Psalm 67

To the Chief Musician. On stringed instruments.  
A Psalm. A Song.

God be merciful to us and bless us,  
And cause His face to shine upon us,  
Selah

That Your way may be known on the earth,  
Your salvation among all nations.  
Let the peoples praise You, O God;  
Let all the peoples praise You.  
Oh, let the nations be glad and sing for joy!  
For You shall judge the people righteously,  
And govern the nations on earth.

Let the peoples praise You, O God;  
Let all the peoples praise You.  
Then the earth shall yield her increase;  
God, our own God, shall bless us.  
God shall bless us,  
And all the ends of the earth shall fear Him.
Blessing Upon Counting the Omer

Behold, I am ready and prepared to fulfill the command of counting the Omer. As it says in the Torah, “You shall count for yourselves from the day after the Sabbath, from the day that you brought the Omer of the wave offering: seven Sabbaths shall be completed. Count fifty days to the day after the seventh Sabbath.”

Leviticus 23:15-16

Baruch atah Adonai Eloheinu Melech ha’olam,
Asher kid’shanu b’mitzvotav v’tzivanu
Al sefirat ha’omer.

Blessed are You, O Adonai our God, King of the universe,
Who has sanctified us by His commandments and commanded us concerning the counting of the Omer.

Today is the ____ day of the Omer.

After the sixth day, count as follows:

Today is ____ days, which is ____ week(s) and ____ day(s) of the Omer.

The reading of Psalm 67
Meditations on the Attributes of the Seven Shepherds of Israel

Avraham Avinu – Chesed – Lovingkindness
Day 1: Lovingkindness
Day 2: Lovingkindness & Strength/Justice
Day 3: Lovingkindess & Beauty
Day 4: Lovingkindness & Humility
Day 5: Lovingkindness & Splendor
Day 6: Lovingkindness & Connection
Day 7/One Week: Lovingkindness & Sovereignty

Yitzchak – Gevurah – Strength, Justice
Day 8: Strength, Justice
Day 9: Justice & Lovingkindness
Day 10: Justice & Beauty
Day 11: Justice & Humility
Day 12: Justice & Splendor
Day 13: Justice & Connection
Day 14/Two Weeks: Justice & Sovereignty

Ya’akov – Tiferet – Beauty, Truth, Harmony
Day 15: Beauty
Day 16: Beauty & Lovingkindness
Day 17: Beauty & Justice
Day 18: Beauty & Humility
Day 19: Beauty & Splendor
Day 20: Beauty & Connection
Day 21/Three Weeks: Beauty & Sovereignty

Moshe – Netzach – Eternity, Humility
Day 22: Humility
Day 23: Humility & Lovingkindness
Day 24: Humility & Justice
Day 25: Humility & Beauty
Day 26: Humility & Splendor
Day 27: Humility & Connection
Day 28/Four Weeks: Humility & Sovereignty

Aharon – Hod – Glory, Splendor
Day 29: Splendor
Day 30: Splendor & Lovingkindness
Day 31: Splendor & Justice
Day 32: Splendor & Beauty
Day 33: Splendor & Humility
Day 34: Splendor & Connection
Day 35/Five Weeks: Splendor & Sovereignty

Yosef – Yesod – Foundation, Connection
Day 36: Connection
Day 37: Connection & Lovingkindness
Day 38: Connection & Justice
Day 39: Connection & Beauty
Day 40: Connection & Humility
Day 41: Connection & Splendor
Day 42/Six Weeks: Connection & Sovereignty

David haMelech – Malchut – Kingship, Sovereignty
Day 43: Sovereignty
Day 44: Sovereignty & Lovingkindness
Day 45: Sovereignty & Justice
Day 46: Sovereignty & Beauty
Day 47: Sovereignty & Humility
Day 48: Sovereignty & Splendor
Day 49/Seven Weeks: Sovereignty & Connection

Seven Weeks plus One Day of the counting of the Omer:
Day 50: Lovingkindness & Justice & Humility & Beauty & Splendor & Connection & Sovereignty