

Day 01 -

Day 23 -

Day 45 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֶמֶר HaOmer

תהלים Psalm 119:001-008

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א ===Alef===

א

אֲשֶׁרִי תְּמִימֵי-דַרְךְךָ הַהֲלֹכִים בְּתוֹרַת יְהוָה :

<1 1. AshREY / t'miMEY_DArekh / haholKHYM / b'toRAT / adoNAI:

1 ALEPH: Blessed are those whose ways are blameless, who walk according to YHWH's Torah.

אֲשֶׁרִי נֹצְרֵי עֲדוֹתָיו בְּכָל-לֵב יִדְרָשׁוּהוּ :

<2 2. AshREY / notsREY / edoTAV / b'KHOL_lev / yidr'SHUhu:

2 Blessed are those who keep his statutes, who seek him with their whole heart.

אֵף לֹא-פָעֵלוּ עוֹלָה בְּדַרְכֵי הַלָּכוֹ :

<3 3. Af / lo_faaLU / avLA / bidraKHAV / haLAKhu:

3 Yes, they do nothing wrong. They walk in his ways.

אַתָּה צִוִּיתָהּ פְּקֻדֶיךָ לְשֹׁמֵר מְאֹד :

<4 4. ATA / tsiviTA / fikuDEkha / lishMOR / m'OD:

4 You have commanded your precepts, that we should fully obey them.

אַחֲלֵי יַכְנוּ דַרְכֵי לְשֹׁמֵר חֻקֶיךָ :

<5 5. AkhaLAI / yiKOnu / draKHAI / lishMOR / khuKEkha:

5 Oh that my ways were steadfast to obey your statutes!

אַז לֹא-אַבוֹשׁ בְּהִבִּיטִי אֶל-כָּל-מִצְוֹתֶיךָ :

<6 6. Az / lo_eVOSH / b'habiTI / el_kol_mitsoTEkha:

6 Then I wouldn't be disappointed, when I consider all of your commandments.

אוֹדֶךָ בְּיִשְׁרׁ לֵב בְּלִמְדֵי מִשְׁפָּטֶי צְדָקָךָ :

<7 7. OdKHA / b'YOsher / leVAV / b'lomDI / mishp'TEY / tsidKEkha:

7 I will give thanks to you with uprightness of heart, when I learn your righteous judgments.

אַת-חֻקֶיךָ אֲשֹׁמֵר אֶל-תַּעֲזֹבֵנִי עַד-מְאֹד :

<8 8. Et_khuKEkha / eshMOR / al_taaZVEni / ad_m'OD:

8 I will observe your statutes. Don't utterly forsake me.

STUDY -----

PALEO

Day 02 -

Day 24 -

Day 46 -

**COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer**

תהלים תהלים Psalm 119:009-016

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ב ===Bet===

ב

9 < בַּמָּה יִזְכֶּה-נַעַר אֶת-אָרְחוֹ לְשֹׁמֵר כְּדַבְרְךָ :

9. BaME / y'zaKE_NAar / et_orKHO / lishMOR / kid'vaREkha:

9 BET: How can a young man keep his way pure? By living according to your word.

10 < בְּכָל-לִבִּי דַרְשִׁיתִיךָ אֶל-תִּשְׁגִּנִּי מִמִּצְוֹתֶיךָ :

10. B'KHOL_liBI / drashTIkha / al_tashGENi / mimitsoTEkha:

10 With my whole heart, I have sought you. Don't let me wander from your commandments.

11 < בְּלִבִּי צָפַנְתִּי אִמְרֹתֶיךָ לְמַעַן לֹא אֶחָטָא-לָךְ :

11. B'liBI / tsaFANti / imraTEkha / l'MAan / lo / ekheTA_lakh:

11 I have hidden your word in my heart, that I might not sin against you.

12 < בָּרוּךְ אַתָּה יְהוָה לְמַדְנִי חֻקֶיךָ :

12. BaRUKH / aTA / adoNAI / lamDEni / khuKEkha:

12 Blessed are you, YHWH! Teach me your statutes.

13 < בְּשִׁפְתַי סַפַּרְתִּי כָּל מִשְׁפָּטֵי-פִיךָ :

13. BisfaTAI / siPARTi / kol / mishp'TEY_FIkha:

13 With my lips, I have declared all the ordinances of your mouth.

14 < בְּדַרְךָ עֲדוּתֶיךָ שִׁשְׁתִּי כְּעַל כָּל-הוֹן :

14. B'DErekH / edoTEkha / SASTi / k'AL / kol_hon:

14 I have rejoiced in the way of your testimonies, as much as in all riches.

15 < בְּפִקּוּדֶיךָ אֲשִׁיחָה וְאֶבִּיטָה אֶרְחֹתֶיךָ :

15. B'fikuDEkha / asiKHA / v'abiTA / orkhoTEkha:

15 I will meditate on your precepts, and consider your ways.

16 < בְּחֻקֹּתֶיךָ אֲשִׁתַּעֲשֶׂע לֹא אֲשַׁכַּח דְּבָרְךָ :

16. B'khukoTEkha / eshtaaSHA / lo / eshKAKH / d'vaREkha:

16 I will delight myself in your statutes. I will not forget your word.

STUDY -----

PALEO

Day 03 -

Day 25 -
Day 47 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העומר HaOmer

Psalm 119:017-024 תהלים

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ג ===Gimel===

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- | | | |
|--|--|---|
| <p>< 17 גַּמְל עַל-עַבְדְּךָ אֲתִיָּה וְאֲשַׁמְרָה דְּבָרְךָ :</p> | <p>17. Gmol / al_avd'KHA / ekhYE / v'eshm'RA / d'vaREkha:</p> | <p>17 GIMEL: Do good to your servant. I will live and I will obey your word.</p> |
| <p>< 18 גַּל-עֵינַי וְאֲבִיטָה נִפְלְאוֹת מִתּוֹרָתְךָ :</p> | <p>18. Gal_eyNAI / v'abiTA / niflaOT / mitoraTEkha:</p> | <p>18 Open my eyes, that I may see wondrous things out of your Torah.</p> |
| <p>< 19 גֵּר אֲנֹכִי בָאָרֶץ אֶל-תַּסְתֵּר מִמְּנֵי מִצְוֹתֶיךָ :</p> | <p>19. Ger / anoKHI / vaArets / al_tasTER / miMEeni / mitsoTEkha:</p> | <p>19 I am a stranger on the earth. Don't hide your commandments from me.</p> |
| <p>< 20 גָּרְסָה נַפְשִׁי לְתַאֲבָה אֶל-מִשְׁפָּטֶיךָ בְּכָל-עֵת :</p> | <p>20. GarSA / nafSHI / l'taaVA / el_mishpaTEkha / b'KHOL_et:</p> | <p>20 My soul is consumed with longing for your ordinances at all times.</p> |
| <p>< 21 גָּעַרְתָּ זָדִים אַרְוָרִים הַשְּׂגִים מִמִּצְוֹתֶיךָ :</p> | <p>21. GaARta / zeDIM / aruRIM / hashoGIM / mimitsoTEkha:</p> | <p>21 You have rebuked the proud who are cursed, who wander from your commandments.</p> |
| <p>< 22 גַּל מַעְלֵי חֲרָפָה וְבוֹז כִּי עִדְתֶּיךָ נִצְרָתִי :</p> | <p>22. Gal / meaLAI / kherPA / vaVUZ / ki / edoTEkha / naTSARTi:</p> | <p>22 Take reproach and contempt away from me, for I have kept your statutes.</p> |
| <p>< 23 גַּם יִשְׁבוּ שָׂרִים בִּי נִדְבְּרוּ עַבְדְּךָ יִשִׁיחַ בְּחֻקֶיךָ :</p> | <p>23. Gam / yashVU / saRIM / bi / nidBAru / avd'KHA / yaSIakh / b'khuKEkha:</p> | <p>23 Though princes sit and slander me, your servant will meditate on your statutes.</p> |
| <p>< 24 גַּם-עִדְתֶּיךָ שְׂעִשְׂעֵי אֲנִשִּׁי עֲצָתִי :</p> | <p>24. Gam_edoTEkha / shaashuAI / anSHEY / atsaTI:</p> | <p>24 Indeed your statutes are my delight, and my counselors.</p> |

[STUDY](#) -----

[PALEO](#)

Day 04 -
Day 26 -

Day 48 - COUNTING THE OMER - 7 weeks to 50th Day Shavuot - העֹמֶר HaOmer

תהלים Psalm 119:025-032

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	ד ===Daled===	ד
<p><25 דְּבַקָּה לְעֶפֶר נַפְשִׁי חַיִּי כְּדָבָרְךָ :</p>	<p>25. DavKA / leaFAR / nafSHI / khaYEni / kid'vaREkha:</p>	<p>25 DALED: My soul is laid low in the dust. Revive me according to your word!</p>
<p><26 דְּרָכֵי סִפְרָתִי וַתַּעֲנֵנִי לְמַדְנִי חֻקֶיךָ :</p>	<p>26. DraKHAI / siPARTi / vataaNEni / lamDEni / khuKEkha:</p>	<p>26 I declared my ways, and you answered me. Teach me your statutes.</p>
<p><27 דְּרֹךְ-פִּקּוּדֶיךָ הִבִּינֵנִי וְאֲשִׁיחָה בְּנִפְלְאוֹתֶיךָ :</p>	<p>27. DErekh_pikuDEkha / haviNEni / v'asiKHA / b'nifl'oTEkha:</p>	<p>27 Let me understand the teaching of your precepts! Then I will meditate on your wondrous works.</p>
<p><28 דְּלִפָּה נַפְשִׁי מִתּוֹגָה קִיַּמְנִי כְּדָבָרְךָ :</p>	<p>28. DalFA / nafSHI / mituGA / kaiMEni / kid'vaREkha:</p>	<p>28 My soul is weary with sorrow: strengthen me according to your word.</p>
<p><29 דְּרֹךְ-שֶׁקֶר הָסַר מִמֶּנִּי וְתוֹרַתְךָ חֲנִנִי :</p>	<p>29. DErekh_SHEker / haSER / miMEni / v'toratKHA / khoNEni:</p>	<p>29 Keep me from the way of deceit. Grant me your Torah graciously!</p>
<p><30 דְּרֹךְ-אֱמוּנָה בְּחַרְתִּי מִשְׁפָּטֶיךָ שׁוֹיִתִּי :</p>	<p>30. DErekh_emuNA / vaKHARti / mishpaTEkha / shiVIti:</p>	<p>30 I have chosen the way of truth. I have set your ordinances before me.</p>
<p><31 דְּבַקַּתִּי בְּעֵדוּתֶיךָ יְהוָה אֵל-תְּבִישְׁנִי :</p>	<p>31. DaVAKti / v'edoTEkha / adoNAI / al_t'viSHEni:</p>	<p>31 I cling to your statutes, YHWH! Don't let me be disappointed.</p>
<p><32 דְּרֹךְ-מִצְוֹתֶיךָ אֲרוּץ כִּי תִרְחִיב לְבָי :</p>	<p>32. DErekh_mitsoTEkha / aRUTS / ki / tarKHIV / liBI:</p>	<p>32 I run in the path of your commandments, for you have set my heart free.</p>

[STUDY](#) -----

[PALEO](#)

**Day 05 -
Day 27 -
Day 49 -**

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:033-040 תהלים

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ה ===Hey===

א

- | | | |
|--|--|---|
| <p><33 הורני יהוה דרך חקיך ואצננה עקב:</p> | <p>33. HoREni / adoNAI / DErekh / khuKEkha / v'etsREna / Ekev:</p> | <p>33 HEY: Teach me, YHWH, the way of your statutes. I will keep them to the end.</p> |
| <p><34 הבינני ואצרה תורתך ואשמרנה בכל-לב:</p> | <p>34. HaviNEni / v'etsRA / toraTEkha / v'eshm'REna / v'KHOL_lev:</p> | <p>34 Give me understanding, and I will keep your Torah. Yes, I will obey it with my whole heart.</p> |
| <p><35 הדריכני בנתיב מצותיך פי-בו תפצתי:</p> | <p>35. HadriKHEni / bin'TIV / mitsoTEkha / ki_vo / khaFATSti:</p> | <p>35 Direct me in the path of your commandments, for I delight in them.</p> |
| <p><36 הט-לבי אל-עדותיך ואל אל-בצע:</p> | <p>36. Hat_liBI / el_edoTEkha / v'AL / el_baTSA:</p> | <p>36 Turn my heart toward your statutes, not toward selfish gain.</p> |
| <p><37 העבר עיני מראות שוא בדרךך חני:</p> | <p>37. HaaVER / eyNAI / merOT / shav / bidraKHEkha / khaYEni:</p> | <p>37 Turn my eyes away from looking at worthless things. Revive me in your ways.</p> |
| <p><38 הקם לעבדך אמרתך אשר ליראתך:</p> | <p>38. HaKEM / l'avd'KHA / imraTEkha / aSHER / l'yiraTEkha:</p> | <p>38 Fulfill your promise to your servant, that you may be feared.</p> |
| <p><39 העבר חרפתי אשר יגרתני כי משפטיך טובים:</p> | <p>39. HaaVER / kherpaTI / aSHER / yaGORTi / ki / mishpaTEkha / toVIM:</p> | <p>39 Take away my disgrace that I dread, for your ordinances are good.</p> |
| <p><40 הנה תאבתי לפקדיך בצדקתך חני:</p> | <p>40. HiNEY / taAVti / l'fikuDEkha / b'tsidkatKHA / khaYEni:</p> | <p>40 Behold, I long for your precepts! Revive me in your righteousness.</p> |

[STUDY](#) -----

[PALEO](#)

Day 06 -

Day 28 -

Day 50 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֹמֵר HaOmer

תהילים Psalm 119:041-048

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וּ ===Waw===

Υ

<41 וַיִּבְאֵנִי חֶסֶדְךָ יְהוָה תְּשׁוּעָתְךָ כְּאִמְרָתְךָ :

41. VivoUni / khasaDEkha / adoNAI / chuatkHA / k'imraTEkha:

41 WAW: Let your loving kindness also come to me, YHWH, your salvation, according to your word.

<42 וְאֶעֱנֶה חֶרְפִּי דָבָר כִּי-בִטְחֹתִי בְּדִבְרֶךָ :

42. V'eeNE / khorPI / daVAR / ki_vaTAKHti / bid'vaREkha:

42 So I will have an answer for him who reproaches me, for I trust in your word.

<43 וְאַל-תִּצַּל מִפִּי דְבַר-אֱמֶת עַד-מָאֵד כִּי לְמִשְׁפָּטְךָ יִחְלָתִי :

43. V'AL_taTSEL / miPI / d'VAR_eMET / ad_m'OD / ki / l'mishpaTEkha / yiKHALti:

43 Don't snatch the word of truth out of my mouth, for I put my hope in your ordinances.

<44 וְאֶשְׁמְרָה תּוֹרָתְךָ תָּמִיד לְעוֹלָם וָעֶד :

44. V'eshm'RA / toratKHA / taMID / l'oLAM / vaED:

44 So I will obey your Torah continually, forever and ever.

<45 וְאֶתְהַלְכָה בְּרִחְבֵּהּ כִּי פִקְדֹתֶיךָ דָּרְשֹׁתִי :

45. V'ethalKHA / varkhaVA / ki / fikuDEkha / daRASHti:

45 I will walk in liberty, for I have sought your precepts.

<46 וְאֶדְבַרְהָ בְּעֹדֹתֶיךָ נֶגֶד מְלָכִים וְלֹא אֶבּוֹשׁ :

46. VaadabRA / v'edoTEkha / NEged / m'laKHIM / v'LO / eVOSH:

46 I will also speak of your statutes before kings, and will not be disappointed.

<47 וְאֶשְׂתַּעֲשֶׂע בְּמִצְוֹתֶיךָ אֲשֶׁר אֶהְבֵּתִי :

47. V'eshtaaSHA / b'mitsoTEkha / aSHER / aHAVti:

47 I will delight myself in your commandments, because I love them.

<48 וְאֶשָּׂא-כַפִּי אֶל-מִצְוֹתֶיךָ אֲשֶׁר אֶהְבֵּתִי וְאֶשִׁיחָה בְּחֻקֶיךָ :

48. V'eSA_khaPAI / el_mitsoTEkha / aSHER / aHAVti / v'asiKHA / v'khuKEkha:

48 I reach out my hands for your commandments, which I love. I will meditate on your statutes.

[STUDY](#) -----

[PALEO](#)

Day 07 -

Day 29 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֹמֵר HaOmer

תהילים Psalms 119:049-056

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ז ===Zayin===

ז

<p><49 זכר-דְּבַר לְעִבְדְּךָ עַל אֲשֶׁר יִחַלְתָּנִי :</p>	<p>49. Zkhor_daVAR / l'avDEkha / al / aSHER / yikhaltaNi:</p>	<p>49 ZAYIN: Remember your word to your servant, because you gave me hope.</p>
<p><50 זֹאת נַחֲמָתִי בְּעַנְיִי כִּי אִמְרַתְךָ חִיַּתְנִי :</p>	<p>50. Zot / nekhamati / v'anYI / ki / imratKHA / khiYATni:</p>	<p>50 This is my comfort in my affliction, for your word has revived me.</p>
<p><51 וְדִים הִלְיִצְנִי עַד-מְאֹד מִתּוֹרַתְךָ לֹא נָטִיתִי :</p>	<p>51. ZeDIM / heliTUni / ad_m'OD / mitoratKHA / lo / naTiti:</p>	<p>51 The arrogant mock me excessively, but I don't swerve from your Torah.</p>
<p><52 זְכַרְתִּי מִשְׁפָּטֶיךָ מֵעוֹלָם יְהוָה וְאֶתְנַחֵם :</p>	<p>52. ZaKHARTi / mishpaTEkha / meoLAM / adoNAI / vaetneKHAM:</p>	<p>52 I remember your ordinances of old, YHWH, and have comforted myself.</p>
<p><53 וְלִעֲפָה אֶחֱזַתְנִי מִרְשָׁעִים עֲזָבִי תוֹרַתְךָ :</p>	<p>53. ZalaFA / akhaZATni / mershaIM / ozVEY / toraTEkha:</p>	<p>53 Indignation has taken hold on me, because of the wicked who forsake your Torah.</p>
<p><54 וְזִמְרוֹת הָיוּ-לִי חֲגֻלֶיךָ בְּבַיִת מְגוֹרִי :</p>	<p>54. ZmiROT / haYU_li / khuKEkha / b'VEYT / m'guRAI:</p>	<p>54 Your statutes have been my songs, in the house where I live.</p>
<p><55 זְכַרְתִּי בַלַּיְלָה שְׁמֶךָ יְהוָה וְאֶשְׁמְרָה תּוֹרַתְךָ :</p>	<p>55. ZaKHARTi / vaLAYla / shimKHA / adoNAI / vaeshm'RA / toraTEkha:</p>	<p>55 I have remembered your name, YHWH, in the night, and I obey your Torah.</p>
<p><56 זֹאת הִיְתָה-לִּי כִּי פִקְדֵיךָ נִצְרָתִי :</p>	<p>56. Zot / haiTA_li / ki / fikuDEkha / naTSARTi:</p>	<p>56 This is my way, that I keep your precepts.</p>

[STUDY](#) -----

[PALEO](#)

Day 08 -

Day 30 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֹמֵר HaOmer

Psalm 119:057-064 תהלים

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ח ===Chet===

III

- <57 חֶלְקִי יְהוָה אֲמַרְתִּי לְשֹׁמֵר דְּבַרְיָךְ : 57. KhelKI / adoNAI / aMARTi / lishMOR / d'vaREkha: 57 CHET: YHWH is my portion. I promised to obey your words.
- <58 חֲלִיתִי פָנֶיךָ בְּכֹל-לֵב חֲנֻנִי פָאֲמַרְתָּךְ : 58. KhiLIti / faNEkha / b'KHOL_lev / khoNEni / k'imraTEkha: 58 I sought your favor with my whole heart. Be merciful to me according to your word.
- <59 חֲשַׁבְתִּי דְרָכַי וְאָשִׁיבָה רַגְלִי אֶל-עֲדוֹתֶיךָ : 59. KhiSHAVti / draKHAI / vaashiVA / ragLAI / el_edoTEkha: 59 I considered my ways, and turned my steps to your statutes.
- <60 חֲשַׁפְתִּי וְלֹא הִתְמַהְמַהְתִּי לְשֹׁמֵר מִצְוֹתֶיךָ : 60. KHASHti / v'LO / hitmaMATi / lishMOR / mitsoTEkha: 60 I will hurry, and not delay, to obey your commandments.
- <61 חֲבָלֵי רְשָׁעִים עֲוֹנֵי תוֹרַתְךָ לֹא שָׁכַחְתִּי : 61. KheVLEY / r'shaIM / ivDUni / toratKHA / lo / shaKHAKHti: 61 The ropes of the wicked bind me, but I won't forget your Torah.
- <62 חֲצוֹת-לַיְלָה אָקוּם לְהוֹדוֹת לָךְ עַל מִשְׁפָּטֶי צְדָקָךְ : 62. KhaTSOT_LAYla / aKUM / l'hoDOT / lakh / al / mishp'TEY / tsidKEkha: 62 At midnight I will rise to give thanks to you, because of your righteous ordinances.
- <63 חֲבֵר אָנִי לְכֹל-אֲשֶׁר יִרְאוּךָ וְלִשְׁמֵרֵי פְקוּדֹיךָ : 63. KhaVER / aNI / l'KHOL_aSHER / y'reUKha / ulshomREY / pikuDEkha: 63 I am a friend of all those who fear you, of those who observe your precepts.
- <64 חֲסֵדְךָ יְהוָה מְלֵאָה הָאָרֶץ חֲקִיךָ לְמַדְנִי : 64. Khasd'KHA / adoNAI / malA / haArets / khuKEkha / lamDeni: 64 The earth is full of your loving kindness, YHWH! Teach me your statutes.

STUDY -----

PALEO

Day 09 -

Day 31 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העומר HaOmer

Psalm 119:065-072 תהלים

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ט ===Tet===

⊗

- <65 טוב עשית עמ-עבדך יהוה כדברך :

65. Tov / aSIta / im_avd'KHA / adoNAI / kid'vaREkha:

65 TET: Do good to your servant, according to your word, YHWH!
- <66 טוב טעם ודעת למדני כי במצותיך האמנותי :

66. Tuv / TAam / vaDAat / lamDEni / ki / v'mitsoTEkha / heeMANti:

66 Teach me good judgment and knowledge, for I believe in your commandments.
- <67 טרם אענה אני שגג ועתה אמרתך שמרתי :

67. TeREM / eeNE / aNI / shoGEG / v'aTA / imratKHA / shaMARTi:

67 Before I was afflicted, I went astray; but now I observe your word.
- <68 טוב-אתה ומטיב למדני חקיך :

68. Tov_aTA / umeTIV / lamDEni / khuKEkha:

68 You are good, and do good. Teach me your statutes.
- <69 טפלו עלי שקר ודים אני בכל-לב אצר פקודיך :

69. TafLU / aLAI / SHEker / zeDIM / aNI / b'KHOL_lev / eTSOR / pikuDEkha:

69 The proud have smeared a lie upon me. With my whole heart, I will keep your precepts.
- <70 טפש כחלב לבם אני תורתך שעשעתי :

70. TaFASH / kaKHElev / liBAM / aNI / toratKHA / shiaSHAti:

70 Their heart is as callous as the fat, but I delight in your Torah.
- <71 טוב-לי כי-עניתי למען אלמד חקיך :

71. Tov_li / khi_uNEYti / l'MAan / elMAD / khuKEkha:

71 It is good for me that I have been afflicted, that I may learn your statutes.
- <72 טוב-לי תורת-פיך מאלפי זהב וכסף :

72. Tov_li / toRAT_PIkha / mealFEY / zaHAV / vaKHAsef:

72 The Torah you have spoken is better to me than thousands of pieces of gold and silver.

STUDY -----

PALEO

Day 10 -

Day 32 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העומר HaOmer

תהלים Psalm 119:073-080

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י, ===Yud===

י

- <73 יְדִיךָ עָשׂוּנִי וַיְכַוְנֵנוּנִי הַבִּינְנִי וְאֶלְמְדָה מִצֻּרֹתֶיךָ :

73. YaDEkha / aSUni / vay'khon'NUni / haviNEni / v'elm'DA / mitsoTEkha:

73 YUD: Your hands have made me and formed me. Give me understanding, that I may learn your commandments.
- <74 יִרְאֵיךָ יִרְאוּנִי וַיִּשְׂמְחוּ כִּי לְדַבְרְךָ יִחְלְתִי :

74. Y'reEkha / yirUni / v'yisMAkhu / ki / lid'varKHA / yiKHALti:

74 Those who fear you will see me and be glad, because I have put my hope in your word.
- <75 יִדְעֹתִי יְהוָה כִּי-צָדֵק מִשְׁפָּטֶיךָ וְאִמוּנָה עֲנִיתָנִי :

75. YaDAti / adoNAI / ki_TSEdek / mishpaTEkha / veemuNA / iniTAni:

75 YHWH, I know that your judgments are righteous, that in faithfulness you have afflicted me.
- <76 יְהִי-נָא חֶסֶדְךָ לְנַחֲמָנִי כְּאִמְרָתְךָ לְעַבְדְּךָ :

76. Y'HI_na / khasd'KHA / l'nakhaMEni / k'imratKHA / l'avDEkha:

76 Please let your loving kindness be for my comfort, according to your word to your servant.
- <77 יְבֹאוּנִי רַחֲמֶיךָ וְאַחֲיָה כִּי-תוֹרַתְךָ שִׁעֲשֻׁעֵי :

77. Y'voUni / rakhaMEkha / v'ekhYE / ki_toratKHA / shaashuAI:

77 Let your tender mercies come to me, that I may live; for your Torah is my delight.
- <78 יִבְשׂוּ יָדַיִם כִּי-שָׁקַר עֲוֹתוֹנִי אֲנִי אֲשִׁיחַ בְּפִקּוּדֶיךָ :

78. YeVOshu / zeDIM / ki_SHEker / ivTUni / aNI / aSIakh / b'fikuDEkha:

78 Let the proud be disappointed, for they have overthrown me wrongfully. I will meditate on your precepts.
- <79 יִשׁוּבוּ לִי יִרְאֵיךָ וַיִּדְעוּ עֲדֹתֶיךָ :

79. YaSHUvu / li / y'reEkha / v'yadU / edoTEkha:

79 Let those who fear you turn to me. They will know your statutes.
- <80 יְהִי-לִבִּי תָמִים בְּחֻקֶיךָ לְמַעַן לֹא אֶבּוֹשׁ :

80. Y'HI_liBI / taMIM / b'khuKEkha / l'MAan / lo / eVOSH:

80 Let my heart be blameless toward your decrees, that I may not be disappointed.

[STUDY](#) ----- [PALEO](#)

**Day 11 -
Day 33 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֶר HaOmer**

תְּהִלִּים Psalms 119:081-088

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כ ===Kaf===

ש

- <81 כָּלֵתָהּ לַתְּשׁוּעָתְךָ נַפְשִׁי לְדַבְרְךָ יְחִלְתִּי :

81. KalTA / litshuatKHA / nafSHI / lid'varKHA / yiKHALti:

81 KAF: My soul faints for your salvation. I hope in your word.
- <82 כָּלוּ עֵינַי לְאִמְרֹתֶיךָ לֵאמֹר מַתִּי תִנְחַמְנִי :

82. KAlu / eyNAI / l'imraTEkha / leyMOR / maTAI / t'nakhaMEni:

82 My eyes fail for your word. I say, "When will you comfort me?"
- <83 כִּי-הָיִיתִי כְּנֹאד בְּקִיטוֹר חֲקִיךָ לֹא שָׁכַחְתִּי :

83. Ki_haYIti / k'NOD / b'kiTOR / khuKEkha / lo / shaKHAKHti:

83 For I have become like a wineskin in the smoke. I don't forget your statutes.
- <84 כַּמָּה יָמֵי-עַבְדְּךָ מַתִּי תַעֲשֶׂה בְּרֹדְפֵי מִשְׁפָּט :

84. KAma / y'MEY_avDEkha / maTAI / taaSE / v'rodFAI / mishPAT:

84 How many are the days of your servant? When will you execute judgment on those who persecute me?
- <85 כָּרוּ-לִי יָדַיִם שִׂיחוֹת אֲשֶׁר לֹא כָתוּרְתְּךָ :

85. KaRU_li / zeDIM / shiKHOT / aSHER / lo / kh'toraTEkha:

85 The proud have dug pits for me, contrary to your Torah.
- <86 כָּל-מִצְוֹתֶיךָ אֱמוּנָה שֶׁקָּר רָדְפוּנִי עֲזָרְנִי :

86. Kol_mitsoTEkha / emuNA / SHEker / r'daFUni / ozREni:

86 All of your commandments are faithful. They persecute me wrongfully. Help me!
- <87 כִּמְעַט כָּלוּנִי בְּאָרְץ וְאֲנִי לֹא-עֲזַבְתִּי פְקוּדֶיךָ :

87. KimAT / kiLUni / vaArets / vaaNI / lo_aZAVti / fikuvDEkha:

87 They had almost wiped me from the earth, but I didn't forsake your precepts.
- <88 כְּחִסְדְּךָ חַיֵּנִי וְאֶשְׁמְרָה עֲדוֹת פִּיךָ :

88. K'khasd'KHA / khaYEni / v'eshm'RA / eDUT / PIkha:

88 Preserve my life according to your loving kindness, so I will obey the statutes of your mouth.

[STUDY](#) -----

[PALEO](#)

Day 12 -

Day 34 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֹמֵר HaOmer

תְּהִלִּים Psalm 119:089-096

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לָּ ==Lamed==

✓

- <89 לְעוֹלָם יְהוָה דְּבָרְךָ נֶצֶב בְּשָׁמַיִם :

89. L'oLAM / adoNAI / d'varKHA / niTSAV / bashaMAyim:

89 LAMED: YHWH, your word is settled in heaven forever.

- | | | |
|--|--|--|
| <p>90 < לְדֹר וָדֹר אֱמוּנָתְךָ כּוֹנֵנֶת אֶרֶץ וַתַּעֲמֵד :</p> | <p>90. L'DOR / vaDOR / emunaTEkha / koNANta / Erets / vataaMOD:</p> | <p>90 Your faithfulness is to all generations. You have established the earth, and it remains.</p> |
| <p>91 < לְמִשְׁפָּטֶיךָ עֲמָדוֹ הַיּוֹם כִּי הַכֹּל עֲבָדֶיךָ :</p> | <p>91. L'mishpaTEkha / amDU / haYOM / ki / haKOL / avaDEkha:</p> | <p>91 Your Torah (teachings and instructions) remain to this day, for all things serve you.</p> |
| <p>92 < לוֹלִי תוֹרַתְךָ שֶׁשָּׂעִי אֶז אֲבַדְתִּי בְּעָנְיִי :</p> | <p>92. LuLEY / toratKHA / shaashuAI / az / aVADti / v'anYI:</p> | <p>92 Unless your Torah had been my delight, I would have perished in my affliction.</p> |
| <p>93 < לְעוֹלָם לֹא-אֶשְׁכַּח פְּקוּדֶיךָ כִּי בָם חִיֵּיתָנִי :</p> | <p>93. L'oLAM / lo_eshKAKH / pikuDEkha / ki / vam / khiyiTAni:</p> | <p>93 I will never forget your precepts, for with them, you have revived me.</p> |
| <p>94 < לְךָ-אֲנִי הוֹשִׁיעֵנִי כִּי פְקוּדֶיךָ דָּרְשָׁתִי :</p> | <p>94. L'KHA_aNI / hoshiEni / ki / fikuDEkha / daRASHTi:</p> | <p>94 I am yours. Save me, for I have sought your precepts.</p> |
| <p>95 < לִי קוּוּ רָשָׁעִים לְאַבְדָּנִי עֲדֹתֶיךָ אֶתְבוֹנֵן :</p> | <p>95. Li / kiVU / r'shaIM / l'abDEni / edoTEkha / etboNAN:</p> | <p>95 The wicked have waited for me, to destroy me. I will consider your statutes.</p> |
| <p>96 < לְכֹל תִּכְלָה רְאִיתִי קֶץ רַחֲבָה מְצוֹתְךָ מְאֹד :</p> | <p>96. L'KHOL / tikhLA / raIti / kets / r'khaVA / mitsvatKHA / m'OD:</p> | <p>96 I have seen a limit to all perfection, but your commands are boundless.</p> |

[STUDY](#) -----

[PALEO](#)

Day 13 -
Day 35 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer

תְּהִלִּים 119:097-104 Psalm

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מ ===Mem===

מ

- | | | |
|--|---|--|
| <p>97 < מָה-אֶהְבֵּתִי תוֹרַתְךָ כָּל-הַיּוֹם הִיא שִׂיחָתִי :</p> | <p>97. Ma_aHAVti / toraTEkha / kol_haYOM / hi / sikhaTI:</p> | <p>97 MEM: How I love your Torah! It is my meditation all day.</p> |
| <p>98 < מְאִיבֵי תְּחַכְּמֵנִי מְצוֹתְךָ כִּי לְעוֹלָם הִיא-לִי :</p> | <p>98. MeoyVAI / t'khakMEni / mitsoTEkha / ki / l'oLAM / hi_li:</p> | <p>98 Your commandments make me wiser than my enemies, for your commandments are always with me.</p> |

- | | | |
|---|---|---|
| <p>99 < מִכּוֹל מְלַמְדֵי הַשָּׁפְלִיּוֹת כִּי עֲדוֹתֶיךָ שִׁיחָה לִּי :</p> | <p>99. MiKOL_m'lamDAI / hisKALti / ki / edoTEkha / siKHA / li:</p> | <p>99 I have more understanding than all my teachers, for your testimonies are my meditation.</p> |
| <p>100 < מִזְקֵנִים אֶתְבוֹנֵן כִּי פְקוּדֶיךָ נִצְרָתִי :</p> | <p>100. MizkeNIM / etboNAN / ki / fikuDEkha / naTSARti:</p> | <p>100 I understand more than the aged, because I have kept your precepts.</p> |
| <p>101 < מִכּוֹל-אֶרֶץ רָע פָּלֵאתִי רַגְלִי לְמַעַן אֲשַׁמֵּר דְּבָרְךָ :</p> | <p>101. MiKOL_Orakh / ra / kaliTI / ragLAI / l'MAan / eshMOR / d'vaREkha:</p> | <p>101 I have kept my feet from every evil way, that I might observe your word.</p> |
| <p>102 < מִמִּשְׁפָּטֶיךָ לֹא-סָרְתִי כִּי-אֶתָּה הוֹרְתָנִי :</p> | <p>102. MimishpaTEkha / lo_SARti / ki_aTA / horetaNI:</p> | <p>102 I have not turned aside from your ordinances, for you have taught me.</p> |
| <p>103 < מֵה-נִמְלָצוּ לְחַכֵּי אִמְרֹתֶיךָ מִדְּבַשׁ לְפִי :</p> | <p>103. Ma_niml'TSU / l'khiKI / imraTEkha / midVASH / l'FI:</p> | <p>103 How sweet are your promises to my taste, more than honey to my mouth!</p> |
| <p>104 < מִפְּקוּדֶיךָ אֶתְבוֹנֵן עַל-כֵּן שָׁנֵאתִי כָל-אֶרֶץ שָׁקֵר :</p> | <p>104. MipikuDEkha / etboNAN / al_ken / saNEYti / kol_Orakh / SHAKER:</p> | <p>104 Through your precepts, I get understanding; therefore I hate every false way.</p> |

[STUDY](#) -----

[PALEO](#)

Day 14 -
Day 36 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer

תְּהִלִּים Psalm 119:105-112

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נ ===Nun===

נ

- | | | |
|---|---|---|
| <p>105 < נֵר-לְרַגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבְתִי :</p> | <p>105. Ner_l'ragLI / d'vaREkha / vaOR / lin'tivaTI:</p> | <p>105 NUN: Your word is a lamp to my feet, and a light for my path.</p> |
| <p>106 < נִשְׁבַּעְתִּי וְאֶקְיָמָהּ לְשֹׁמֵר מִשְׁפָּטֶי צְדָקָךָ :</p> | <p>106. NishBATi / vaakayeMA / lishMOR / mishp'TEY / tsidKEkha:</p> | <p>106 I have sworn, and have confirmed it, that I will obey your righteous ordinances.</p> |
| <p>107 < נַעֲנִיתִי עַד-מְאֹד יְהוָה חֲיִנֵּי כִדְבָרְךָ :</p> | <p>107. NaaNEYti / ad_m'OD / adoNAI / khaYEni / khid'vaREkha:</p> | <p>107 I am afflicted very much. Revive me, YHWH, according to your word.</p> |

- | | | |
|---|--|---|
| <p>108 < נְדָבוֹת פִּי רָצָה-נָא יְהוָה וּמִשְׁפָּטֶיךָ לְמַדְנִי :</p> | <p>108. NidVOT / pi / r'TSEY_na / adoNAI / umishpaTEkha / lamDEni:</p> | <p>108 Accept, I beg you, the willing offerings of my mouth. YHWH, teach me your ordinances.</p> |
| <p>109 < נַפְשִׁי בְּכַפִּי תָמִיד וְתוֹרַתְךָ לֹא שָׁכַחְתִּי :</p> | <p>109. NafSHI / v'khaPI / taMID / v'toratKHA / lo / shaKHAKHti:</p> | <p>109 My soul is continually in my hand, yet I won't forget your Torah.</p> |
| <p>110 < נִתְּנוּ רְשָׁעִים פֶּח לִי וּמִפְקוּדֶיךָ לֹא תַעֲיִתִי :</p> | <p>110. NatNU / r'shaIM / pakh / li / umipikuDEkha / lo / taIti:</p> | <p>110 The wicked have laid a snare for me, yet I haven't gone astray from your precepts.</p> |
| <p>111 < נִחַלְתִּי עֲדוּתֶיךָ לְעוֹלָם כִּי-שִׁשׁוֹן לְבִי הֵמָּה :</p> | <p>111. NaKHALti / edoTEkha / l'oLAM / ki_s'SON / liBI / heMA:</p> | <p>111 I have taken your testimonies as a heritage forever, for they are the joy of my heart.</p> |
| <p>112 < נָטִיתִי לְבִי לַעֲשׂוֹת חֻקֶיךָ לְעוֹלָם עֲקָב :</p> | <p>112. NaTIiti / liBI / laaSOT / khuKEkha / l'oLAM / Ekev:</p> | <p>112 I have set my heart to perform your statutes forever, even to the end.</p> |

[STUDY](#) -----

[PALEO](#)

Day 15 -

Day 37 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer

תְּהִלִּים Psalm 119:113-120

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ס ===SAmekh===

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- | | | |
|---|--|---|
| <p>113 < סַעֲפִים שִׁנְאַתִּי וְתוֹרַתְךָ אָהַבְתִּי :</p> | <p>113. SeaFIM / saNEYti / v'toratKHA / aHAVti:</p> | <p>113 SAMEKH: I hate double-minded men, but I love your Torah.</p> |
| <p>114 < סִתְרִי וּמִגְנִי אֶתָּה לְדַבְּרְךָ יִחַלְתִּי :</p> | <p>114. SitRI / umagiNI / aTA / lid'varKHA / yiKHALti:</p> | <p>114 You are my hiding place and my shield. I hope in your word.</p> |
| <p>115 < סוּרוּ-מִמֶּנִּי מְרַעִים וְאַצְרָה מִצּוֹת אֱלֹהֵי :</p> | <p>115. SUru_miMEni / m'reIM / v'etsRA / miTSOT / eloHAI:</p> | <p>115 Depart from me, you evildoers, that I may keep the commandments of my ELOHIM!</p> |
| <p>116 < סִמְכְנִי כְּאִמְרַתְךָ וְאַחִיָּה וְאֵל-תְּבִישְׁנִי מִשְׁבְּרִי :</p> | <p>116. SomKHEni / kh'imratKHA / v'ekhYE / v'AL_t'viSHEni / misivRI:</p> | <p>116 Uphold me according to your word, that I may live. Let me not be ashamed of my hope.</p> |

- 117. S'aDEni / v'ivasheA / v'eshA / v'khuKEkha / taMID: 117 Hold me up, and I will be safe, and will have respect for your statutes continually.
- 118. SaLIta / kol_shoGIM / mekhuKEkha / ki_SHEker / tarmiTAM: 118 You reject all those who stray from your statutes, for their deceit is in vain.
- 119. SiGIM / hishBAta / kol_rishEY_Arets / laKHEN / aHAVti / edoTEkha: 119 You put away all the wicked of the earth like dross. Therefore I love your testimonies.
- 120. SaMAR / mipakhd'KHA / b'saRI / umimishpaTEkha / yaREYti: 120 My flesh trembles for fear of you. I am afraid of your judgments.

[STUDY](#) -----

[PALEO](#)

**Day 16 -
Day 38 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העומר HaOmer**

תהלים Psalms 119:121-128

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ע ===AyIN===



- <121 עשיתי משפט וצדק בל-תניחני לעשקי: 121. ASIti / mishPAT / vaTSEdek / bal_taniKHEni / l'oshKAI: 121 AYIN: I have done what is just and righteous. Don't leave me to my oppressors.
- <122 ערב עבדך לטוב אל-יעשקני ידים: 122. AROV / avd'KHA / l'TOV / al_yaashKUni / zeDIM: 122 Ensure your servant's well-being. Don't let the proud oppress me.
- <123 עיני פלו לישועתך ולאמרת צדקך: 123. EyNAI / KAlu / liy'shuaTEkha / ulimRAT / tsidKEkha: 123 My eyes fail looking for your salvation, for your righteous word.
- <124 עשה עם-עבדך כחסדך וחקיך למדני: 124. ASEY / im_avd'KHA / kh'khasDEkha / v'khuKEkha / lamDEni: 124 Deal with your servant according to your loving kindness. Teach me your statutes.
- <125 עבדך-אני הבינני ואדעה עדותיך: 125. Avd'KHA_aNI / haviNEni / v'edA / edoTEkha: 125 I am your servant. Give me understanding, that I may know your testimonies.

- 126. Et / laaSOT / ladoNAI / heFEru / toraTEkha: 126 It is time to act, YHWH, for they break your Torah.
- עַת לַעֲשׂוֹת לַיהוָה הַפְּרוּ תוֹרָתְךָ : <126
- 127. Al_ken / aHAVti / mitsoTEkha / mizaHAV / umiPAZ: 127 Therefore I love your commandments more than gold, yes, more than pure gold.
- עַל-כֵּן אָהַבְתִּי מִצֹּוֹתֶיךָ מִזָּהָב וּמִפָּז : <127
- 128. Al_ken / kol_pikuDEY / khol / yiSHARTi / kol_Orakh / SHEker / saNEYti: 128 Therefore I consider all of your precepts to be right. I hate every false way.
- עַל-כֵּן כָּל-פְּקוּדֵי כָל יִשְׂרָאֵל כָּל-אַרְח שֶׁקֶר שָׁנֵאתִי : <128

[STUDY](#) -----

[PALEO](#)

Day 17 -
Day 39 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer

תהילים Psalm 119:129-136

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פ ===Pey===

○

- 129. PlaOT / edoTEkha / al_ken / n'tsaRAtam / nafSHI: 129 PEY: Your testimonies are wonderful, therefore my soul keeps them.
- פְּלֹאוֹת עֵדוּתֶיךָ עַל-כֵּן נִצְרָתָם נִפְשִׁי : <129
- 130. PEtakh / d'vaREkha / yaIR / meVIN / p'taYIM: 130 The entrance of your words gives light. It gives understanding to the simple.
- פֶּתַח דְּבָרֶיךָ יְאִיר מִבֵּין פְּתָיִים : <130
- 131. Pi_faARti / vaeshaFA / ki / l'mitsoTEkha / yaAVti: 131 I opened my mouth wide and panted, for I longed for your commandments.
- פִּי-פָעַרְתִּי וְאֶשְׁאַפָּה כִּי לְמִצְוֹתֶיךָ יֶאֱבָתִי : <131
- 132. P'NEY_eLAI / v'khoNEni / k'mishPAT / l'ohaVEY / SHMEkha: 132 Turn to me, and have mercy on me, as you always do to those who love your name.
- פְּנֵה-אֵלַי וְחַנּוּנִי כְּמִשְׁפָּט לְאַהֲבֵי שִׁמְךָ : <132
- 133. P'aMAI / haKHEN / b'imraTEkha / v'AL_tashLET_bi / khol_Oven: 133 Establish my footsteps in your word. Don't let any iniquity have dominion over me.
- פְּעָמַי הִכֵּן בְּאַמְרֹתֶיךָ וְאַל-תִּשְׁלַט-בִּי כָל-אָוֶן : <133
- 134. P'DENi / meOshek / aDAM / v'eshm'RA / pikuDEkha: 134 Redeem me from the oppression of man, so I will observe your precepts.
- פְּדֵנִי מֵעֲשָׂק אָדָם וְאֶשְׁמְרָה פְּקוּדֶיךָ : <134

פְּנִיךָ הָאֵר בְּעֵבְדֶךָ וְלִמְדַנִּי אֶת-חֻקֶּיךָ : <135 135. PaNEkha / haER / b'avDEkha / v'lamDEni / et_khuKEkha:

135 Make your face shine on your servant. Teach me your statutes.

פְּלִגֵּי-מַיִם יָרְדוּ עֵינַי עַל לֹא-שָׁמְרוּ תוֹרָתְךָ : <136 136. PalGEY_MAYim / yarDU / eyNAI / al / lo_shamRU / toraTEkha:

136 Streams of tears run down my eyes, because they don't observe your Torah.

STUDY -----

PALEO

Day 18 -

Day 40 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֹמֵר HaOmer

תְּהִלִּים Psalm 119:137-144

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צ ===TSA di===

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צְדִיק אַתָּה יְהוָה וַיֵּשֶׁר מִשְׁפָּטֶיךָ : <137 137. TsaDIK / aTA / adoNAI / v'yaSHAR / mishpaTEkha:

137 TZADI: You are righteous, YHWH! Your judgments are upright.

צוֹיֵת צְדָק עֲדוֹתֶיךָ וְאַמוּנָה מְאֹד : <138 138. TsiVIta / TSEdek / edoTEkha / veemuNA / m'OD:

138 You have commanded your statutes in righteousness. They are fully trustworthy.

צַמְתַּתְּנִי קִנְאָתִי כִּי-שָׁכַחוּ דְבָרֶיךָ צָרִי : <139 139. TsimTATni / kinaTI / ki_shakh'KHU / d'vaREkha / tsaRAI:

139 My zeal wears me out, because my enemies ignore your words.

צְרוּפָה אִמְרֹתֶךָ מְאֹד וְעִבְדֶךָ אֶהְבֵּה : <140 140. TsruFA / imratKHA / m'OD / v'avd'KHA / aheVA:

140 Your promises have been thoroughly tested, and your servant loves them.

צָעִיר אֲנֹכִי וְנִבְזָה פְקֻדֶיךָ לֹא שָׁכַחְתִּי : <141 141. TsaIR / anoKHI / v'nivZE / pikuDEkha / lo / shaKHAKHTi:

141 I am small and despised. I don't forget your precepts.

צְדֻקְתְּךָ צְדָק לְעוֹלָם וְתוֹרָתְךָ אֱמֶת : <142 142. TsidkatKHA / TSEdek / l'oLAM / v'toratKHA / eMET:

142 Your righteousness is an everlasting righteousness. Your Torah is truth.

צַר-וּמְצוֹק מְצַאוּנֵי מִצּוֹתֶיךָ שְׂשַׁעְשָׁעֵי : <143 143. Tsar_umaTSOK / m'tsaUni / mitsoTEkha / shaashuAI:

143 Trouble and anguish have taken hold of me. Your commandments are my delight.

צֶדֶק עֲדוֹתֶיךָ לְעוֹלָם הִבִּינֵנִי וְאַחֲיָהּ : <144 144. TSEdek / edoTEkha / l'oLAM / haviNEni / v'ekhYE:

144 Your testimonies are righteous forever. Give me understanding, that I may live.

[STUDY](#) -----

[PALEO](#)

**Day 19 -
Day 41 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer**

תְּהִלִּים Psalm 119:145-152

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ק ===Kuf===

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קָרָאתִי בְּכָל-לֵב עֲנֵנִי יְהוָה חֲקִיךָ אֶצְרָה : <145 145. KaRAti / v'KHOL_lev / aNEni / adoNAI / khuKEkha / etsoRA:

145 KUF: I have called with my whole heart. Answer me, YHWH! I will keep your statutes.

קָרָאתִיךָ הוֹשִׁיעֵנִי וְאַשְׁמְרָה עֲדוֹתֶיךָ : <146 146. KraTIkha / hoshiEni / v'eshm'RA / edoTEkha:

146 I have called to you. Save me! I will obey your statutes.

קָדַמְתִּי בַנֶּשֶׁף וְאַשׁוּעָה לְדַבְרֶיךָ יְחַלְתִּי : <147 147. KiDAMti / vaNEshef / vaashaveA / lid'vaREkha / yiKHALti:

147 I rise before dawn and cry for help. I put my hope in your words.

קָדְמוּ עֵינַי אֲשַׁמְרוֹת לְשִׁיחַ בְּאֲמַרְתֶּךָ : <148 148. KidMU / eyNAI / ashmuROT / laSIakh / b'imraTEkha:

148 My eyes stay open through the night watches, that I might meditate on your word.

קוֹלִי שְׁמָעָה כַּחֲסֹדֶךָ יְהוָה כְּמִשְׁפָּטֶיךָ חֲיֵנִי : <149 149. KoLI / shiMA / kh'khasDEkha / adoNAI / k'mishpaTEkha / khaYEni:

149 Hear my voice according to your loving kindness. Revive me, YHWH, according to your ordinances.

קָרְבוּ רֹדְפֵי זִמָּה מִתּוֹרַתְךָ רַחֲקוּ : <150 150. KarVU / rodFEY / ziMA / mitoratKHA / raKHAKu:

150 They draw near who follow after wickedness. They are far from your Torah.

קָרוֹב אַתָּה יְהוָה וְכָל-מִצְוֹתֶיךָ אֱמֶת : <151 151. KaROV / aTA / adoNAI / v'KHOL_mitsoTEkha / eMET:

151 You are near, YHWH! All your commandments are truth.

קִדְמָה יָדַעְתִּי מֵעֲדוֹתֶיךָ כִּי לְעוֹלָם יִסְדָּתָם : <152 152. KEdem / yaDATi / meedoTEkha / ki / l'oLAM / y'sadTAM:

152 Of old I have known from your testimonies, that you have founded them forever.

[STUDY](#) -----

[PALEO](#)

**Day 20 -
Day 42 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העומר HaOmer**

Psalm 119:153-160 תהלים

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ך ===Resh===

ר

<p>153 < ראה-עניי וְחַלְצֵנִי כִּי-תוֹרַתְךָ לֹא שָׁכַחְתִּי :</p>	<p>153. R'EY_anYI / v'khalTSEni / ki_toratKHA / lo / shaKHAKHti:</p>	<p>153 RESH: Consider my affliction, and deliver me, for I don't forget your Torah.</p>
<p>154 < ריבה ריבי וגאלני לאמרתך חניני :</p>	<p>154. RiVA / RiVi / ug'aLEni / l'imratKHA / khaYEni:</p>	<p>154 Plead my cause, and redeem me! Revive me according to your promise.</p>
<p>155 < רחוק מרשעים ישועה כי-חקיך לא דרשו :</p>	<p>155. RaKHOK / mershaIM / y'shuA / ki_khuKEkha / lo / daRAshu:</p>	<p>155 Salvation is far from the wicked, for they don't seek your statutes.</p>
<p>156 < רחמיך רבים יהוה כמשפטך חניני :</p>	<p>156. RakhaMEkha / raBIM / adoNAI / k'mishpaTEkha / khaYEni:</p>	<p>156 Great are your tender mercies, YHWH! Revive me according to your ordinances.</p>
<p>157 < רבים רדפי וצרי מעדותיך לא נטיתי :</p>	<p>157. RaBIM / rodFAI / v'tsaRAI / meedoTEkha / lo / naTiTi:</p>	<p>157 Many are my persecutors and my adversaries. I haven't swerved from your testimonies.</p>
<p>158 < ראיתי בגדים ואתקוטטה אשר אמרתך לא שמרו :</p>	<p>158. RaIti / vogDIM / vaetkotaTA / aSHER / imratKHA / lo / shamaRU:</p>	<p>158 I look at the faithless with loathing, because they don't observe your word.</p>
<p>159 < ראה כי-פקודיך אהבתי יהוה כחסדך חניני :</p>	<p>159. R'EY / ki_fikuDEkha / aHAVti / adoNAI / k'khasd'KHA / khaYEni:</p>	<p>159 Consider how I love your precepts. Revive me, YHWH, according to your loving kindness.</p>
<p>160 < ראש-דברך אמת ולעולם כל-משפט צדקך :</p>	<p>160. Rosh_d'varKHA / eMET / ul'oLAM / kol_mishPAT / tsidKEkha:</p>	<p>160 All of your words are truth. Every one of your righteous ordinances endures forever.</p>

[STUDY](#) -----

[PALEO](#)

**Day 21 -
Day 43 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העֹמֵר HaOmer**

Psalm 119:161-168 תְּהִלִּים

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ש ===Sin and Shin===

ש

<p>שָׁרִים רָדְפוּנִי חֲנָם וּמִדְבָּרֶיךָ פָּחַד לִבִּי :</p>	<p><161</p>	<p>161. SaRIM / r'daFUni / khiNAM / umidvaREkha / paKHAD / liBI:</p>	<p>161 SIN AND SHIN: Princes have persecuted me without a cause, but my heart stands in awe of your words.</p>
<p>שָׁשׂ אֲנֹכִי עַל-אִמְרֹתֶךָ כְּמוֹצֵא שָׁלָל רַב :</p>	<p><162</p>	<p>162. Sas / anoKHI / al_imraTEkha / k'moTSEY / shaLAL / rav:</p>	<p>162 I rejoice at your word, as one who finds great spoil.</p>
<p>שָׂקַר שִׁנְאֵתִי וְאֶתְעֵבָה תּוֹרַתְךָ אֶהְבֵּתִי :</p>	<p><163</p>	<p>163. SHEker / saNEYti / vaataeVA / toratKHA / aHAVti:</p>	<p>163 I hate and abhor falsehood. I love your Torah.</p>
<p>שִׁבְעַ בַּיּוֹם הִלְלֵתִיךָ עַל מִשְׁפָּטֶי צְדָקָךָ :</p>	<p><164</p>	<p>164. SHEva / baYOM / hilalTIkha / al / mishp'TEY / tsidKEkha:</p>	<p>164 Seven times a day, I praise you, because of your righteous ordinances.</p>
<p>שָׁלוֹם רַב לְאֵהֲבֵי תּוֹרַתְךָ וְאֵין-לָמוֹ מְכַשּׁוֹל :</p>	<p><165</p>	<p>165. ShaLOM / rav / l'ohaVEY / toraTEkha / v'EYN_laMO / mikhSHOL:</p>	<p>165 Those who love your Torah have great peace. Nothing causes them to stumble.</p>
<p>שִׁבְרֹתַי לִישׁוּעָתֶךָ יְהוָה וּמִצִּוּוֹתֶיךָ עָשִׂיתִי :</p>	<p><166</p>	<p>166. SiBARTi / liy'shuatKHA / adoNAI / umitsoTEkha / aSIti:</p>	<p>166 I have hoped for your salvation, YHWH! I have done your commandments.</p>
<p>שִׁמְרָה נַפְשִׁי עֲדוֹתֶיךָ וְאֵהֱבֵם מְאֹד :</p>	<p><167</p>	<p>167. ShomRA / nafSHI / edoTEkha / vaohaVEM / m'OD:</p>	<p>167 My soul has observed your testimonies. I love them exceedingly.</p>
<p>שִׁמְרֹתַי פְּקוּדֶיךָ וְעֲדוֹתֶיךָ כִּי כָל-דְּרָכֶי נִגְדָּדָה :</p>	<p><168</p>	<p>168. ShaMARTi / fikuDEkha / v'edoTEkha / ki / khol_draKHAI / negDEkha:</p>	<p>168 I have obeyed your precepts and your testimonies, for all my ways are before you.</p>

[STUDY](#) -----

[PALEO](#)

Day 22 -
Day 44 -
COUNTING THE OMER - 7 weeks to 50th Day Shavuot
- העומר HaOmer

Psalm 119:169-176 תהלים

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ת ===Tav===

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<p>169 < תִּקְרַב רִנָּתִי לְפָנֶיךָ יְהוָה כְּדָרְךָ הִבִּינֵנִי :</p>	<p>169. TikRAV / rinaTI / l'faNEkha / adoNAI / kid'varKHA / haviNEni:</p>	<p>169 TAV: Let my cry come before you, YHWH! Give me understanding according to your word.</p>
<p>170 < תְּבוֹא תְחִנָּתִי לְפָנֶיךָ כְּאִמְרַתְךָ הַצִּילֵנִי :</p>	<p>170. TaVO / t'khinaTI / l'faNEkha / k'imratKHA / hatsiLEni:</p>	<p>170 Let my supplication come before you. Deliver me according to your word.</p>
<p>171 < תִּבְעַנָּה שְׂפָתַי תְּהַלֵּה כִּי תִלְמַדְנִי חֻקֶיךָ :</p>	<p>171. TaBAAn / sfaTAI / t'hiLA / ki / tlamDEni / khuKEkha:</p>	<p>171 Let my lips utter praise, for you teach me your statutes.</p>
<p>172 < תַּעַן לְשׁוֹנֵי אִמְרַתְךָ כִּי כָל-מִצְוֹתֶיךָ צְדָק :</p>	<p>172. TAAn / l'shoNI / imraTEkha / ki / khol_mitsoTEkha / TSEdek:</p>	<p>172 Let my tongue sing of your word, for all your commandments are righteousness.</p>
<p>173 < תְּהִי-יָדְךָ לְעֲזָרְנִי כִּי פָקוּדֶיךָ בְּחַרְתִּי :</p>	<p>173. T'HI_yadKHA / l'ozREni / ki / fikuDEkha / baKHARTi:</p>	<p>173 Let your hand be ready to help me, for I have chosen your precepts.</p>
<p>174 < תֵּאבְּתִי לִישׁוּעָתְךָ יְהוָה וְתוֹרַתְךָ שִׁשְׁשָׁעִי :</p>	<p>174. TaAVti / liy'shuatKHA / adoNAI / v'toratKHA / shaashuAI:</p>	<p>174 I have longed for your salvation [yeshuat], YHWH! Your Torah is my delight.</p>
<p>175 < תַּחֲיֵ-נַפְשִׁי וְתִהְלֶלְךָ וּמִשְׁפָּטְךָ יַעֲזָרְנִי :</p>	<p>175. T'KHI_nafSHI / ut'hal'LEkha / umishpaTEkha / yaazruNI:</p>	<p>175 Let my soul live, that I may praise you. Let your ordinances help me.</p>
<p>176 < תַּעֲיִתִי כַּשֵּׁה אֶבֶד בִּקְשׁ עֲבֹדְךָ כִּי מִצְוֹתֶיךָ לֹא שָׁכַחְתִּי :</p>	<p>176. TaIti / k'SE / oVED / baKESH / avDEkha / ki / mitsoTEkha / lo / shaKHAKHTi:</p>	<p>176 I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments.</p>

[STUDY](#) -----

[PALEO](#)

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