



# Counting the Omer

APRIL 16 - JUNE 4

each evening  
at sundown

## **Sefirat Ha-Omer - Counting the Omer** —(Lev. 23:15-16)

Forty-nine days of prayer in honor of the tradition of counting the Omer, which also marks the period from the resurrection of Messiah to the outpouring of the Spirit on Shavuot.

Life can sometimes feel like we are on shifting sands - not knowing what is coming around the corner next. The only solid Rock is on a foundation based on God's word and faith in Him. Our prayer focus this year is to pray for the spiritual growth of individuals and the Body of Messiah. Please join us each evening as we come together in prayer.

**Every evening after sundown . . .**

**1** Recite the blessing,

ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו על

ספירת העמר

*Baruch atah Adonai Elohenu melech ha-olam, asher kid'shanu b'mitzvotav vitzivanu al sefirat ha-Omer.*

*Blessed are You, O Lord our God, King of the universe, who has sanctified us by His commandments and commanded us about counting the Omer.*

**2** Recite the count of the Omer. During the first week say, "Today is day \_\_\_\_ of the Omer."

Through the rest of the weeks, say, "Today is day \_\_\_\_\_, which is \_\_\_\_\_ week(s) and \_\_\_\_\_ day(s) of the Omer."

**3** Pray each night according to the focus of the week.

## **Week One, April 16 – 22**

That each of our heart's desire would be for a stronger and more compelling relationship with God and knowledge of his Word. *Psalm 42:1-2*

## **Week Two, April 23 – 29**

That each person's faith would be strengthened in order that our foundation is able to withstand shaking. *Hebrews 11:6*

## **Week Three, April 30 – May 6**

That our love for God, our spiritual family, and our fellow man would be first and foremost in our thoughts, words, and actions. *Matthew 22:37-40*

## **Week Four, May 7 – 13**

That we would have a willingness to allow God to work to heal the areas of our hearts and minds that need His touch. That we would have eyes to see and ears to hear what He is speaking to each of us. *Psalm 51:17*

## **Week Five, May 14 – 20**

That our spiritual discernment – the ability to determine whether people and circumstances align with the Word – would increase, as individuals and as a congregation. *James 1:5-6*

## **Week Six, May 21 – 27**

That we would find and cultivate relationships with people inside and outside the congregation that would strengthen our walk with God. *Proverbs 27:17*

## **Week Seven, May 28 – June 3**

That our congregation, and the Body of Messiah, would pursue increased unity as we grow together to stand firm against the enemy. *Ephesians 4:2-3*

## **Saturday Evening, June 4, the fiftieth day, Erev Shavuot!**

*Shavuot, Zeman matan toratenu*, the season of the giving of our Torah, and of the outpouring of the Ruach 50 days after Messiah's resurrection.



### **SHABBAT SERVICES:**

EVERY SATURDAY 10:00 AM

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