

Beit Emet Congregation ~ Vancouver, WA

COUNTING THE OMER – 2008

Week One (4/27- 5/3)

Characteristic of Yahweh: “*Chesed*” - Loving Kindness, Mercy (Strong’s #2617)
Tribe of Kena’an & Negative Attribute it overcomes: “*Hittites*” ~ Fear or Terror
Scripture: 1 Yohanan 4:18;

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	Avraham
4/27	4/28	4/29	4/30	5/1	5/2	5/3	

Week Two (5/4 – 5/10)

Characteristic of Yahweh: “*Gevurah*” - Strength of Character, Fortitude (Strong’s #1369)
Tribe of Kena’an & Negative Attribute it overcomes: “*Hiwwites*” ~ Worship of false mighty ones.
Scripture: Yehoshua 24:14-24;

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	Yitzaq
5/4	5/5	5/6	5/7	5/8	5/9	5/10	

Week Three (5/11 – 5/17)

Characteristic of Yahweh: “*Tiferet*” - Beauty, Harmony (Strong’s #8597)
Overcomes: Rebellion
Tribe of Kena’an & Negative attribute it overcomes: “*Yebusites*” ~ Rebellion
Scripture: Yehezqel 20:34-38 & Ibrim 3:7-19

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	Ya’aqob
5/11	5/12	5/13	5/14	5/15	5/16	5/17	

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Week Four (5/18 – 5/24) **Characteristic of Yahweh:** “*Netzach*” - Victory, Eternity, Endurance (Strong’s #5331)
Tribe of Kena’an & Negative attribute it overcomes: “*Perizzites*” ~ The Breaker or Breach
Scripture: Yeshayahu 58:1-14

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	Moshe
5/18	5/19	5/20	5/21	5/22	5/23	5/24	

Week Five (5-25 – 5/31) **Characteristic of Yahweh:** “*Hod*” - Splendor, Majesty, Esteem (Strong’s #1926)
Tribe of Kena’an & Negative attribute it overcomes: “*Kena’anites*” ~ Hopelessness & Depression
Scripture: Tehillim 96:1-13

Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	Aharon
5/25	5/26	5/27	5/28	5/29	5/30	5/31	

Week Six (6/1 – 6/7) **Characteristic of Yahweh:** “*Yesod*” - Foundation, Strong Beginning (Strong’s #3246)
Tribe of Kena’an & Negative attribute it overcomes: “*Girgashites*” ~ Unsure Foundation
Scripture: Luke 6:46-49 & 2 Timothy 2:19

Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	Yoseph
6/1	6/2	6/3	6/4	6/5	6/6	6/7	

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Week Seven (6/8 – 6/14) Characteristic of Yahweh: “*Malchut*” - Kingship, Sovereignty (Strong’s #4438)
Tribe of Kena’an & Negative attribute it overcomes: “*Amorites*” ~ Pride & Boasting in oneself
Scripture: Yeshayahu 61:1-4 & Mattityahu 5:1-12

Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Patriarch
Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malchut	David
6/8	6/9	6/10	6/11	6/12	6/13	6/14	

So, how do we count? While each of us can do it in his, or her, own way, The method our brother Yahudah gave us may be tradition; but like the tzitzit, it works in fulfilling the “*mitzvot*” (command) and in this case also, it preserves the “*road map*” Yahweh has given us. When each day of “*Sefirat HaOmer*” begins, after sunset, we should set aside a time for prayer when we Count the Omer.

We begin with the blessing in Hebrew:

***“Baruch Attah Yahweh, Eloheinu, Melek Ha Olam,
Asher Kid’shanu b’mitzvotav, Ve-tzivanu al Sefirat Ha Omer.”***

In English:

***“Blessed are You, Yahweh our Elohim, King of the Universe,
Who has set us apart by Your commandments, and Who has commanded us to count the Omer.”***

After reciting the blessing, we should continue, reciting each week and day of the Omer count as it comes. We should recite something like the following:

“Today is the _____ week of the Omer count, and the _____ day of the week, making _____ days in all. Therefore, there are _____ days till the Feast of Weeks [Shavuot].”

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Notes on the Patriarchs & Their Relationship to the Omer

Avraham personifies the virtue of '**Loving Kindness**'. Through his selfless love of mankind, the whole world was brought nearer to Yahweh.

Yitzaq personifies '**Strength of Character**', and from him the world learned to fear Yahweh. His whole being was devoted to the service of Elohim and to the fear of Him. In this he never faltered.

Ya'aqob became the personification of '**Harmony**'. Through all of his struggles with Esau, Laban and even his struggle with the Malach of Elohim, he esteemed Yahweh and because he did, he overcame and given a new name, Yisra'el.

Moshe typifies '**Eternity**', the eternity of the Torah and our eternal deliverance. While all earthly possessions are temporary, the Torah, the Word of Elohim, alone is permanent.

Aharon's special characteristic was '**Splendour**'. As Yahweh's chosen High Priest, he not only served Yahweh, he served the Children of Yisra'el and brought them near to the Torah. The garments Yahweh chose for the Kohen HaGadol/High Priest show the splendour of his calling.

Yoseph typifies that virtue which lies at the '**Foundation**' of all morality. The righteousness of Yoseph's life was such that he rose to the greatest possible heights of set-apartness.

King David typifies '**Sovereignty**'. It was not David's wisdom or strength that brought him to kingship, nor did he achieve it simply by inheritance. His kingdom was granted him by the King of Kings. Yahweh took him from the sheepfolds, from tending the flocks of lambs, to tend the flock of Yisra'el. David was of lowly beginnings, yet all the kings from east to west, came to pay him homage. He taught the world that Yahweh is the Supreme King. He taught mankind to sing songs of praise to the Master of the Universe.

Each of these seven qualities is closely intertwined with the others and all are interdependent. None exists in isolation. Each characteristic has a light of its own which it sheds on the others even while it absorbs their light. Yahweh has given us these seven weeks of counting as an opportunity for correcting the various defects in our character and replacing those defects with His attributes.

Baruch HaShem Yahweh !