

Chesed  
Gevurah  
Tiferet  
Netzach  
Hod  
Yesod  
Malchut

# I COUNT with THE OMER PROJECT

Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut
(days)						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49

**TheOmerProject.org**  
**WeCount@TheOmerProject.org**

## 5 steps of counting the Omer:

1) Intention 2) Blessing 3) Count 4) Psalm 67 5) Prayer for captives

**1** Here I am, ready and prepared to count the Omer, as it is written in the Torah: "You shall count from the day following the day of rest, from the day you brought the sheaf of the wave-offering, 7 full weeks shall be counted; you shall count 50 days to the day following the seventh week."

**2** Feminine God language: *B'ruchah at Yah, Eloheynu chay ha'olamim, asher kideshatnu bemitzvotaha, vetzivatnu al sefirat ha'Omer.*

Masculine God language: *Baruch atah Yah, Eloheynu mekor chayim, asher kideshanu bemitzvotav, vetzivanu al sefirat ha'Omer.*

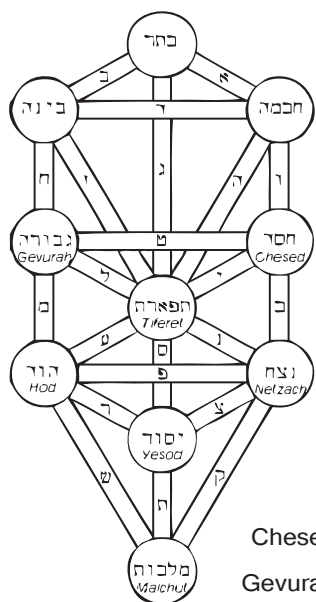
Blessed are You, Eternal One our God, source of all life, who has made us holy with Your mitzvot, and commanded us concerning the counting of the Omer.

**3** Today is the \_\_\_\_ day of the Omer, which is \_\_\_\_ weeks and \_\_\_\_ days of the Omer.

**4** God, bless us with Your grace and care, and make Your face smile on us! For then the earth will recognize Your presence, and all the nations will know Your saving power. May all nations praise You, O God, may all nations praise You! Let the nations shout and sing for joy; You grant justice to the peoples; on earth, You guide the nations. May all nations praise You, O God, may all nations praise You! The soil has given its harvest; our God has blessed us. May God continue to bless us; let God be embraced to the very ends of the earth.

**5** In remembrance of the Exodus from Egypt, we pray that you release all whose bodies and spirits remain captive and enable us to extend Your outstretched arm in the process of liberation.

cut here and share



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