

Counting of the Omer – Week One

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By Joseph F. Dumond

During each of these days Jewish tradition has developed around reading the psalms on certain days. Last year I found this very beneficial and I will do the same this year. It is customary that following the counting of the omer, one recites Psalm 67, for according to tradition that psalm has forty-nine words, corresponding to the days of the omer.

And as you do these readings and this counting, keep in mind what this also symbolizes. It is the counting of the Sabbatical and Jubilee years and where we are in that cycle.

As I've indicated in the past, this is the most special time of year for me and in years past I couldn't put my finger on exactly why, other than it had something to do with Yeshua's resurrection and waiting in anticipation for Shavuot. While I cannot put into words how my understanding of this has grown, all I can say is that "it clicked!" and "now I get it!", at least more than before.

Understanding follows obedience. So, OBEY and learn.

Counting Of the Omer WEEK ONE | Day One

The Law of Yehovah - Psalm 119:1-8

This first day will begin on the Sunday during the Days of Unleavened Bread.

Today is the first day of the first week of seven weeks.

Today is the first day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

1 Elohim does favor us and bless us. Cause His face to shine upon us. Selah. 2 For Your way to be known on earth, Your deliverance among all nations. 3 Let the peoples praise You, O Elohim, let all the peoples praise You. 4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, and lead the nations on earth. Selah. 5 Let the peoples praise You, O Elohim; let all the peoples praise You. 6 The earth shall give her increase; Elohim, our own Elohim, blesses us! 7 Elohim blesses us! And all the ends of the earth fear Him! (Psalm 67:1-7)

1 Blessed are the perfect in the way, who walk in the Torah of Yehovah! 2 Blessed are those who observe His witnesses, who seek Him with all their heart! 3 Yea, they shall do no unrighteousness; they shall walk in His ways. 4 You have commanded us to guard Your orders diligently. 5 Oh, that my ways were established to guard Your laws! 6 Then I would not be ashamed, when I look into all Your commands. 7 I thank You with uprightness of heart, when I learn the right-rulings of Your righteousness. 8 I guard Your laws; oh, do not leave me entirely! (Psalm 119:1-8)

Day Two

Obedience To the Law of Yehovah - Psalm 119:9-16

Today is the second day of the first week of seven weeks.

Today is the second day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

1 Elohim does favor us and bless us. Cause His face to shine upon us. Selah. 2 For Your way to be known on earth, Your deliverance among all nations. 3 Let the peoples praise You, O Elohim, let all the peoples praise You. 4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, and lead the nations on earth. Selah. 5 Let the peoples praise You, O Elohim; let all the peoples praise You. 6 The earth shall give her increase; Elohim, our own Elohim, blesses us! 7 Elohim blesses us! And all the ends of the earth fear Him! (Psalm 67:1-7)

9 How would a young man cleanse his path? To guard it according to Your Word? 10 I have sought You with all my heart; let me not stray from Your commands! 11 I have treasured up Your word in my heart, that I might not sin against You. 12 Blessed are You, O Yehovah! Teach me Your laws. 13 With my lips I have recounted all the right-rulings of Your mouth. 14 I have rejoiced in the way of Your witnesses, as overall riches. 15 I meditate on Your orders, and regard Your ways. 16 I delight myself in Your laws; I do not forget Your Word. (Psalm 119:9-

16)

Day Three

Happiness In the Law of Yehovah - Psalm 119:17-24

Today is the third day of the first week of seven weeks.

Today is the third day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

1 Elohim does favor us and bless us. Cause His face to shine upon us. Selah. 2 For Your way to be known on earth, Your deliverance among all nations. 3 Let the peoples praise You, O Elohim, let all the peoples praise You. 4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, and lead the nations on earth. Selah. 5 Let the peoples praise You, O Elohim; let all the peoples praise You. 6 The earth shall give her increase; Elohim, our own Elohim, blesses us! 7 Elohim blesses us! And all the ends of the earth fear Him! (Psalm 67:1-7)

Do good to Your servant, let me live and I guard Your Word. 18 Open my eyes, that I might see wonders from Your Torah. 19 I am a sojourner in the earth. Do not hide Your commands from me. 20 My being is crushed with longing for Your right-rulings at all times. 21 You rebuked the proud, cursed ones, who are straying from Your commands. 22 Remove from me reproach and scorn, for I have observed Your witnesses. 23 Though princes sat, speaking against me, Your servant meditates on Your laws. 24 Your witnesses also are my delight, my counselors. (Psalm 119:17-24)

Day Four

Determination To Obey the Law of Yehovah - Psalm 119:25-32

Today is the fourth day of the first week of seven weeks.

Today is the fourth day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

1 Elohim does favor us and bless us. Cause His face to shine upon us. Selah. 2 For Your way to be known on earth, Your deliverance among all nations. 3 Let the peoples praise You, O Elohim, let all the peoples praise You. 4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, and lead the nations on earth. Selah. 5 Let the peoples praise You, O Elohim; let all the peoples praise You. 6 The earth shall give her increase; Elohim, our own Elohim, blesses us! 7 Elohim blesses us! And all the ends of the earth fear Him! (Psalm 67:1-7)

25 My being has been clinging to the dust; revive me according to Your Word. 26 I have recounted my ways and You answered me; teach me Your laws. 27 Make me understand the way of Your orders; that I might meditate on Your wonders. 28 My being has wept from grief; strengthen me according to Your Word. 29 Remove from me the way of falsehood, and favor me with Your Torah. 30 I have chosen the way of truth; Your right-rulings I have held level. 31 I have clung to Your witnesses; O Yehovah, do not put me to shame! 32 I run the way of Your commands, for You enlarge my heart. (Psalm 119:25-32)

Day Five

A Prayer For Understanding - Psalm 119:33-40

Today is the fifth day of the first week of seven weeks.

Today is the fifth day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

1 Elohim does favor us and bless us. Cause His face to shine upon us. Selah. 2 For Your way to be known on earth, Your deliverance among all nations. 3 Let the peoples praise You, O Elohim, let all the peoples praise You. 4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, and lead the nations on earth. Selah. 5 Let the peoples praise You, O Elohim; let all the peoples praise You. 6 The earth shall give her increase; Elohim, our own Elohim, blesses us! 7 Elohim blesses us! And all the ends of the earth fear Him! (Psalm 67:1-7)

33 Teach me, O Yehovah, the way of Your laws, and I observe it to the end. 34 Make me understand, that I might observe Your Torah, and guard it with all my heart. 35 Make me walk in the path of Your commands, for I have delighted in it. 36 Incline my heart to Your witnesses, and not to own gain. 37 Turn away my eyes from looking at falsehood, and revive me in Your way. 38 Establish Your Word to Your servant, which leads to the fear of You. 39 Turn away my reproach which I dread, for Your right-rulings are good. 40 See, I have longed for Your orders; revive me in Your righteousness. (Psalm 119:33-40)

Day Six

Trusting the Law of Yehovah - Psalm 119:41-48

Today is the sixth day of the first week of seven weeks.

Today is the sixth day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

1 Elohim does favor us and bless us. Cause His face to shine upon us. Selah. 2 For Your way to be known on earth, Your deliverance among all nations. 3 Let the peoples praise You, O Elohim, let all the peoples praise You. 4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, and lead the nations on earth. Selah. 5 Let the peoples praise You, O Elohim; let all the peoples praise You. 6 The earth shall give her increase; Elohim, our own Elohim, blesses us! 7 Elohim blesses us! And all the ends of the earth fear Him! (Psalm 67:1-7)

41 And let Your kindnesses come to me, O Yehovah; Your deliverance, according to Your Word. 42 So that I answer my reprover, for I have trusted in Your Word. 43 And do not take away from my mouth the word of truth entirely, for I have waited for Your right-rulings. 44 That I might guard Your Torah continually, forever and ever. 45 That I might walk in a broad place, for I have sought Your orders. 46 That I might speak of Your witnesses before sovereigns, and not be ashamed. 47 That I might delight myself in Your commands, which I have loved. 48 That I might lift up my hands to Your commands, which I have loved; while I meditate on Your laws. (Psalm 119:41-48)

Day Seven

Trusting the Law of Yehovah - Psalm 119:51-56

Today is the 7th day of the 1st week of seven weeks.

Today is the 7th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

Today is Sabbath, the 1st Sabbath of seven Sabbaths.

Today completes the 1st week of seven weeks.

Psa 67:1 Elohim does favour us and bless us, Cause His face to shine upon us. Selah.

Psa 67:2 For Your way to be known on earth, Your deliverance among all nations.

Psa 67:3 Let the peoples praise You, O Elohim, Let all the peoples praise You.

Psa 67:4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, And lead the nations on earth. Selah.

Psa 67:5 Let the peoples praise You, O Elohim; Let all the peoples praise You.

Psa 67:6 The earth shall give her increase; Elohim, our own Elohim, blesses us!

Psa 67:7 Elohim blesses us! And all the ends of the earth fear Him!

Psalm 119:51-56

51 The proud have utterly scorned me, I did not turn aside from Your Torah.

52 I remembered Your right-rulings of old, O Yehovah, And I comfort myself.

53 Rage has seized me because of the wrong Who forsake Your Torah.

54 Your laws have been my songs In the place of my sojourning's.

55 I have remembered Your Name in the night, O Yehovah, And I guard Your Torah.

56 This has become mine, Because I have observed Your orders.