

Day 01 -**Day 23 -****Day 45 -****COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:001-008 תהלים**Hebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

א

===Alef===

כ

<1 אֲשֶׁרִי תְּמִימֵי-דֶרֶךְ הַחֲלָכִים בְּתוֹרַת יְהוָה:

1. AshREY / t'miMEY_DArekh / haholKHIM / b'toRAT / adoNAI:

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

<2 אֲשֶׁרִי נֹצְרֵי עֲדָתוֹ בְּכָל-לֵב יִדְרְשׁוּהוּ:

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

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

<3 אֵף לֹא-פָעָלוּ עוֹלָה בְּדַרְכָּיו הָלְכוּ:

3. Af / lo_faaLU / avLA / bidraKHAV / haLAkhu:

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

<4 אַתָּה צִוִּיתָה פְּקֻדֶּיךָ לְשֹׁמֵר מֵאֵד:

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

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

<5 אַחֲלִי יִכְנֹנוּ דְרָכֶי לְשֹׁמֵר חֻקֶּיךָ:

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

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

<6 אֲזִלֹא-אֶבְיוֹשׁ בְּהִבִּיטִי אֶל-כָּל-מִצְוֹתֶיךָ:

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

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

<7 אוֹדֶךָ בְּיֵשֶׁר לִבִּי בְּלִמְדֵי מִשְׁפָּטֶי צִדְקֶךָ:

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.

<8 אֶת-חֻקֶּיךָ אֲשֹׁמֵר אֶל-תַּעֲזֹבְנִי עַד-מָאֵד:

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

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

COLUMNS**PALEO**

Day 02 -

Day 24 -

Day 46 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:009-016 תהלים

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ב

===Bet===

ט

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

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-לְבִי דִרְשָׁתִּיךָ 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 צִפְנֹתִי 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 חֻקֶּיךָ:

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

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

<13 בִּשְׁפָתַי סִפְרֹתַי כָּל מִשְׁפָּטֶי-פִּיךָ:

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

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

<14 בְּדֶרֶךְ עֲדוּתֶיךָ שִׁשְׁתִּי כָעַל כָּל-הוֹן:

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

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

<15 בְּפִקְדֶיךָ אָשִׁיחָה וְאִבִּיטָה אֶרְחוֹתֶיךָ:

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

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

<16 בְּחֻקֶּיךָ אֶשְׂמְעֶשֶׂע לֹא אֶשְׁכַּח דְּבָרְךָ:

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

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

COLUMNS

PALEO

Day 03 -

Day 25 -

Day 47 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:017-024 תהלים

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ג

===Gimel===

ל

:17 < גמל על-עבדך אחיה ואשמרה דברך:

17. Gmol / al_avd'KHA / ekhYE / v'eshm'RA / d'vaREkha:

17 GIMEL: Do good to your servant. I will live and I will obey your word.

:18 < גל-עיני ואביטה נפלאות מתורתך:

18. Gal_eyNAI / v'abiTA / niflaOT / mitoraTEkha:

18 Open my eyes, that I may see wondrous things out of your Torah.

:19 < גר אנכי בארץ אל-תסתר ממני מצותיך:

19. Ger / anoKHI / vaArets / al_tasTER / miMEEni / mitsoTEkha:

19 I am a stranger on the earth. Don't hide your commandments from me.

:20 < גרסה נפשי לתאבה אל-משפטך בכל-עת:

20. GarSA / nafSHI / l'taaVA / el_mishpaTEkha / b'KHOL_et:

20 My soul is consumed with longing for your ordinances at all times.

:21 < גערת זדים ארורים השגים ממצותיך:

21. GaARta / zeDIM / aruRIM / hashoGIM / mimitsoTEkha:

21 You have rebuked the proud who are cursed, who wander from your commandments.

:22 < גל מעלי חרפה ובוז כי עדתיך נצחתי:

22. Gal / meaLAI / kherPA / vaVUZ / ki / edoTEkha / naTSARti:

22 Take reproach and contempt away from me, for I have kept your statutes.

:23 < גם ישבו שרים כי נדברו עבדך ישיח בחקיך:

23. Gam / yashVU / saRIM / bi / nidBARu / avd'KHA / yaSIakh / b'khuKEkha:

23 Though princes sit and slander me, your servant will meditate on your statutes.

:24 < גם-עדתיך שעשעני אנשי עצתי:

24. Gam_edoTEkha / shaashuAI / anSHEY / atsaTI:

24 Indeed your statutes are my delight, and my counselors.

[COLUMNS](#)

[PALEO](#)

Day 04 -**Day 26 -****Day 48 -****COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:025-032 תהלים**Hebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

ד

===Daled===

ס

<25 דְּבַקָּה לְעֶפֶר נַפְשִׁי חַיִּי כְּדַבְּרְךָ:

25. DavKA / leaFAR / nafSHI / khaYEni / kid'vaREkha:

25 DALED: My soul is laid low in the dust. Revive me according to your word!

<26 דְּרַכִּי סִפַּרְתִּי וַתַּעֲנֵנִי לְמִדְּנֵי חֻקֶּיךָ:

26. DraKHAI / siPARTi / vataaNEni / lamDEni / khuKEkha:

26 I declared my ways, and you answered me. Teach me your statutes.

<27 דְּרֹךְ-פִּקּוּדֶיךָ הִבִּינֵנִי וְאַשִׁיחָה בְּנִפְלְאוֹתֶיךָ:

27. DErekH_pikuDEkha / haviNEni / v'asiKHA / b'nifl'oTEkha:

27 Let me understand the teaching of your precepts! Then I will meditate on your wondrous works.

<28 דָּלְפָה נַפְשִׁי מִתּוֹנָה קִיַּמְנִי כְּדַבְּרְךָ:

28. DalFA / nafSHI / mituGA / kaiMEni / kid'vaREkha:

28 My soul is weary with sorrow: strengthen me according to your word.

<29 דְּרֹךְ-שֹׁקֶר הִסֵּר מִמֶּנִּי וַתּוֹרַתְךָ חָנְנִי:

29. DErekH_SHEker / haSER / miMEni / v'toratKHA / khoNEni:

29 Keep me from the way of deceit. Grant me your Torah graciously!

<30 דְּרֹךְ-אֱמוּנָה בָּחַרְתִּי מִשְׁפָּטֶיךָ שְׂוִיָּתִי:

30. DErekH_emuNA / vaKHARti / mishpaTEkha / shiVIti:

30 I have chosen the way of truth. I have set your ordinances before me.

<31 דְּבַקְתִּי בְּעֲדוֹתֶיךָ יְהוָה אֵל-תִּבְיָשָׁנִי:

31. DaVAKti / v'edoTEkha / adoNAI / al_tviSHEni:

31 I cling to your statutes, YHWH! Don't let me be disappointed.

<32 דְּרֹךְ-מִצְוֹתֶיךָ אָרוּץ כִּי תִרְחִיב לִבִּי:

32. DErekH_mits'oTEkha / aRUTS / ki / tarKHIV / liBI:

32 I run in the path of your commandments, for you have set my heart free.

[COLUMNS](#)

[PALEO](#)

Day 05 -**Day 27 -****Day 49 -****COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:033-040 תהלים**Hebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

ה

===Hey===

א

<33 הורני יהוה דרך חקיך ואצרכה עקב:

33. HoREni / adoNAI / DErekH / khuKEkha / v'etsREna / Ekev:

33 HEY: Teach me, YHWH, the way of your statutes. I will keep them to the end.

<34 הביני ואצרה תורתך ואשמרנה בכל-לב:

34. HaviNEni / v'etsRA / toraTEkha / v'eshm'REna / v'KHOL_lev:

34 Give me understanding, and I will keep your Torah. Yes, I will obey it with my whole heart.

<35 הדריכני בנתיב מצותיך כי-בו חפצתי:

35. HadriKHEni / bin'TIV / mitsoTEkha / ki_vo / khaFATSti:

35 Direct me in the path of your commandments, for I delight in them.

<36 הט-לבי אל-עדותיך ואל אל-בצע:

36. Hat_liBI / el_edoTEkha / v'AL / el_baTSA:

36 Turn my heart toward your statutes, not toward selfish gain.

<37 העבר עיני מראות שוא בדרךך חייני:

37. HaaVER / eyNAI / merOT / shav / bidraKHEkha / khaYENi:

37 Turn my eyes away from looking at worthless things. Revive me in your ways.

<38 הקם לעבדך אמרתך אשר ליראתך:

38. HaKEM / l'avd'KHA / imraTEkha / aSHER / l'yiraTEkha:

38 Fulfill your promise to your servant, that you may be feared.

<39 העבר חרפתי אשר יגרת כי משפטך טובים:

39. HaaVER / kherpaTI / aSHER / yaGORTi / ki / mishpaTEkha / toVIM:

39 Take away my disgrace that I dread, for your ordinances are good.

<40 הנה תאבתי לפקדריך בצדקתך חייני:

40. HiNEY / taAVti / l'fikuDEkha / b'tsidkatKHA / khaYENi:

40 Behold, I long for your precepts! Revive me in your righteousness.

[COLUMNS](#)

[PALEO](#)

Day 06 -**Day 28 -****Day 50 -****COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:041-048 תהלים**Hebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

ך

===Waw===

ץ

<41 ויבאני חסדך יהוה תשועתך כמרתך:

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 ואענה חרפי דבר כי בטחתי בדברך:

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 ואל-תצל מפי דבר-אמת עד-מאד כי למשפטך יחלתי:

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 ואשמרה תורתך תמיד לעולם ועד:

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

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

<45 ואתהלכה ברחבה כי פקדריך דרשתי:

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

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

<46 ואדברה בעדותיך נגד מלכים ולא אבוש:

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 ואשתעשע במצותיך אשר אהבתי:

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

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

<48 ואשא-כפי אל-מצותיך אשר אהבתי ואשיחה בחקיך:

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.

[COLUMNS](#)

[PALEO](#)

Day 07 -

Day 29 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העֹמֶר

Psalm 119:049-056 תהלים

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ז

===Zayin===

⚔

<49 זָכַר-דְּבָרְךָ לְעִבְדְּךָ עַל אֲשֶׁר יִחַלְתָּנִי:

49. Zkhor_daVAR / l'avDEkha / al / aSHER / yikhaltaNI:

49 ZAYIN: Remember your word to your servant, because you gave me hope.

<50 זֹאת נַחֲמָתִי בְּעָנִי כִּי אִמְרָתְךָ חִיָּתָנִי:

50. Zot / nekhamatI / v'anYI / ki / imratKHA / khiYATni:

50 This is my comfort in my affliction, for your word has revived me.

<51 יוֹדִים הִלִּיצְנִי עַד-מְאֹד מִתּוֹרָתְךָ לֹא נִטִּיתִי:

51. ZeDIM / heliTsunI / ad_m'OD / mitoratKHA / lo / naTIti:

51 The arrogant mock me excessively, but I don't swerve from your Torah.

<52 זָכַרְתִּי מִשְׁפָּטֶיךָ יְהוָה וְאֶתְנַחֵם:

52. ZaKHARTi / mishpaTEkha / meoLAM / adoNAI / vaetneKHAM:

52 I remember your ordinances of old, YHWH, and have comforted myself.

<53 זִלְעָפָה אֶחֱזַתָּנִי מִרְשָׁעִים עֲזָבִי תוֹרָתְךָ:

53. ZalaFA / akhaZATni / mershaIM / ozVEY / toraTEkha:

53 Indignation has taken hold on me, because of the wicked who forsake your Torah.

<54 זְמֵרוֹת הָיוּ-לִי חֻקֶּיךָ בְּבֵית מְגוּרִי:

54. ZmiROT / haYU_li / khuKEkha / b'VEYT / m'guRAI:

54 Your statutes have been my songs, in the house where I live.

<55 זָכַרְתִּי בַלַּיְלָה שְׁמֶךָ יְהוָה וְאֶשְׁמְרָה תוֹרָתְךָ:

55. ZaKHARTi / vaLAYla / shimKHA / adoNAI / vaeshm'RA / toraTEkha:

55 I have remembered your name, YHWH, in the night, and I obey your Torah.

<56 זֹאת הִיתָה-לִּי כִּי פָקַדְיָךְ נִצְרָתִי:

56. Zot / haiTA_li / ki / fikuDEkha / naTSARTi:

56 This is my way, that I keep your precepts.

[COLUMNS](#)

[PALEO](#)

Day 08 -

Day 30 -**COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:057-064 תהלים**Hebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

ח

===Chet===

III

<57 חֶלְקִי יְהוָה אֲמַרְתִּי לִשְׁמֹר דְּבָרֶיךָ:

57. KhelKI / adoNAI / aMARTi / lishMOR / d'vaREkha:

57 CHET: YHWH is my portion. I promised to obey your words.

<58 חֲלִיתִי פָנֶיךָ בְּכָל-לֵב חֲנֹנִי כְּאֲמַרְתָּךְ:

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-עֲדֹתֶיךָ:

59. KhiSHAVti / draKHAI / vaashiVA / ragLAI / el_edoTEkha:

59 I considered my ways, and turned my steps to your statutes.

<60 חֲשַׁתִּי וְלֹא הִתְמַהְמַהְתִּי לִשְׁמֹר מִצְוֹתֶיךָ:

60. KHASHti / v'LO / hitmaMATi / lishMOR / mitsoTEkha:

60 I will hurry, and not delay, to obey your commandments.

<61 חֲבָלֵי רָשָׁעִים עֹנְדֵנִי 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 צִדְקָךְ:

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 חָבֵר אָנִי לְכָל-אֲשֶׁר יִרְאוּךָ וּלְשֹׁמְרֵי פְקוּדֶיךָ:

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 חֲסִדְךָ יְהוָה מְלֵאָה הָאָרֶץ חֲקִיךָ לְמִדְנִי:

64. Khasd'KHA / adoNAI / malA / haArets / khuKEkha / lamDEni:

64 The earth is full of your loving kindness, YHWH! Teach me your statutes.

COLUMNS**PALEO****Day 09 -****Day 31 -**

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העֹמֶר

Psalm 119:065-072 תהלים

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ט

===Tet===

⊗

<65 טוב עֲשִׂיתָ עִם-עַבְדְּךָ יְהוָה כְּדַבְּרְךָ:

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

65 TET: Do good to your servant, according to your word, YHWH!

<66 טוב טַעַם וְדַעַת לִמְדֵנִי כִּי בְמִצְוֹתֶיךָ הֶאֱמַנְתִּי:

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

66 Teach me good judgment and knowledge, for I believe in your commandments.

<67 טָרָם אָעִנָּה אֲנִי שִׁגַּג וְעַתָּה אִמְרָתְךָ שְׁמַרְתִּי:

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-אַתָּה ויִמְטִיב לִמְדֵנִי חֻקֶּיךָ:

68. Tov_aTA / umeTIV / lamDEni / khuKEkha:

68 You are good, and do good. Teach me your statutes.

<69 טָפְלוּ עָלַי שֹׁקֵר יוֹדִים אֲנִי בְּכָל-לֵב אֶצַּר פְּקוּדֶיךָ:

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 טָפַשׁ כַּחֲלֵב לֶבָם אֲנִי תוֹרַתְךָ שֶׁשָּׁעַתִּי:

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

70 Their heart is as callous as the fat, but I delight in your Torah.

<71 טוב-לִי כִי-עֲנִיתִי לְמַעַן אֶלְמַד חֻקֶּיךָ:

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-לִי תוֹרַת-פִּיךָ מֵאֲלָפֵי זָהָב וְכֶסֶף:

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.

COLUMNS

PALEO

Day 10 -

Day 32 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:073-080 תהלים

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י

===Yud===

י

<73 יְדִיךָ עָשׂוּנִי וַיְכַוְנֵנוּנִי הִבִּינִי וְאַלְמְדָה מִצֹּתֶיךָ:

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 יִרְאֶיךָ יִרְאוּנִי וַיִּשְׂמְחוּ כִּי לְדַבְרְךָ יִחְלָתִי:

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 יָדַעְתִּי יְהוָה כִּי-צָדִק מִשְׁפָּטֶיךָ וְאַמוּנָה 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 לְנַחֲמִנִי 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-תוֹרָתְךָ שְׂשֻׁעַי:

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 יִבְשׁוּ יָדַי כִּי-שָׁקַר עֲוֹתוֹנִי אָנִי 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 יָשׁוּבוּ לִי יִרְאֶיךָ וַיְדַעוּ 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 בְּחֻקֶּיךָ לִמְעַן 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.

COLUMNS

PALEO

Day 11 -

Day 33 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:081-088 תהליםHebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

כ

===Kaf===

ש

81 < כָּלִתָּה לְתַשׁוּעָתְךָ נַפְשִׁי לְדַכְּךָ יְהוָה:

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

81 KAF: My soul faints for your salvation. I hope in your word.

82 < כָּלוּ עֵינַי לְאַמְרֶתְךָ לֹא־מָתִי תִנְחַמֵּנִי:

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 כְּנֹאֵד בְּקִיטֹר חָקִיד 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 יָמִי־עֲבָדְךָ מָתִי תַעֲשֶׂה בְּרֹדְפֵי מַשְׁפָּט:

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 שִׁיחֹת אֲשֶׁר לֹא כְּתוּרָתְךָ:

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 שֶׁקֶר יְרַדְפוּנִי עֲזָרְנִי:

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

86 All of your commandments are faithful. They persecute me wrongfully. Help me!

87 < כַּמַּעַט כָּלוּנִי בָּאָרֶץ 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 < כְּחֶסֶדְךָ חַיִּי וְאַשְׁמְרָה עֲדוֹת פִּיךָ:

88. K'hasd'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.

[COLUMNS](#)

[PALEO](#)**Day 12 -****Day 34 -****COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:089-096 תהלים**

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ל

===Lamed===

ل

<89 לְעוֹלָם יְהוָה דְּבָרְךָ נִצָּב בַּשָּׁמַיִם:

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

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

<90 לְדֹר וָדֹר אָמוּנָתְךָ כּוֹנֵנֶת אֶרֶץ וַתַּעֲמֹד:

90. L'DOR / vaDOR / emunaTEkha / koNANta / Erets / vataaMOD:

90 Your faithfulness is to all generations. You have established the earth, and it remains.

<91 לְמִשְׁפָּטֶיךָ עֲמָדוֹ הַיּוֹם כִּי הִכֵּל עֲבָדֶיךָ:

91. L'mishpaTEkha / amDU / haYOM / ki / haKOL / avaDEkha:

91 Your Torah (teachings and instructions) remain to this day, for all things serve you.

<92 לוֹלִי תוֹרַתְךָ שִׁשְׁשָׁעִי אֲזַ אֶבְדָּתִי בְּעָנִי:

92. LuLEY / toratKHA / shaashuAI / az / aVADti / v'anYI:

92 Unless your Torah had been my delight, I would have perished in my affliction.

<93 לְעוֹלָם לֹא-אֶשְׁכַּח פְּקוּדֶיךָ כִּי בָם חִיֵּיתָנִי:

93. L'oLAM / lo_eshKAKH / pikuDEkha / ki / vam / khiyiTAni:

93 I will never forget your precepts, for with them, you have revived me.

<94 לָךְ-אֲנִי הוֹשִׁיעֵנִי כִּי פְקוּדֶיךָ דִּרְשָׁתִּי:

94. L'KHA_aNI / hoshiEni / ki / fikuDEkha / daRASHti:

94 I am yours. Save me, for I have sought your precepts.

<95 לִי קוֹו רְשָׁעִים לְאַבְדָּנִי עֲדֹתֶיךָ אֶתְּבוֹנֶן:

95. Li / kiVU / r'shaIM / l'abDEni / edoTEkha / etboNAN:

95 The wicked have waited for me, to destroy me. I will consider your statutes.

<96 לְכֹל תִּכְלָה רְאִיתִי קֶץ רִחְבָּה מִצְוֹתֶיךָ מָאֵד:

96. L'KHOL / tikhLA / raIti / kets / r'khaVA / mitsvatKHA / m'OD:

96 I have seen a limit to all perfection, but your commands are boundless.

[COLUMNS](#)

[PALEO](#)

Day 13 -

Day 35 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer הָעֹמֶר

Psalm 119:097-104 תְּהִלִּים

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מ

===Mem===

^^

<97 מָה-אֶהְבֵּתִי תוֹרַתְךָ כָּל-הַיּוֹם הִיא שִׁיחָתִי:

97. Ma_aHAVti / toraTEkha / kol_haYOM / hi / sikhaTI:

97 MEM: How I love your Torah! It is my meditation all day.

<98 מֵאֵיבֵי תַחֲכַמֵּנִי מִצֻּוֹתֶיךָ כִּי לְעוֹלָם הִיא-לִי:

98. MeoyVAI / t'khakMEni / mitsoTEkha / ki / l'oLAM / hi_li:

98 Your commandments make me wiser than my enemies, for your commandments are always with me.

<99 מִכָּל-מְלַמְדֵי הַשְּׂפָלָתִי כִי עֲדוּתֶיךָ שִׁיחָה לִי:

99. MiKOL_m'lamDAI / hisKALti / ki / edoTEkha / siKHA / li:

99 I have more understanding than all my teachers, for your testimonies are my meditation.

<100 מִזְקָנִים אֶתְבוֹנֵן כִּי פְקוּדֶיךָ נִצְרָתִי:

100. MizkeNIM / etboNAN / ki / fikuDEkha / naTSARTi:

100 I understand more than the aged, because I have kept your precepts.

<101 מִכָּל-אֶרֶח רָע כָּל־אֲתִי רַגְלִי לְמַעַן אֶשְׁמֹר דְּבָרְךָ:

101. MiKOL_Orakh / ra / kaliTI / ragLAI / l'MAan / eshMOR / d'vaREkha:

101 I have kept my feet from every evil way, that I might observe your word.

<102 מִמִּשְׁפָּטֶיךָ לֹא-סָרָתִי כִי-אַתָּה הוֹרַתָּנִי:

102. MimishpaTEkha / lo_SARTi / ki_aTA / horetaNI:

102 I have not turned aside from your ordinances, for you have taught me.

<103 מָה-נִמְלָצוּ לִחִי אִמְרָתְךָ מִדְּבַשׁ לִפִּי:

103. Ma_niml'TSU / l'khiKI / imraTEkha / midVASH / l'FI:

103 How sweet are your promises to my taste, more than honey to my mouth!

<104 מִפְּקוּדֶיךָ אֶתְבוֹנֵן עַל-כֵּן שִׁנְאַתִּי כָל-אֶרֶח שָׁקֶר:

104. MipikuDEkha / etboNAN / al_ken / saNEYti / kol_Orakh / SHAKer:

104 Through your precepts, I get understanding; therefore I hate every false way.

[COLUMNS](#)

[PALEO](#)

Day 14 -

Day 36 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העֹמֶר HaOmer

תְּהִלִּים Psalm 119:105-112

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נ

===Nun===

נְ

105 <נֵר-לְרַגְלִי דְבָרְךָ וְאוֹר לְנִתְיָבְתִּי:

105. Ner_l'ragLI / d'vaREkha / vaOR / lin'tivaTI:

105 NUN: Your word is a lamp to my feet, and a light for my path.

106 <נִשְׁבַּעְתִּי וְאַקְיָמָהּ לְשֹׁמֵר מִשְׁפָּטֶי צְדָקָךָ:

106. NishBATi / vaakayeMA / lishMOR / mishp'TEY / tsidKEkha:

106 I have sworn, and have confirmed it, that I will obey your righteous ordinances.

107 <נַעֲנִיתִי עַד-מְאֹד יְהוָה חֲיִנִּי כְדְבָרְךָ:

107. NaaNEYti / ad_m'OD / adoNAI / khaYEni / khid'vaREkha:

107 I am afflicted very much. Revive me, YHWH, according to your word.

108 <נְדָבוֹת פִּי רָצָה-נָא יְהוָה וּמִשְׁפָּטֶיךָ לְמַדְנִי:

108. NidVOT / pi / r'TSEY_na / adoNAI / umishpaTEkha / lamDEni:

108 Accept, I beg you, the willing offerings of my mouth. YHWH, teach me your ordinances.

109 <נִפְשִׁי בְכַפִּי תָמִיד וְתוֹרָתְךָ לֹא שָׁכַחְתִּי:

109. NafSHI / v'khaPI / taMID / v'toratKHA / lo / shaKHAKHti:

109 My soul is continually in my hand, yet I won't forget your Torah.

110 <נִתְּנוּ רְשָׁעִים פֶּחַ לִי וּמִפְקוּדֶיךָ לֹא תָעִיתִי:

110. NatNU / r'shaIM / pakh / li / umipikuDEkha / lo / taIti:

110 The wicked have laid a snare for me, yet I haven't gone astray from your precepts.

111 <נָחֳלָתִי עֲדוּתֶיךָ לְעוֹלָם כִּי-שִׁשּׁוֹן לְבִי הִמָּה:

111. NaKHALti / edoTEkha / l'oLAM / ki_s'SON / liBI / heMA:

111 I have taken your testimonies as a heritage forever, for they are the joy of my heart.

112 <נָטִיתִי לְבִי לַעֲשׂוֹת חֻקֶּיךָ לְעוֹלָם עֲקָב:

112. NaTIti / liBI / laaSOT / khuKEkha / l'oLAM / Ekev:

112 I have set my heart to perform your statutes forever, even to the end.

[COLUMNS](#)

[PALEO](#)

Day 15 -

Day 37 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer הָעֹמֶר

Psalms 119:113-120 תְּהִלִּים

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ס

===SAmech===

⌘

113 < סַעֲפִים שְׁנֵאתִי וְתוֹרַתְךָ אֶהְבֵּתִי:

113. SeaFIM / saNEYti / v'toratKHA / aHAVti:

113 SAMEKH: I hate double-minded men, but I love your Torah.

114 < סִתְרִי וּמָגְנִי אֶתְּךָ לְדַבְּרְךָ יְהוָה:

114. SitRI / umagiNI / aTA / lid'varKHA / yiKHALti:

114 You are my hiding place and my shield. I hope in your word.

115 < סוּרוּ-מִמֶּנִּי מְרַעִים וְאַצְרָה מִצּוֹת אֱלֹהִי:

115. SUru_miMEni / m'reIM / v'etsRA / miTSOT / eloHAI:

115 Depart from me, you evildoers, that I may keep the commandments of my ELOHIM:

116 < סָמַכְנִי כְּאִמְרַתְךָ וְאַחֲזֶה וְאֶל-תְּבִישָׁנִי מִשְׁבְּרִי:

116. SomKHEni / kh'imratKHA / vekhYE / v'AL_t'viSHEni / misivRI:

116 Uphold me according to your word, that I may live. Let me not be ashamed of my hope.

117 < סִעֲדֵנִי וְאַוְשַׁעַה וְאַשְׁעָה בְּחֻקֶּיךָ תָּמִיד:

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 < סְלִית כָּל-שׁוֹגִים מִחֻקֶּיךָ כִּי-שִׁקָּר תִּרְמִיתָם:

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 < סִגִּים הַשְׁבַּת כָּל-רֶשַׁעִי-אָרֶץ לָכֵן אֶהְבֵּתִי עֲדוּתֶיךָ:

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 < סִמַּר מִפֶּחָדְךָ בְּשָׂרִי וּמִמִּשְׁפָּטֶיךָ יִרְאֵתִי:

120. SaMAR / mipakhd'KHA / b'saRI / umimishpaTEkha / yaREYti:

120 My flesh trembles for fear of you. I am afraid of your judgments.

[COLUMNS](#)[PALEO](#)**Day 16 -****Day 38 -****COUNTING THE OMER - 7 weeks to 50th Day Shavuot****- HaOmer העומר****Psalm 119:121-128 תהלים**Hebrew text from Saffa (no copyright)Transliterated Hebrew from Saffa (no copyright).English from HNV-yhwhe Bible(Public Domain).

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 ודים:

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 הבניני ואדעה עדתך:

125. Avd'KHA_aNI / haviNEni / v'edA / edoTEkha:

125 I am your servant. Give me understanding, that I may know your testimonies.

<126 עת לעשות ליהוה הפרו תורתך:

126. Et / laaSOT / ladoNAI / heFEru / toraTEkha:

126 It is time to act, YHWH, for they break your Torah.

<127 על-כן אהבתי מצותיך מזהב ומפז:

127. Al_ken / aHAVti / mitsoTEkha / mizaHAV / umiPAZ:

127 Therefore I love your commandments more than gold, yes, more than pure gold.

<128 על-כן כל-פקודי כל ישחתי כל-ארח שקר שנאתי:

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.

COLUMNS

PALEO

Day 17 -

Day 39 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- העמר HaOmer

Psalm 119:129-136 תהלים

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פ

===Pey===

○

<129 פְּלֹאוֹת עֲדוּתֶיךָ עַל-כֵּן נִצָּרְתָם נַפְשֵׁי:

129. PlaOT / edoTEkha / al_ken / n'tsaRAtam / nafSHI:

129 PEY: Your testimonies are wonderful, therefore my soul keeps them.

<130 פֶּתַח דְּבָרֶיךָ יָאִיר מִבֵּין פְּתִיִּים:

130. PEtakh / d'vaREkha / yaIR / meVIN / p'taYIM:

130 The entrance of your words gives light. It gives understanding to the simple.

<131 פִּי-פָעַרְתִּי וְאֶשְׁאַפָּה כִּי לְמִצּוֹתֶיךָ יֵאָבְתִּי:

131. Pi_faARti / vaeshaFA / ki / l'mitsoTEkha / yaAVti:

131 I opened my mouth wide and panted, for I longed for your commandments.

<132 פְּנֵה-אֵלַי וְחַנּוּנִי כְּמִשְׁפָּט לְאֶהְבִּי שְׁמֶךָ:

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.

<133 פָּעַמִּי הֵכֵן בְּאִמְרָתְךָ וְאַל-תִּשְׁלֹט-בִּי כָל-אֶוֶן:

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.

<134 פִּדְנִי מֵעֹשֶׁק אָדָם וְאֶשְׁמְרָה פְּקוּדֶיךָ:

134. P'DEni / meOshek / aDAM / v'eshm'RA / pikuDEkha:

134 Redeem me from the oppression of man, so I will observe your precepts.

<135 פָּנֶיךָ הָאֵר בְּעֵבְדְּךָ וְלִמְדֵנִי אֶת-חֻקֶּיךָ:

135. PaNEkha / haER / b'avDEkha / v'lamDEni / et_khuKEkha:

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

<136 פְּלִגֵּי-מַיִם יִרְדּוּ עֵינַי עַל לֹא-שְׁמְרוּ תוֹרָתְךָ:

136. PalGEY_MAyim / yarDU / eyNAI / al / lo_shamRU / toraTEkha:

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

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Day 18 -

Day 40 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer הָעֹמֶר

Psalms 119:137-144 תְּהִלִּים

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צ

===TSA di===

○

137 < צדיק אתה יהוה וישר משפטיך :

137. TsaDIK / aTA / adoNAI / v'yaSHAR / mishpaTEkha:

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

138 < צוית צדק עדתיה ואמונה מאד :

138. TsiVIta / TSEdek / edoTEkha / veemuNA / m'OD:

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

139 < צמתתני קנאתי פי-שכחו דבריך צרי :

139. TsimTATni / kinaTI / ki_shakh'KHU / d'vaREkha / tsaRAI:

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

140 < צרופה אמרתך מאד ועבדך אהבה :

140. TsruFA / imratKHA / m'OD / v'avd'KHA / aheVA:

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

141 < צעיר אנכי ונבזה פקדיך לא שכחתי :

141. TsaIR / anoKHI / v'nivZE / pikuDEkha / lo / shaKHAKHti:

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

142 < צדקתך צדק לעולם ותורתך אמת :

142. TsidkatKHA / TSEdek / l'oLAM / v'toratKHA / eMET:

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

143 < צר-ומצוק מצאוני מצותיך שעשעי :

143. Tsar_umaTSOK / m'tsaUni / mitsoTEkha / shaashuAI:

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

144 < צדק עדותיך לעולם הבינני ואחיה :

144. TSEdek / edoTEkha / l'oLAM / haviNEni / v'ekhYE:

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

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Day 19 -

Day 41 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:145-152 תהלים

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ק

===Kuf===

⦿

145 < קראתי בכל-לב עניי יהוה חקיך אצרה :

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.

: 146 < קָרָאתִיךָ הוֹשִׁיעֵנִי וְאַשְׁמְרָה עֲדֹתֶיךָ

146. KraTIkha / hoshiEni / v'eshm'RA / edoTEkha:

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

: 147 < קָדַמְתִּי בַנֶּשֶׁף וְאַשְׁוּעָה לְדְבָרֶיךָ יְהוָה:

147. KiDAMti / vaNEshuf / vaashaveA / lid'vaREkha / yiKHALti:

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

: 148 < קָדַמוּ עֵינַי אֲשֶׁמְרוֹת לַשִּׁיחַ בְּאֶמְרֶתְךָ:

148. KidMU / eyNAI / ashmuROT / laSIakh / b'imraTEkha:

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

: 149 < קוֹלִי שִׁמְעָה כְּחַסְדְּךָ יְהוָה כְּמִשְׁפָּטְךָ חַיִּי:

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.

: 150 < קָרְבוּ רֹדְפֵי זִמָּה מִתּוֹרַתְךָ רַחֲקוּ:

150. KarVU / rodFEY / ziMA / mitoratKHA / raKHAKu:

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

: 151 < קָרוֹב אֶתָּה יְהוָה וְכָל-מִצְוֹתֶיךָ אֱמַת:

151. KaROV / aTA / adoNAI / v'KHOL_mitsoTEkha / eMET:

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

: 152 < קָדָם יְדַעְתִּי מִעֲדֹתֶיךָ כִּי לְעוֹלָם יִסְדָּתָם:

152. KEdem / yaDATi / meedoTEkha / ki / l'oLAM / y'sadTAM:

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

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Day 20 -

Day 42 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalms 119:153-160 תהלים

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ך

===Resh===

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: 153 < רָאֵה-עֵינַי וְחַלְצֵנִי כִּי-תוֹרַתְךָ לֹא שָׁכַחְתִּי:

153. R'EY_anYI / v'khalTSEni / ki_toratKHA / lo / shaKHAKHti:

153 RESH: Consider my affliction, and deliver me, for I don't forget your Torah.

154 < רִיבָה רִיבִי וּגְאָלֵנִי לְאַמְרָתְךָ חַיִּי:

154. RiVA / RIvi / ug'aLEni / l'imratKHA / khaYEni:

154 Plead my cause, and redeem me! Revive me according to your promise.

155 < רְחוֹק מִרְשָׁעִים יְשׁוּעָה כִּי-חֲקִיךָ לֹא דָרָשׁוּ:

155. RaKHOK / mershaIM / y'shuA / ki_khuKEkha / lo / daRAshu:

155 Salvation is far from the wicked, for they don't seek your statutes.

156 < רַחֲמֶיךָ רַבִּים יְהוָה כְּמִשְׁפָּטֶיךָ חַיִּי:

156. RakhaMEkha / raBIM / adoNAI / k'mishpaTEkha / khaYEni:

156 Great are your tender mercies, YHWH! Revive me according to your ordinances.

157 < רַבִּים רֹדְפֵי וְצָרִי מַעֲדוֹתֶיךָ לֹא נָטִיתִי:

157. RaBIM / rodFAI / v'tsaRAI / meedoTEkha / lo / naTIti:

157 Many are my persecutors and my adversaries. I haven't swerved from your testimonies.

158 < רְאִיתִי בְּגָדִים וְאַתְקוּטָטָה אֲשֶׁר אִמְרָתְךָ לֹא שָׁמְרוּ:

158. RaIti / vogDIM / vaetkotaTA / aSHER / imratKHA / lo / shamaRU:

158 I look at the faithless with loathing, because they don't observe your word.

159 < רְאֵה כִּי-פָקוּדֶיךָ אֶהְבֵּתִי יְהוָה כְּחֶסֶדְךָ חַיִּי:

159. R'EY / ki_fikuDEkha / aHAVti / adoNAI / k'khasd'KHA / khaYEni:

159 Consider how I love your precepts. Revive me, YHWH, according to your loving kindness.

160 < רֹאשׁ-דְּבָרְךָ אֱמֶת וְלִעוֹלָם כָּל-מִשְׁפָּט צִדְקָךָ:

160. Rosh_d'varKHA / eMET / ul'oLAM / kol_mishPAT / tsidKEkha:

160 All of your words are truth. Every one of your righteous ordinances endures forever.

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Day 21 -

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COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer הָעֹמֶר

Psalms 119:161-168 תְּהִלִּים

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ש

===Sin and Shin===

ל

161 < שָׁרִים רָדְפוּנִי חֲנָם וּמִדְּבָרֶיךָ פָּחַד לִבִּי:

161. SaRIM / r'daFUni / khiNAM / umidvaREkha / paKHAD / liBI:

161 SIN AND SHIN: Princes have persecuted me without a cause, but my heart stands in awe of your words.

162 < שֶׁשׁ אֶנֶכִי עַל-אַמְרְתְּךָ כְּמוֹצֵא שְׁלָל רָב:

162. Sas / anoKHI / al_imraTEkha / k'moTSEY / shaLAL / rav:

162 I rejoice at your word, as one who finds great spoil.

163 < שֶׁקֶר שִׁנְאַתִּי וְאַתְעֵבָה תּוֹרַתְךָ אֶהְבֵּתִי:

163. SHEker / saNEYti / vaataeVA / toratKHA / aHAVti:

163 I hate and abhor falsehood. I love your Torah.

164 < שִׁבְעַת בְּיוֹם הַלֵּילִיתִיךָ עַל מִשְׁפָּטֶי צְדִיקְךָ:

164. SHEva / baYOM / hilalTIkha / al / mishp'TEY / tsidKEkha:

164 Seven times a day, I praise you, because of your righteous ordinances.

165 < שְׁלוֹם רָב לְאַהֲבֵי תּוֹרַתְךָ וְאֵין-לָמוֹ מְכַשּׁוֹל:

165. ShaLOM / rav / l'ohaVEY / toraTEkha / v'EYN_laMO / mikhSHOL:

165 Those who love your Torah have great peace. Nothing causes them to stumble.

166 < שִׁבַּרְתִּי לִישׁוּעָתְךָ יְהוָה וּמִצְוֹתֶיךָ עָשִׂיתִי:

166. SiBARTi / liy'shuatKHA / adoNAI / umitsoTEkha / aSIti:

166 I have hoped for your salvation, YHWH! I have done your commandments.

167 < שְׁמַרְהָ נַפְשִׁי יְדֹתֶיךָ וְאַהֲבָם מְאֹד:

167. ShomRA / nafSHI / edoTEkha / vaohaVEM / m'OD:

167 My soul has observed your testimonies. I love them exceedingly.

168 < שְׁמַרְתִּי פְקוּדֶיךָ וְעֲדֹתֶיךָ כִּי כָל-דְּרָכֵי נִגְדָּךָ:

168. ShaMARTi / fikuDEkha / v'edoTEkha / ki / khol_draKHAI / negDEkha:

168 I have obeyed your precepts and your testimonies, for all my ways are before you.

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Day 22 -

Day 44 -

COUNTING THE OMER - 7 weeks to 50th Day Shavuot

- HaOmer העומר

Psalm 119:169-176 תהלים

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ת

===Tav===

†

169 < תִּקְרַב רִנָּתִי לְפָנֶיךָ יְהוָה כְּדָבָרְךָ הַבִּינֵנִי:

169. TikRAV / rinaTI / l'faNEkha / adoNAI / kid'varKHA / haviNEni:

169 TAV: Let my cry come before you, YHWH! Give me understanding according to your word.

170 < תְּבוֹא תַחֲנֻנָּתִי לְפָנֶיךָ כְּאַמְרְתְּךָ הִצִּילָנִי:

170. TaVO / t'khinaTI / l'faNEkha / k'imratKHA / hatsiLEni:

170 Let my supplication come before you. Deliver me according to your word.

: תַּבְעֲנָה שְׁפִתִי תִהְיֶה כִּי תִלְמְדֵנִי חֻקֶּיךָ <171

171. TaBAAn / sfaTAI / t'hiLA / ki / tlamDEni / khuKEkha:

171 Let my lips utter praise, for you teach me your statutes.

: תַּעֲן לְשׁוֹנִי אִמְרֹתֶיךָ כִּי כָל-מִצְוֹתֶיךָ צֶדֶק <172

172. TAAn / l'shoNI / imraTEkha / ki / khol_mitsoTEkha / TSEdek:

172 Let my tongue sing of your word, for all your commandments are righteousness.

: תְּהִי-יָדְךָ לְעֻזִּי כִּי פָקוּדֶיךָ בְּחִרְתִּי <173

173. T'HI_yadKHA / l'ozREni / ki / fikuDEkha / baKHARTi:

173 Let your hand be ready to help me, for I have chosen your precepts.

: תֵּאֲבֹתִי לִישׁוּעָתְךָ יְהוָה וְתוֹרָתְךָ שְׂשׂוּעֵי <174

174. TaAVti / liy'shuatKHA / adoNAI / v'toratKHA / shaashuAI:

174 I have longed for your salvation [yeshuat], YHWH! Your Torah is my delight.

: תַּחֲיֵ-נַפְשִׁי וְתִהְיֶה לִּי וּמִשְׁפָּטְךָ יַעֲזֹרֵנִי <175

175. T'KHI_nafSHI / ut'hal'LEkha / umishpaTEkha / yaazruNI:

175 Let my soul live, that I may praise you. Let your ordinances help me.

: תָּעִיתִי כְּשֶׂה אֲבִד בְּקֶשׁ עֲבָדְךָ כִּי מִצְוֹתֶיךָ לֹא שָׁכַחְתִּי <176

176. TaIti / k'SE / oVED / baKESH / avDEkha / ki / mitsoTEkha / lo / shaKHAKHTi:

176 I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments.

[COLUMNS](#)

[PALEO](#)

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