genres.

There are ways that you can help us! Check out our simple-to-use [Shabbat siddur books](#) as a way to participate in Jewish Sabbath traditions with others around the world! All of the proceeds from the sale of these books are used to fund our next book projects. You can also join us in building the Kingdom of HaShem through literature by [submitting your manuscript](#) for us to consider, [promoting us on social media](#) by sharing our content, praying for us, and [making a donation](#).



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