



## What is the Omer?

In the days of the Holy Temple, the Jewish people would bring a barley offering on the second day of Passover (Leviticus 23:10). This was called the "Omer" (literally, "sheaf") and in practical terms would permit the consumption of recently-harvested grains.

One view is to start counting on the second day of Passover, the Torah (Leviticus 23:15) says it is a mitzvah every day to "count the Omer" – the 50 days leading up to [Shavuot](#). This is an important period of growth and introspection, in preparation for the holiday of Shavuot which arrives 50 days later. Another view conveys that it is the weekly Shabbat and not the festival Shabbat that is to be recognized and therefore the first day of the week in which the counting of the Omer is to begin.

Shavuot is the day that the Jewish people stood at Mount Sinai to receive the Torah, and as such required a seven-week preparation period. The commentators say that we were freed from Egypt only in order to receive the Torah and to fulfill it. Thus we were commanded to count from the second day of Pesach until the day that the Torah was given – to show how greatly we desire the Torah.

## How to Count the Omer

The Omer is counted every evening after nightfall (approx. 30 minutes after sunset), which is the start of the Jewish "day." (In the synagogue it is counted toward the end of the Maariv service.) If a person neglected to count the Omer one evening, he should count the following daytime, but without a blessing.

To properly "count the Omer," you must say both the number of days and the weeks. For example:

On days 1-6, we say only the number of days. For example:

"Today is **4 days** of the Omer."

On days which are complete weeks – e.g. 7, 14, 21 – we say as follows, for example:

"Today is **21 days**, which is **3 weeks** of the Omer."

On all other days, we say, for example:

"Today is **33 days**, which is **4 weeks** and **5 days** of the Omer."

(Since you must recite the blessing *before* you count, don't mention the count for that night beforehand.)



Before counting, stand and say the following blessing:

*Baruch ata Adonai, Eloheinu melech ha-olam, asher kid'shanu be'mitzvo'sav ve-tzivanu al sefiras ha'omer. (Blessed are You, God, King of the Universe, Who made us holy with His commandments, and commanded us on the counting of the Omer.)*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

The Omer may be counted with a blessing **only if both** of the following conditions have been met:

1. you count the Omer during the evening, and
2. you have not missed counting any of the days so far

This means to say that if a person neglected to count the Omer for an entire day and did not recall until the following evening, he should continue counting on subsequent days – but without a blessing.

Why can't you "continue counting with a blessing" if you miss counting one day?

The reason is because regarding the Omer, the Torah writes: "Seven weeks, they shall be *complete*" (Leviticus 23:15). Thus according to many traditional authorities, if one missed counting any day, the 7-week period can no longer be considered "complete." Yet I will tell you, each day is a blessing unto itself and if you do apply the effort and do count, you will truly be blessed. We are providing you with a list of readings associated with each day you count during the Omer. If you do these readings each day, you will be blessed by Adonai's Words.

## OMER CHART WITH ASSOCIATED SCRIPTURE READINGS



Day:	Evening Of:	Hebrew Date:	How to Count:	Scripture Reading:	Corresponding Ways
1	04/20/25	22 Nissan	Today is 1 day of the Omer	Psalms 119:1-8	The Law of Adonai
2	04/21/25	23 Nissan	Today is 2 days of the Omer	Psalms 119:9-16	Obedience to the Law of Adonai
3	04/22/25	24 Nissan	Today is 3 days of the Omer	Psalms 119:17-24	Happiness in the Law of Adonai
4	04/23/25	25 Nissan	Today is 4 days of the Omer	Psalms 119:25-32	Determination to Obey the Law of Adonai
5	04/24/25	26 Nissan	Today is 5 days of the Omer	Psalms 119:33-40	A Prayer for Understanding
6	04/25/25	27 Nissan	Today is 6 days of the Omer	Psalms 119:41-48	Trusting the Law of Adonai
7	04/26/25	28 Nissan	Today is 7 days, which are 1 week of the Omer – 1 Shabbat	Psalms 119:49-56	Confidence in the Law of Adonai
8	04/27/25	29 Nissan	Today is 8 days, which are 1 week and 1 day of the Omer	Psalms 119:57-64	Devotion to the Law of Adonai
9	04/28/25	30 Nissan	Today is 9 days, which are 1 week and 2 days of the Omer	Psalms 119:65-72	The Value of the Law of Adonai
10	04/29/25	1 Iyyar	Today is 10 days, which are 1 week and 3 days of the Omer	Psalms 119:73-80	The Justice of the Law of Adonai
11	04/30/25	2 Iyyar	Today is 11 days, which are 1 week and 4 days of the Omer	Psalms 119:81-88	Prayer for Deliverance
12	05/01/25	3 Iyyar	Today is 12 days, which are 1 week and 5 days of the Omer	Psalms 119:89-96	Faith in the Law of Adonai
13	05/02/25	4 Iyyar	Today is 13 days, which are 1 week and 6 days of the Omer	Psalms 119:97-104	Love of the Law of Adonai

14	05/03/25	5 Iyyar	Today is 14 days, which are 2 weeks of the Omer – 2 Shabbot	Psalms 119:105-112	Light from the Law of Adonai
15	05/04/25	6 Iyyar	Today is 15 days, which are 2 weeks and 1 day of the Omer	Psalms 119:113-120	Safety in the Law of Adonai
16	05/05/25	7 Iyyar	Today is 16 days, which are 2 weeks and 2 days of the Omer	Psalms 119:121-128	Obedience to the Law of Adonai
17	05/06/25	8 Iyyar	Today is 17 days, which are 2 weeks and 3 days of the Omer	Psalms 119:129-136	Desire to Obey the Law of Adonai
18	05/07/25	9 Iyyar	Today is 18 days, which are 2 weeks and 4 days of the Omer	Psalms 119:137-144	The Justice of the Law of Adonai
19	05/08/25	10 Iyyar	Today is 19 days, which are 2 weeks and 5 days of the Omer	Psalms 119:145-152	Prayer for Deliverance
20	05/09/25	11 Iyyar	Today is 20 days, which are 2 weeks and 6 days of the Omer	Psalms 119:153-160	Plea for Salvation
21	05/10/25	12 Iyyar	Today is 21 days, which are 3 weeks of the Omer – 3 Shabbot	Psalms 119:161-168	Dedication to the Law of Adonai
22	05/11/25	13 Iyyar	Today is 22 days, which are 3 weeks and 1 day of the Omer	Psalms 119:169-176	A Prayer for Help
23	05/12/25	14 Iyyar	Today is 23 days, which are 3 weeks and 2 days of the Omer	Psalms 1:1-6	True Happiness
24	05/13/25	15 Iyyar	Today is 24 days, which are 3 weeks and 3 days of the Omer	Psalms 11:1-7	Confidence in Adonai
25	05/14/25	16 Iyyar	Today is 25 days, which are 3 weeks and 4 days of the Omer	Psalms 15:1-5	What Adonai Requires
26	05/15/25	17 Iyyar	Today is 26 days, which are 3 weeks and 5 days of the Omer	Psalms 19:1-14	The Law of Adonai
27	05/16/25	18 Iyyar	Today is 27 days, which are 3 weeks and 6 days of the Omer	Psalms 25:4-10	A Prayer for Guidance
28	05/17/25	19 Iyyar	Today is 28 days, which are 4 weeks of the Omer – 4 Shabbot	Psalms 63:1-11	Longing for Adonai
29	05/18/25	20 Iyyar	Today is 29 days, which are 4 weeks and 1 day of the Omer	Psalms 67:1-7	A Song of Thanksgiving
30	05/19/25	21 Iyyar	Today is 30 days, which are 4 weeks and 2 days of the Omer	Psalms 78:1-16	Adonai and His People

31	05/20/25	22 Iyyar	Today is 31 days, which are 4 weeks and 3 days of the Omer	Psalm 78:17-31	Adonai and His People
32	05/21/25	23 Iyyar	Today is 32 days, which are 4 weeks and 4 days of the Omer	Psalm 78:32-39	Adonai and His People
33	05/22/25	24 Iyyar	Today is 33 days, which are 4 weeks and 5 days of the Omer	Psalm 78:40-55	Adonai and His People
34	05/23/25	25 Iyyar	Today is 34 days, which are 4 weeks and 6 days of the Omer	Psalm 78:56-72	Adonai and His People
35	05/24/25	26 Iyyar	Today is 35 days, which are 5 weeks of the Omer – 5 Shabbot	Psalm 93:1-5	Adonai the King
36	05/25/25	27 Iyyar	Today is 36 days, which are 5 weeks and 1 day of the Omer	Psalm 94:12-23	Adonai the Judge
37	05/26/25	28 Iyyar	Today is 37 days, which are 5 weeks and 2 days of the Omer	Psalm 95:1-7	A Song of Praise
38	05/27/25	29 Iyyar	Today is 38 days, which are 5 weeks and 3 days of the Omer	Psalm 96:1-13	Adonai the Supreme King
39	05/28/25	1 Sivan	Today is 39 days, which are 5 weeks and 4 days of the Omer	Psalm 98:1-9	Adonai the Ruler of the World
40	05/29/25	2 Sivan	Today is 40 days, which are 5 weeks and 5 days of the Omer	Psalm 99:1-9	Adonai the Supreme King
41	05/30/25	3 Sivan	Today is 41 days, which are 5 weeks and 6 days of the Omer	Psalm 103:1-22	The Love of Adonai
42	06/01/25	4 Sivan	Today is 42 days, which are 6 weeks of the Omer – 6 Shabbot	Psalm 105:1-11	Adonai and His People
43	06/02/25	5 Sivan	Today is 43 days, which are 6 weeks and 1 day of the Omer	Psalm 106:1-5	Adonai's Goodness
44	06/03/25	6 Sivan	Today is 44 days, which are 6 weeks and 2 days of the Omer	Psalm 111:1-10	In Praise of Adonai
45	06/04/25	7 Sivan	Today is 45 days, which are 6 weeks and 3 days of the Omer	Psalm 112:1-10	The Happiness of a Good Person
46	06/05/25	8 Sivan	Today is 46 days, which are 6 weeks and 4 days of the Omer	Psalm 128:1-6	The Reward of Obedience
47	06/06/25	9 Sivan	Today is 47 days, which are 6 weeks and 5 days of the Omer	Psalm 130:1-8	A Prayer for Help

48	06/07/25	10 Sivan	Today is 48 days, which are 6 weeks and 6 days of the Omer	Psalms 148:1-14	A Call for the Universe to Praise Adonai
49	06/08/25	11 Sivan	Today is 49 days, which are 7 weeks of the Omer – 7 Shabbat	Psalms 138:1-8	A Prayer of Thanksgiving
50	06/09/25	12 Sivan	Shavuot	Psalms 150:1-6	Praise Adonai

Traditional Jewish calendars identify 6 Sivan as Shavuot, in that the counting of the omer is initiated on the second day of Passover. Based on Leviticus 23:15

[Lev 23:15](#) " 'From the day after the day of rest — that is, from the day you bring the sheaf for waving — you are to count seven full weeks, [Lev 23:16](#) until the day after the seventh week; you are to count fifty days; and then you are to present a new grain offering to Adonai.

One understanding is that the “the day after the day of rest” is in relation to the first Shabbat associated with the Feast of Unleavened Bread whereas another understanding of this verse is in relation to Leviticus 23:10 - 12

[Lev 23:10](#) "Tell the people of Israel, 'After you enter the land I am giving you and harvest its ripe crops, you are to bring a sheaf of the firstfruits of your harvest to the cohen.

[Lev 23:11](#) He is to wave the sheaf before Adonai, so that you will be accepted; the cohen is to wave it on the day after the Shabbat.

[Lev 23:12](#) On the day that you wave the sheaf, you are to offer a male lamb without defect, in its first year, as a burnt offering for Adonai.

Whereas, the Shabbat referenced in these verses refer to the weekly Shabbat. As such, the waving would be done on the first day of the week and not the day after the Shabbat associated with Unleavened Bread.

For this reason you will see a discrepancy in what we are presenting versus what you would likely see on a traditional Jewish calendar.

Furthermore, the counting of the Omer is what determines when Shavuot is. When counting seven Sabbaths (49 days), if you did not start on the first day of the week, you would not be counting a complete 49 days. Yet, when starting on the first day of the week, you will always count 7 days and therefore 7 Sabbaths, with the 50<sup>th</sup> day always falling on the first day of the week. Why is this significant?

### **Do as The Disciples Did - Count the Omer!**

After Passover comes Shavuot, the appointed Feast Day of Week. In Hebrew it is Shavuot. It is called The Feast of Weeks because God tells us to count seven weeks or Sabbaths from the first Sabbath following Passover and on the 50th day it is Shavuot. It represents a Jubilee.

It is the counting of seven weeks, then on the 50th day of counting, the days after the 7th weekly Sabbath, this special Holy Day is celebrated as the day of the giving of the Spirit, the Torah of fire from Mount Sinai and again at the Temple Mount in Jerusalem some 30 Jubilees later.

We can count up to 50 just as the Disciples did. After all, there is a reason they were instructed to stay in Jerusalem (Luke 24:49; Acts 1:4) and there is a reason they knew so easily that Yeshua HaMashiach ascended (Acts 1:3) on the 40th day... It wasn't because they were

counting down the days since the crucifixion, it was because they were counting up just as God had instructed at Sinai 1,500 years earlier. They were counting -- the Omer days !!!

So, the counting of the Omer is more than just determining when Shavuot is, it is also a memorial of Yeshua's resurrection. He was seen on Firstfruits, when the Omer is to begin its count, the very day Yeshua arose. So, the Omer is also a reminder to us of Yeshua's resurrection. It is a further reminder of the time he spent with His talmadim, teaching them about the mysteries of the Kingdom...

**Luk 24:44** Yeshua said to them, "This is what I meant when I was still with you and told you that everything written about me in the Torah of Moshe, the Prophets and the Psalms had to be fulfilled."

**Luk 24:45** Then he opened their minds, so that they could understand the Tanakh,

**Luk 24:46** telling them, "Here is what it says: the Messiah is to suffer and to rise from the dead on the third day;

**Luk 24:47** and in his name repentance leading to forgiveness of sins is to be proclaimed to people from all nations, starting with Yerushalayim.

**Luk 24:48** You are witnesses of these things.

**Act 1:3** After his death he showed himself to them and gave many convincing proofs that he was alive. During a period of forty days they saw him, and he spoke with them about the Kingdom of God.

**Act 1:4** At one of these gatherings, he instructed them not to leave Yerushalayim but to "wait for what the Father promised, which you heard about from me.

Therefore, do the same and count up to Shavuot, remembering Yeshua's resurrection, a true reason to celebrate!

