

COUNTING OF THE OMER DAILY PRAYER GUIDE

FIRST FRUITS EXPLANATION

First Fruits (Lev 23:9-21) is the celebration of the giving of the first of the crop to the Lord in the Torah symbolizing the idea that we should bring our first and our best to the Lord as an offering. First Fruits occurs on the day following the Sabbath in the week of Passover. It is pictured in the early barley harvest where life first appears out of the deadness of winter. An omer of barley is gathered and waved before the Lord on the day of First Fruits in order for us who believe to be accepted by the Lord. This annual holyday was fulfilled in Yeshua's stunning resurrection from the dead (1 Cor 15:20-25). Yeshua was the fulfillment of First Fruits in being the first to rise from the dead. Because He conquered sin and death, so shall we also overcome sin and death through Jesus!

COUNTING OF THE OMER EXPLANATION

The Counting of the Omer begins on the day after the seventh day Shabbat which falls in the week of Passover and continues for 50 days, linking the sacrifice of Yeshua during Passover to the giving of the Torah at Mount Sinai and the Ruach in the New Covenant during Shavuot. We recognize there are different methods of counting the 50 days. Following the medieval Karaite Jewish practice, we count both seven weeks (Deut 16:9) and count fifty days (Lev 23:16). This allows us to fulfill the commandments to do both.

PRAYER GUIDE

Each day as you recognize the counting of the omer, whether by counting grain or marking your calendar, say the following blessing:

Baruch atah Adonai Elohenu melech haolam Asher kideshanu bemitzvotav vetzivanu al sefirat ha-omer.

Blessed are you, Lord our God, King of the Universe, who has sanctified us with His commandments, and commanded us concerning the counting of the Omer.

Following this blessing, recite the liturgy associated with the listed week and day below:

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 1

Day 1

Today is the 1st day of the 1st week of seven weeks. Today is the 1st day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 2

Today is the 2nd day of the 1st week of seven weeks. Today is the 2nd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 3

Today is the 3rd day of the 1st week of seven weeks. Today is the 3rd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 4

Today is the 4th day of the 1st week of seven weeks. Today is the 4th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 5

Today is the 5th day of the 1st week of seven weeks. Today is the 5th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 6

Today is the 6th day of the 1st week of seven weeks. Today is the 6th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 7

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. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 2

Day 8

Today is the 1st day of the 2nd week of seven weeks. Today is the 8th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 9

Today is the 2nd day of the 2nd week of seven weeks. Today is the 9th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 10

Today is the 3rd day of the 2nd week of seven weeks. Today is the 10th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 11

Today is the 4th day of the 2nd week of seven weeks. Today is the 11th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 12

Today is the 5th day of the 2nd week of seven weeks. Today is the 12th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 13

Today is the 6th day of the 2nd week of seven weeks. Today is the 13th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 14

Today is the 7th day of the 2nd week of seven weeks. Today is the 14th 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 2nd Sabbath of seven Sabbaths. Today completes the 2nd week of seven weeks. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 3

Day 15

Today is the 1st day of the 3rd week of seven weeks. Today is the 15th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 16

Today is the 2nd day of the 3rd week of seven weeks. Today is the 16th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 17

Today is the 3rd day of the 3rd week of seven weeks. Today is the 17th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 18

Today is the 4th day of the 3rd week of seven weeks. Today is the 18th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 19

Today is the 5th day of the 3rd week of seven weeks. Today is the 19th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 20

Today is the 6th day of the 3rd week of seven weeks. Today is the 20th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 21

Today is the 7th day of the 3rd week of seven weeks. Today is the 21st 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 3rd Sabbath of seven Sabbaths. Today completes the 3rd week of seven weeks. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 4

Day 22

Today is the 1st day of the 4th week of seven weeks. Today is the 22nd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 23

Today is the 2nd day of the 4th week of seven weeks. Today is the 23rd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 24

Today is the 3rd day of the 4th week of seven weeks. Today is the 24th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 25

Today is the 4th day of the 4th week of seven weeks. Today is the 25th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 26

Today is the 5th day of the 4th week of seven weeks. Today is the 26th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 27

Today is the 6th day of the 4th week of seven weeks. Today is the 27th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 28

Today is the 7th day of the 4th week of seven weeks. Today is the 28th 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 4th Sabbath of seven Sabbaths. Today completes the 4th week of seven weeks. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 5

Day 29

Today is the 1st day of the 5th week of seven weeks. Today is the 29th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 30

Today is the 2nd day of the 5th week of seven weeks. Today is the 30th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 31

Today is the 3rd day of the 5th week of seven weeks. Today is the 31st day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 32

Today is the 4th day of the 5th week of seven weeks. Today is the 32nd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 33

Today is the 5th day of the 5th week of seven weeks. Today is the 33rd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 34

Today is the 6th day of the 5th week of seven weeks. Today is the 34th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 35

Today is the 7th day of the 5th week of seven weeks. Today is the 35th 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 5th Sabbath of seven Sabbaths. Today completes the 5th week of seven weeks. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 6

Day 36

Today is the 1st day of the 6th week of seven weeks. Today is the 36th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 37

Today is the 2nd day of the 6th week of seven weeks. Today is the 37th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 38

Today is the 3rd day of the 6th week of seven weeks. Today is the 38th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 39

Today is the 4th day of the 6th week of seven weeks. Today is the 39th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 40

Today is the 5th day of the 6th week of seven weeks. Today is the 40th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 41

Today is the 6th day of the 6th week of seven weeks. Today is the 41st day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

Day 42

Today is the 7th day of the 6th week of seven weeks. Today is the 42nd 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 6th Sabbath of seven Sabbaths. Today completes the 6th week of seven weeks. And now, “To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!” Amen (Rev 5:13).

PRAYER GUIDE CONTINUED: LIST OF WEEKS AND DAYS

Week 7

Day 43

Today is the 1st day of the 7th week of seven weeks. Today is the 43rd day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 44

Today is the 2nd day of the 7th week of seven weeks. Today is the 44th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 45

Today is the 3rd day of the 7th week of seven weeks. Today is the 45th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 46

Today is the 4th day of the 7th week of seven weeks. Today is the 46th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 47

Today is the 5th day of the 7th week of seven weeks. Today is the 47th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 48

Today is the 6th day of the 7th week of seven weeks. Today is the 48th day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Day 49

Today is the 7th day of the 7th week of seven weeks. Today is the 49th 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 7th Sabbath of seven Sabbaths. Today completes the 7th week of seven weeks. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).

Feast of Weeks - Chag Ha-Shavuot

Day 50

Today is the 50th day from the day of the waving of the Omer on the morrow after the Sabbath. Today is the morrow of the seven Sabbath, the Feast of Weeks, the Feast of Harvest, the Day of First Fruits. And now, "To the One seated on the throne and to the Lamb be blessing and honor and glory and power forever and ever!" Amen (Rev 5:13).
