

*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: Lovingkindness & 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