

Sefirat Omer (Counting the Omer)

Each day beginning with the Feast of First Fruits, (after the first Sabbath during the week of unleavened Bread) begin to count the Omer.

Begin with the blessing:

Blessed are You, the Eternal our God, King of the Universe who has sanctified us with His commandments, commanding us to count the omer.

Recite the count for each day:

Today is one day of the Omer (Psalm 119:1-8)

Today is two days of the Omer (Psalm 119:9-16)

Today is three days of the Omer (Psalm 119:17-32)

Today is four days of the Omer (Psalm 119:33-40)

Today is five days of the Omer (Psalm 119:41-48)

Today is six days of the Omer (Psalm 119:49-56)

Today is seven days, which are one week of the Omer (Psalm 119:57-64)

Today is eight days, which are one week and one day of the Omer (Psalm 119: 65-72)

Today is nine days, which are one week and two days of the Omer (Psalm 119: 73-80)

Today is ten days, which are one week and three days of the Omer (Psalm 119:81-88)

Today is eleven days, which are one week and four days of the Omer (Psalm 119:89-96)

Today is twelve days, which are one week and five days of the Omer (Psalm 119:97-104)

Today is thirteen days, which are one week and six days of the Omer (Psalm 119:105-112)

Today is fourteen days, which are two weeks of the Omer (Psalm 119:113-120)

Today is fifteen days, which are two weeks and one day of the Omer (Psalm 119:121-136)

Today is sixteen days, which are two weeks and two days of the Omer (Psalm 119:137-144)

Today is seventeen days, which are two weeks and three days of the Omer (Psalm 119:145-152)

Today is eighteen days, which are two weeks and four days of the Omer (Psalm 119:153-160)

Today is nineteen days, which are two weeks and five days of the Omer (Psalm 119:161-168)

Today is twenty days, which are two weeks and six days of the Omer (Psalm 119:169-176)

Today is twenty-one days, which are three weeks of the Omer (Psalm 119:1-8)

Today is twenty-two days, which are three weeks and one day of the Omer (Psalm 119:9-16)

Today is twenty-three days, which are three week and two days of the Omer (Psalm 119:17-32)

Today is twenty-four days, which are three weeks and three days of the Omer (Psalm 119:33-40)

Today is twenty-five days, which are three weeks and four days of the Omer (Psalm 119:41-48)

Today is twenty-six days, which are three weeks and five days of the Omer (Psalm 119:49-56)

Today is twenty-seven days, which are three weeks and six days of the Omer (Psalm 119:57-64)

Today is twenty-eight days, which are four weeks of the Omer (Psalm 119:65-72)

Today is twenty-nine days, which are four weeks and one day of the Omer (Psalm 119:73-80)

Today is thirty days, which are four weeks and two days of the Omer (Psalm 119:81-88)

Today is thirty-one days, which are four weeks and three days of the Omer (Psalm 119:89-96)

Today is thirty-two days, which are four weeks and four days of the Omer (Psalm 119: 97-104)

Today is thirty-three days, which are four week and five days of the Omer (Psalm 119: 105-112)

Today is thirty-four days, which are four weeks and six days of the Omer (Psalm 119:113-120)

Today is thirty-five days, which are five weeks of the Omer (Psalm 119:121-136)

Today is thirty-six days, which are five weeks and one day of the Omer (Psalm 119:137-144)

Today is thirty-seven days, which are five weeks and two days of the Omer (Psalm 119:145-152)

Today is thirty-eight days, which are five weeks and three days of the Omer (Psalm 119: 153-160)

Today is thirty-nine days, which are five weeks and four days of the Omer (Psalm 119:161-168)

Today is forty days, which are five weeks and five days of the Omer (Psalm 119:169-176)

Today is forty-one days, which are five weeks and six days of the Omer (Psalm 119:1-8)

Today is forty-two days, which are six weeks of the Omer (Psalm 119:9-16)

Today is forty-three days, which are six week and one day of the Omer (Psalm 119:17-32)

Today is forty-four days, which are six weeks and two days of the Omer (Psalm 119:33-40)

Today is forty-five days, which are six weeks and three days of the Omer (Psalm 119:41-48)

Today is forty-six days, which are six weeks and four days of the Omer (Psalm 119:49-56)

Today is forty-seven days, which are six weeks and five days of the Omer (Psalm 119:57-64)

Today is forty-eight days, which are six weeks and six days of the Omer (Psalm 119:65-72)

Today is forty-nine days, which are seven weeks of the Omer (Psalm 119:73-80)

Day 50 - Shavuot!