



# COUNTING THE OMER

If the  
Disciples  
could count  
the *Omer*—

The Omer is counted every evening after nightfall  
with the following blessing:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
ha-olam melech Elo'heinu Adonai ata Baruch  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סִפְיַרַת הָעֹמֶר.  
ha'omer sefi'rat al ve-tzi'vanu be'mitz'vo'tav kid'shanu asher.

**(Blessed are You, God, King of the Universe, Who made us holy with His  
commandments,  
and commanded us on the counting of the Omer.)**

After Passover on the next evening is the first day of the appointed Shavuot meaning the *Feast of Weeks*. God tells us to count seven weeks (49 days) from the second day after Passover to the 50th day, which is Shavuot (Pentecost). [Note: The Hebrew translation on when to start the count is ambiguous and can mean: either “*the day after the first day of the Feast of Weeks holy-day Sabbath*”, or the “*day after the weekly Sabbath*” where Shavuot always falls on the first day of the week, being a Sunday.]

**Shavuot represents a Jubilee.** This special *holy day* was first celebrated when Y’HoVaH spoke to the chosen Israelites at Mount Sinai. This was a covenant *Wedding Day*, a day of the giving of the ‘Spirit of truth’, the ‘Torah of fire’, and the *holy* ‘Salvation Blessing’ (the Aaronic Blessing from Y’HoVaH). Then some 30 Jubilees later at the Temple in Jerusalem, Yeshua’s chosen Disciples received the same ‘Spirit of truth’ and ‘Torah of fire’ from Y’HoVaH as part of their covenant ministry.

## **Luke 24:50-51 (CJB)**

<sup>50</sup> He led them out toward Beit-Anyah [meaning *House of Anyah*]; then, raising his hands, he said a *b'rakhah* {a Brukkah, suggesting the ‘*Aaronic Blessing*’} over them; <sup>51</sup> and as he was blessing them, he withdrew from them and was carried up into heaven {*which was very similar to the events on Mount Sinai at the end of the ‘marriage ceremony’, when Y’HoVaH told Aaron to bless Israel with His promissory gifts of the Torah, the Messiah and the Holy Spirit, so that they would have the necessary elements for impacting on the nations*}.

## **Acts 1:4 (CJB)**

“At one of these gatherings, he [Yeshua] instructed them not to leave Yerushalayim [Jerusalem] but to wait for what the Father promised, which you heard about from me.

The reason Yeshua instructed them to stay in Jerusalem. He wanted them to stay focused on Shavuot; to count up the days from His crucifixion to the day of the Messianic marriage, the ‘Spirit of truth’, the ‘Torah of fire’. Yeshua was the ‘Word’, and with God’s help through the Holy Spirit, the ‘Word of Torah’ would go out into all the nations, along with the promise of salvation. Yeshua ascended on the 40th day, marking the end of His interim visual presence on Earth. They willingly obeyed Yeshua and looking forward to waited in Jerusalem, a better promise.

### **CHECK THIS OUT: Video Teaching**

“Shavuot: Why Do We Celebrate 'Law Day'?”

<https://www.alephbeta.org/course/lecture/shavuot-5777-2017>

“Prophetic Holy Feasts -Counting the Omer”








<https://www.youtube.com/watch?v=yr-o0zp7tBw>



# OMER CHART WITH ASSOCIATED

## SCRIPTURE READINGS





Tick ✓	Evening of & Hebrew Date:	How to Count & Scripture Reading:	Celebrating God's Ways
✓	<b>WEEK 1</b> <b>DAY 1</b> After the Shabbat (Lev 23:15-16)	<b>א (Alef)</b> Psalm 67:1-7 and Psalm 119:1-8 How happy are those whose way of life is blameless, who live by the <i>Torah</i> of <i>Y'HoVaH</i> ! <sup>2</sup> How happy are those who observe his instruction, who seek him wholeheartedly! <sup>3</sup> They do nothing wrong but live by his ways. <sup>4</sup> You laid down your precepts for us to observe with care. <sup>5</sup> May my ways be steady in observing your laws. <sup>6</sup> Then I will not be put to shame, since I will have fixed my sight on all your <i>mitzvot</i> (laws). <sup>7</sup> I thank you with a sincere heart as I learn your righteous rulings. <sup>8</sup> I will observe your laws; don't completely abandon me!	The Law of <i>Y'HoVaH</i>
○	<b>DAY 2</b> <b>Monday</b>	<b>ב (Bet)</b> Psalm 119:9-16 <sup>9</sup> How can a young man keep his way pure? By guarding it according to your word. <sup>10</sup> I seek you with all my heart; don't let me stray from your <i>mitzvot</i> . <sup>11</sup> I treasure your word in my heart, so that I won't sin against you. <sup>12</sup> Blessed are you, <i>Y'HoVaH</i> ! Teach me your laws. <sup>13</sup> I proclaim with my mouth all the rulings you have spoken. <sup>14</sup> I rejoice in the way of your instruction more than in any kind of wealth. <sup>15</sup> I will meditate on your precepts and keep my eyes on your ways. <sup>16</sup> I will find my delight in your regulations. I will not forget your word.	Obedience to the Law of <i>Y'HoVaH</i>
○	<b>DAY 3</b> <b>Tuesday</b>	<b>ג (Gimel)</b> Psalm 119:17-24 <sup>17</sup> Deal generously with your servant; then I will live and observe your word. <sup>18</sup> Open my eyes, so that I will see wonders from your <i>Torah</i> . <sup>19</sup> Though I'm just a wanderer on the earth, don't hide your <i>mitzvot</i> from me. <sup>20</sup> I am continually consumed with longing for your rulings. <sup>21</sup> You rebuke the proud, the cursed, who stray from your <i>mitzvot</i> . <sup>22</sup> Remove scorn and contempt from me, because I observe your instruction. <sup>23</sup> Even when princes sit and plot against me, your servant meditates on your laws. <sup>24</sup> Also your instructions are my delight; they are my counsellors.	Happiness in the Law of <i>Y'HoVaH</i>
○	<b>DAY 4</b> <b>Wednesday</b>	<b>ד (Dalet)</b> Psalm 119:25-32 <sup>25</sup> I lie prostrate in the dust; revive me, in keeping with your word. <sup>26</sup> I told you of my ways, and you answered me; teach me your laws. <sup>27</sup> Make me understand the way of your precepts, and I will meditate on your wonders. <sup>28</sup> I am melting away from anxiety and grief; renew my strength, in keeping with your word. <sup>29</sup> Keep deceitful ways far from me, and favour me with your <i>Torah</i> . <sup>30</sup> I choose the way of trust; I set your rulings [before me]. <sup>31</sup> I cling to your instruction; <i>Y'HoVaH</i> , don't let me be put to shame! <sup>32</sup> I will run the way of your <i>mitzvot</i> , for you have broadened my understanding.	Determination to Obey the Law of <i>Y'HoVaH</i>
○	<b>DAY 5</b> <b>Thursday</b>	<b>ה (Heh)</b> Psalm 119:33-40 <sup>33</sup> Teach me, <i>Y'HoVaH</i> , the way of your laws; keeping them will be its own reward for me. <sup>34</sup> Give me understanding; then I will keep your <i>Torah</i> ; I will observe it with all my heart. <sup>35</sup> Guide me on the path of your <i>mitzvot</i> , for I take pleasure in it. <sup>36</sup> Bend my heart toward your instructions and not toward selfish gain. <sup>37</sup> Turn my eyes away from worthless things; with your ways, give me life. <sup>38</sup> Fulfil your promise, which you made to your servant, which you made to those who fear you. <sup>39</sup> Avert the disgrace which I dread, for your rulings are good. <sup>40</sup> See how I long for your precepts; in your righteousness, give me life!	A Prayer for Understanding
○	<b>DAY 6</b> <b>Friday</b>	<b>ו (Vav)</b> Psalm 119:41-48 <sup>41</sup> May your grace come to me, <i>Y'HoVaH</i> , your salvation, as you promised; <sup>42</sup> then I will have an answer for those who taunt me; for I trust in your word. <sup>43</sup> Don't take away completely my power to speak the truth; for I put my hope in your rulings; <sup>44</sup> and I will keep your <i>Torah</i> always, forever and ever. <sup>45</sup> I will go wherever I like, for I have sought your precepts. <sup>46</sup> I will speak of your instructions even to kings without being ashamed. <sup>47</sup> I will delight myself in your <i>mitzvot</i> , which I have loved. <sup>48</sup> I will lift my hands to your <i>mitzvot</i> , which I love; and I will meditate on your laws.	Trusting the Law of <i>Y'HoVaH</i>






	<b>DAY 7</b> <b>SHABBAT</b>	<p><b>ז (Zayin) Psalm 119:49-56</b></p> <p><sup>49</sup> Remember your promise to your servant, through which you have given me hope. <sup>50</sup> In my distress my comfort is this: that your promise gives me life. <sup>51</sup> Though the arrogant scorn me completely, I have not turned away from your <i>Torah</i>. <sup>52</sup> <i>Y'HoVaH</i>, keep in mind your age-old rulings; in them I take comfort. <sup>53</sup> Fury seizes me when I think of the wicked, because they abandon your <i>Torah</i>. <sup>54</sup> Your laws have become my songs wherever I make my home. <sup>55</sup> I remember your name, <i>Y'HoVaH</i>, at night; and I observe your <i>Torah</i>. <sup>56</sup> This [comfort] has come to me, because I observe your precepts.</p>	Confidence in the Law of <i>Y'HoVaH</i>
	<b>WEEK 2</b> <b>DAY 8</b> <b>Sunday</b>	<p><b>ה (Het) Psalm 119:57-64</b></p> <p><sup>57</sup> <i>Y'HoVaH</i>, I say that my task is to observe your words. <sup>58</sup> I beg your favour with my whole heart; show pity to me, in keeping with your promise. <sup>59</sup> I thought about my ways and turned my feet toward your instruction. <sup>60</sup> I hurry, I don't delay, to observe your <i>mitzvot</i>. <sup>61</sup> Even when the cords of the wicked close around me, I don't forget your <i>Torah</i>. <sup>62</sup> At midnight I rise to give you thanks because of your righteous rulings. <sup>63</sup> I am a friend of all who fear you, of those who observe your precepts. <sup>64</sup> The earth, <i>Y'HoVaH</i>, is full of your grace; teach me your laws.</p>	Devotion to the Law of <i>Y'HoVaH</i>
	<b>DAY 9</b> <b>Monday</b>	<p><b>ט (Tet) Psalm 119:65-72</b></p> <p><sup>65</sup> You have treated your servant well, <i>Y'HoVaH</i>, in keeping with your word. <sup>66</sup> Teach me good judgment and knowledge, because I trust in your <i>mitzvot</i>. <sup>67</sup> Before I was humbled, I used to go astray; but now I observe your word. <sup>68</sup> You are good, and you do good; teach me your laws. <sup>69</sup> The arrogant are slandering me, but I will wholeheartedly keep your precepts. <sup>70</sup> Their hearts are as thick as fat, but I take delight in your <i>Torah</i>. <sup>71</sup> It is for my good that I have been humbled; it was so that I would learn your laws. <sup>72</sup> The <i>Torah</i> you have spoken means more to me than a fortune in gold and silver.</p>	The Value of the Law of <i>Y'HoVaH</i>
	<b>DAY 10</b> <b>Tuesday</b>	<p><b>י (Yud) Psalm 119:73-80</b></p> <p><sup>73</sup> Your hands made and formed me; give me understanding, so I can learn your <i>mitzvot</i>. <sup>74</sup> Those who fear you rejoice at the sight of me, because I put my hope in your word. <sup>75</sup> I know, <i>Y'HoVaH</i>, that your rulings are righteous, that even when you humble me you are faithful. <sup>76</sup> Let your grace comfort me, in keeping with your promise to your servant. <sup>77</sup> Show me pity, and I will live, for your <i>Torah</i> is my delight. <sup>78</sup> Let the proud be ashamed, because they wrong me with lies; as for me, I will meditate on your precepts. <sup>79</sup> Let those who fear you turn to me, along with those who know your instruction. <sup>80</sup> Let my heart be pure in your laws, so that I won't be put to shame.</p>	The Justice of the Law of <i>Y'HoVaH</i>
	<b>DAY 11</b> <b>Wednesday</b>	<p><b>כ (Kaf) Psalm 119:81-88</b></p> <p><sup>81</sup> I am dying to know your salvation; my hope is in your word. <sup>82</sup> My eyes fail from watching for your promise; I ask, "When will you comfort me?" <sup>83</sup> For I have shrivelled like a wineskin in a smoky room; still, I don't forget your laws. <sup>84</sup> How long can your servant stay alive? When will you bring judgment on my persecutors? <sup>85</sup> The arrogant have dug pits for me to fall in; this is not in keeping with your <i>Torah</i>! <sup>86</sup> All your <i>mitzvot</i> [show your] faithfulness; they are hounding me with lies; help me! <sup>87</sup> They have nearly ended my life on earth, but I have not abandoned your precepts. <sup>88</sup> In keeping with your grace, revive me; and I will observe your spoken instructions.</p>	Prayer for Deliverance
	<b>DAY 12</b> <b>Thursday</b>	<p><b>ל (Lamed) Psalm 119:89-96</b></p> <p><sup>89</sup> Your word continues forever, <i>Y'HoVaH</i>, firmly fixed in heaven; <sup>90</sup> your faithfulness through all generations; you established the earth, and it stands. <sup>91</sup> Yes, it stands today, in keeping with your rulings; for all things are your servants. <sup>92</sup> If your <i>Torah</i> had not been my delight, I would have perished in my distress. <sup>93</sup> I will never forget your precepts, for with them you have made me alive. <sup>94</sup> I am yours; save me because I seek your precepts. <sup>95</sup> The wicked hope to destroy me, but I focus on your instruction. <sup>96</sup> I see the limits of all perfection, but your <i>mitzvah</i> has no bounds.</p>	Faith in the Law of <i>Y'HoVaH</i>
	<b>DAY 13</b> <b>Friday</b>	<p><b>מ (Mem) Psalm 119:97-104</b></p> <p><sup>97</sup> How I love your <i>Torah</i>! I meditate on it all day. <sup>98</sup> I am wiser than my foes, because your <i>mitzvot</i> are mine forever. <sup>99</sup> I have more understanding than all my teachers, because I meditate on your instruction. <sup>100</sup> I understand more than my elders, because I keep your precepts. <sup>101</sup> I keep my feet from every evil way, in order to observe your word. <sup>102</sup> I don't turn away from your rulings, because you have instructed me. <sup>103</sup> How sweet to my tongue is your promise, truly sweeter than honey in my mouth! <sup>104</sup> From your precepts I gain understanding; this is why I hate every false way.</p>	Love of the Law of <i>Y'HoVaH</i>



○	DAY 14 SHABBAT	<p><b>נ (Nun)</b> <b>Psalm 119:105-112</b></p> <p><sup>105</sup> Your word is a lamp for my foot and light on my path. <sup>106</sup> I have sworn an oath and confirmed it, that I will observe your righteous rulings. <sup>107</sup> I am very much distressed; <i>Y'HoVaH</i>, give me life, in keeping with your word. <sup>108</sup> Please accept my mouth's voluntary offerings, <i>Y'HoVaH</i>; and teach me your rulings. <sup>109</sup> I am continually taking my life in my hands, yet I haven't forgotten your <i>Torah</i>. <sup>110</sup> The wicked have set a trap for me, yet I haven't strayed from your precepts. <sup>111</sup> I take your instruction as a permanent heritage, because it is the joy of my heart. <sup>112</sup> I have resolved to obey your laws forever, at every step.</p>	Light from the Law of <i>Y'HoVaH</i>
○	WEEK 3 DAY 15 Sunday	<p><b>ס (Samekh)</b> <b>Psalm 119:113-120</b></p> <p><sup>113</sup> I hate doubleminded people, but I love your <i>Torah</i>. <sup>114</sup> You are my hiding-place and shield; I put my hope in your word. <sup>115</sup> Leave me alone, you evildoers, so that I can keep my God's <i>mitzvot</i>. <sup>116</sup> Uphold me, as you promised; and I will live; don't disappoint me in my hope. <sup>117</sup> Support me; and I will be saved, always putting my attention on your laws. <sup>118</sup> You reject all who stray from your laws, for what they deceive themselves with is false. <sup>119</sup> You discard the wicked of the earth like slag; this is why I love your instruction. <sup>120</sup> My body trembles for fear of you; your rulings make me afraid.</p>	Safety in the Law of <i>Y'HoVaH</i>
○	DAY 16 Monday	<p><b>ע ('Ayin)</b> <b>Psalm 119:121-128</b></p> <p><sup>121</sup> I have done what is just and right; don't abandon me to my oppressors. <sup>122</sup> Guarantee your servant's well-being; don't let the arrogant oppress me. <sup>123</sup> My eyes fail from watching for your salvation and for [the fulfilment of] your righteous promise. <sup>124</sup> Deal with your servant in accordance with your grace, and teach me your laws. <sup>125</sup> I am your servant; give me understanding, so that I can know your instruction. <sup>126</sup> The time has come for <i>Y'HoVaH</i> to act, because they are breaking your <i>Torah</i>. <sup>127</sup> Therefore I love your <i>mitzvot</i> more than gold, more than fine gold. <sup>128</sup> Thus I direct my steps by [your] precepts; every false way I hate.</p>	Obedience to the Law of <i>Y'HoVaH</i>
○	DAY 17 Tuesday	<p><b>פ (Peh)</b> <b>Psalm 119:129-136</b></p> <p><sup>129</sup> Your instruction is a wonder; this is why I follow it. <sup>130</sup> Your words are a doorway that lets in light, giving understanding to the thoughtless. <sup>131</sup> My mouth is wide open, as I pant with longing for your <i>mitzvot</i>. <sup>132</sup> Turn to me, and show me your favour; in keeping with [your] judgment for those who love your name. <sup>133</sup> Guide my footsteps by your word; don't let any kind of sin rule me. <sup>134</sup> Redeem me from human oppression, and I will observe your precepts. <sup>135</sup> Make your face shine on your servant, and teach me your laws. <sup>136</sup> Rivers of tears flow down from my eyes, because they don't observe your <i>Torah</i>.</p>	Desire to Obey the Law of <i>Y'HoVaH</i>
○	DAY 18 Wednesday	<p><b>צ (Tzadeh)</b> <b>Psalm 119:137-144</b></p> <p><sup>137</sup> You are righteous, <i>Y'HoVaH</i>; and your rulings are upright. <sup>138</sup> You have commanded your instructions in righteousness and great faithfulness. <sup>139</sup> My zeal is destroying me, because my foes have forgotten your words. <sup>140</sup> Your word is refined to complete purity, and your servant loves it. <sup>141</sup> I may be small and despised, but I do not forget your precepts. <sup>142</sup> Your righteousness is eternal righteousness, and your <i>Torah</i> is truth. <sup>143</sup> Trouble and distress have overtaken me, but your <i>mitzvot</i> are my delight. <sup>144</sup> Your instruction is righteous forever; give me understanding, and I will live.</p>	The Justice of the Law of <i>Y'HoVaH</i>
○	DAY 19 Thursday	<p><b>ק (Kuf)</b> <b>Psalm 119:145-152</b></p> <p><sup>145</sup> Wholeheartedly I am calling on you; answer me, <i>Y'HoVaH</i>; I will keep your laws. <sup>146</sup> I am calling on you; save me; and I will observe your instruction. <sup>147</sup> I rise before dawn and cry for help; I put my hope in your word. <sup>148</sup> My eyes are open before the night watches, so that I can meditate on your promise. <sup>149</sup> In your grace, hear my voice; <i>Y'HoVaH</i>, in keeping with your justice, revive me. <sup>150</sup> The pursuers of carnality are getting close; they are distancing themselves from your <i>Torah</i>. <sup>151</sup> You are close by, <i>Y'HoVaH</i>; and all your <i>mitzvot</i> are truth. <sup>152</sup> Long ago I learned from your instruction that you established it forever.</p>	Prayer for Deliverance
○	DAY 20 Friday	<p><b>ר (Resh)</b> <b>Psalm 119:153-160</b></p> <p><sup>153</sup> Look at my distress, and rescue me, for I do not forget your <i>Torah</i>. <sup>154</sup> Plead my cause, and redeem me; in keeping with your promise, revive me. <sup>155</sup> Salvation is far away from the wicked, because they don't seek your laws. <sup>156</sup> Great is your compassion, <i>Y'HoVaH</i>; in keeping with your rulings, revive me. <sup>157</sup> Although my persecutors and foes are many, I have not turned away from your instruction. <sup>158</sup> I look at traitors with disgust, because they don't keep your word. <sup>159</sup> See how I love your precepts, <i>Y'HoVaH</i>; in keeping with your grace, revive me. <sup>160</sup> The main thing about your word is that it's true; and all your just rulings last forever.</p>	Plea for Salvation

○	DAY 21 SHABBAT	<p><b>ש (Shin) Psalm 119:161-168</b></p> <p><sup>161</sup> Princes persecute me for no reason, but my heart stands in awe of your words. <sup>162</sup> I take joy in your promise, like someone who finds much booty. <sup>163</sup> I hate falsehood, I detest it; but I love your <i>Torah</i>. <sup>164</sup> I praise you seven times a day because of your righteous rulings. <sup>165</sup> Those who love your <i>Torah</i> have great peace; nothing makes them stumble. <sup>166</sup> I hope for your deliverance, <i>Y'HoVaH</i>; I obey your <i>mitzvot</i>. <sup>167</sup> My soul observes your instruction, and I love it so much! <sup>168</sup> I observe your precepts and instruction, for all my ways lie open before you.</p>	Dedication to the Law of <i>Y'HoVaH</i>
○	WEEK 4 DAY 22 Sunday	<p><b>ת (Tav) Psalm 119:169-176</b></p> <p><sup>169</sup> Let my cry come before you, <i>Y'HoVaH</i>; in keeping with your word, give me understanding. <sup>170</sup> Let my prayer come before you; in keeping with your promise, rescue me. <sup>171</sup> Let my lips speak praise, because you teach me your laws. <sup>172</sup> Let my tongue sing of your promise, because all your <i>mitzvot</i> are righteous. <sup>173</sup> Let your hand be ready to help me, because I choose your precepts. <sup>174</sup> I long for your deliverance, <i>Y'HoVaH</i>; and your <i>Torah</i> is my delight. <sup>175</sup> Let me live, and I will praise you; let your rulings help me. <sup>176</sup> I strayed like a lost sheep; seek out your servant; for I do not forget your <i>mitzvot</i>.</p>	A Prayer for Help
○	DAY 23 Monday	<p><b>Psalm 1:1-6</b></p> <p><sup>1</sup> How blessed are those who reject the advice of the wicked, don't stand on the way of sinners or sit where scoffers sit! <sup>2</sup> Their delight is in <i>Y'HoVaH's Torah</i>; on his <i>Torah</i> they meditate day and night. <sup>3</sup> They are like trees planted by streams — they bear their fruit in season, their leaves never wither, everything they do succeeds. <sup>4</sup> Not so the wicked, who are like chaff driven by the wind. <sup>5</sup> For this reason the wicked won't stand up to the judgment, nor will sinners at the gathering of the righteous. <sup>6</sup> For <i>Y'HoVaH</i> watches over the way of the righteous, but the way of the wicked is doomed.</p>	True Happiness
○	DAY 24 Tuesday	<p><b>Psalm 11:1-7</b></p> <p><sup>1</sup> In <i>Y'HoVaH</i> find refuge. So how can you say to me, "Flee like a bird to the mountains?" <sup>2</sup> See how the wicked are drawing their bows and setting their arrows on the string, to shoot from the shadows at honest men. <sup>3</sup> If the foundations are destroyed, what can the righteous do?" <sup>4</sup> <i>Y'HoVaH</i> is in his holy temple. <i>Y'HoVaH</i>, his throne is in heaven. His eyes see and test humankind. <sup>5</sup> <i>Y'HoVaH</i> tests the righteous; but he hates the wicked and the lover of violence. <sup>6</sup> He will rain hot coals down on the wicked, fire, sulphur and scorching wind will be what they get to drink. <sup>7</sup> For <i>Y'HoVaH</i> is righteous; he loves righteousness; the upright will see his face.</p>	Confidence in <i>Y'HoVaH</i>
○	DAY 25 Wednesday	<p><b>Psalm 15:1-5</b></p> <p><sup>1</sup> <i>Y'HoVaH</i>, who can rest in your tent? Who can live on your holy mountain? <sup>2</sup> Those who live a blameless life, who behave uprightly, who speak truth from their hearts <sup>3</sup> and keep their tongues from slander; who never do harm to others or seek to discredit neighbours; <sup>4</sup> who look with scorn on the vile, but honour those who fear <i>Y'HoVaH</i>; who hold to an oath, no matter the cost; <sup>5</sup> who refuse usury when they lend money and refuse a bribe to damage the innocent. Those who do these things never will be moved.</p>	What <i>Y'HoVaH</i> Requires
○	DAY 26 Thursday	<p><b>Psalm 19:7-14</b></p> <p><sup>7</sup> <sup>(6)</sup> It rises at one side of the sky, circles around to the other side, and nothing escapes its heat. <sup>8</sup> <sup>(7)</sup> The <i>Torah</i> of <i>Y'HoVaH</i> is perfect, restoring the inner person. The instruction of <i>Y'HoVaH</i> is sure, making wise the thoughtless. <sup>9</sup> <sup>(8)</sup> The precepts of <i>Y'HoVaH</i> are right, rejoicing the heart. The <i>mitzvah</i> of <i>Y'HoVaH</i> is pure, enlightening the eyes. <sup>10</sup> <sup>(9)</sup> The fear of <i>Y'HoVaH</i> is clean, enduring forever. The rulings of <i>Y'HoVaH</i> are true, they are righteous altogether, <sup>11</sup> <sup>(10)</sup> more desirable than gold, than much fine gold, also sweeter than honey or drippings from the honeycomb. <sup>12</sup> <sup>(11)</sup> Through them your servant is warned; in obeying them there is great reward. <sup>13</sup> <sup>(12)</sup> Who can discern unintentional sins? Cleanse me from hidden faults. <sup>14</sup> <sup>(13)</sup> Also keep your servant from presumptuous sins, so that they won't control me. Then I will be blameless and free of great offense.</p>	The Law of <i>Y'HoVaH</i>
○	DAY 27 Friday	<p><b>Psalm 25:4-10</b></p> <p><sup>4</sup> Make me know your ways, <i>Y'HoVaH</i>, teach me your paths. <sup>5</sup> Guide me in your truth, and teach me; for you are the God who saves me, my hope is in you all day long. <sup>6</sup> Remember your compassion and grace, <i>Y'HoVaH</i>; for these are ages old. <sup>7</sup> Don't remember my youthful sins or transgressions; but remember me according to your grace for the sake of your goodness, <i>Y'HoVaH</i>. <sup>8</sup> <i>Y'HoVaH</i> is good, and he is fair; this is why he teaches sinners the way [to live], leads the humble to do what is right and teaches the humble [to live] his way. <sup>10</sup> All <i>Y'HoVaH's</i> paths are grace and truth to those who keep his covenant and instructions.</p>	A Prayer for Guidance

	<b>DAY 28</b> <b>SHABBAT</b>	<p style="text-align: center;"><b>Psalm 63:1-11</b></p> <p><sup>2</sup> (1) O God, you are my God; I will seek you eagerly. My heart thirsts for you, my body longs for you in a land parched and exhausted, where no water can be found. <sup>3</sup> (2) I used to contemplate you in the sanctuary, seeing your power and glory; <sup>4</sup> (3) for your grace is better than life. My lips will worship you. <sup>5</sup> (4) Yes, I will bless you as long as I live; in your name I will lift up my hands. <sup>6</sup> (5) I am as satisfied as with rich food; my mouth praises you with joy on my lips <sup>7</sup> (6) when I remember you on my bed and meditate on you in the night watches. <sup>8</sup> (7) For you have been my help; in the shadow of your wings I rejoice; <sup>9</sup> (8) my heart clings to you; your right hand supports me. <sup>10</sup> (9) But those who seek to destroy my life — may they go to the lowest parts of the earth. <sup>11</sup> (10) May they be given over to the power of the sword; may they become prey for jackals.</p>	Longing for <i>Y’HoVaH</i>
	<b>WEEK 5</b> <b>DAY 29</b> <b>Sunday</b>	<p style="text-align: center;"><b>Psalm 67:1-7</b></p> <p>(0) For the leader. With stringed instruments. A psalm. A song:  <sup>2</sup> (1) God, be gracious to us, and bless us. May he make his face shine toward us, (<i>Selah</i>)  <sup>3</sup> (2) so that your way may be known on earth, your salvation among all nations. <sup>4</sup> (3) Let the peoples give thanks to you, God; let the peoples give thanks to you, all of them.  <sup>5</sup> (4) Let the nations be glad and shout for joy, for you will judge the peoples fairly and guide the nations on earth. (<i>Selah</i>)  <sup>6</sup> (5) Let the peoples give thanks to you, God; let the peoples give thanks to you, all of them. <sup>7</sup> (6) The earth has yielded its harvest; may God, our God, bless us.</p>	A Song of Thanksgiving
	<b>DAY 30</b> <b>Monday</b>	<p style="text-align: center;"><b>Psalm 78:1-16</b></p> <p>(1) Listen, my people, to my teaching; turn your ears to the words from my mouth. <sup>2</sup> I will speak to you in parables and explain mysteries from days of old. <sup>3</sup> The things which we have heard and known, and which our fathers told us <sup>4</sup> we will not hide from their descendants; we will tell the generation to come the praises of <i>Y’HoVaH</i> and his strength, the wonders that he has performed. <sup>5</sup> He raised up a testimony in Ya’akov and established a <i>Torah</i> in Isra’el. He commanded our ancestors to make this known to their children, <sup>6</sup> so that the next generation would know it, the children not yet born, who would themselves arise and tell their own children, <sup>7</sup> who could then put their confidence in God, not forgetting God’s deeds, but obeying his <i>mitzvot</i>. <sup>8</sup> Then they would not be like their ancestors, a stubborn, rebellious generation, a generation with unprepared hearts, with spirits unfaithful to God. <sup>9</sup> The people of Ephraim, though armed with bows and arrows, turned their backs on the day of battle. <sup>10</sup> They did not keep the covenant of God and refused to live by his <i>Torah</i>. <sup>11</sup> They forgot what he had done, his wonders which he had shown them. <sup>12</sup> He had done wonderful things in the presence of their ancestors in the land of Egypt, in the region of Tzo’an. <sup>13</sup> He split the sea and made them pass through, he made the waters stand up like a wall. <sup>14</sup> He also led them by day with a cloud and all night long with light from a fire. <sup>15</sup> He broke apart the rocks in the desert and let them drink as if from boundless depths; <sup>16</sup> yes, he brought streams out of the rock, making the water flow down like rivers.</p>	<i>YAHWEH</i> and His People
	<b>DAY 31</b> <b>Tuesday</b>	<p style="text-align: center;"><b>Psalm 78:17-31</b></p> <p><sup>17</sup> Yet they sinned still more against him, rebelling in the wilderness against the Most High; <sup>18</sup> in their hearts they tested God by demanding food that would satisfy their cravings. <sup>19</sup> Yes, they spoke against God by asking, “Can God spread a table in the desert? <sup>20</sup> True, he struck the rock, and water gushed out, until the <i>vadis</i> overflowed; but what about bread? Can he give that? Can he provide meat for his people?”  <sup>21</sup> Therefore, when <i>Y’HoVaH</i> heard, he was angry; fire blazed up against Ya’akov; his anger mounted against Isra’el; <sup>22</sup> because they had no faith in God, no trust in his power to save. <sup>23</sup> So he commanded the skies above and opened the doors of heaven. <sup>24</sup> He rained down <i>man</i> on them as food; he gave them grain from heaven — <sup>25</sup> mortals ate the bread of angels; he provided for them to the full. <sup>26</sup> He stirred up the east wind in heaven, brought on the south wind by his power, <sup>27</sup> and rained down meat on them like dust, birds flying thick as the sand on the seashore. <sup>28</sup> He let them fall in the middle of their camp, all around their tents. <sup>29</sup> So they ate till they were satisfied; he gave them what they craved. <sup>30</sup> They were still fulfilling their craving, the food was still in their mouths, <sup>31</sup> when the anger of God rose up against them and slaughtered their strongest men, laying low the young men of Isra’el.</p>	<i>Y’HoVaH</i> and His People





	<b>DAY 32</b> <b>Wednesday</b>	<p style="text-align: center;"><b>Psalm 78:32-39</b></p> <p><sup>32</sup> Still, they kept on sinning and put no faith in his wonders. <sup>33</sup> Therefore, he ended their days in futility and their years in terror. <sup>34</sup> When he brought death among them, they would seek him; they would repent and seek God eagerly, <sup>35</sup> remembering that God was their Rock, <i>El 'Elyon</i> their Redeemer. <sup>36</sup> But they tried to deceive him with their words, they lied to him with their tongues; <sup>37</sup> for their hearts were not right with him, and they were unfaithful to his covenant. <sup>38</sup> Yet he, because he is full of compassion, forgave their sin and did not destroy; many times he turned away his anger and didn't rouse all his wrath. <sup>39</sup> So he remembered that they were but flesh, a wind that blows past and does not return.</p>	<i>Y'HoVaH</i> and His People
	<b>DAY 33</b> <b>Thursday</b>	<p style="text-align: center;"><b>Psalm 78:40-55</b></p> <p><sup>40</sup> How often they rebelled against him in the desert and grieved him in the wastelands! <sup>41</sup> Repeatedly they challenged God and pained the Holy One of Isra'el. <sup>42</sup> They didn't remember how he used his hand on the day he redeemed them from their enemy, <sup>43</sup> how he displayed his signs in Egypt, his wonders in the region of Tzo'an. <sup>44</sup> He turned their rivers into blood, so they couldn't drink from their streams. <sup>45</sup> He sent swarms of flies, which devoured them, and frogs, which destroyed them. <sup>46</sup> He gave their harvest to shearer-worms, the fruit of their labour to locusts. <sup>47</sup> He destroyed their vineyards with hail and their sycamore-figs with frost. <sup>48</sup> Their cattle too he gave over to the hail and their flocks to lightning bolts. <sup>49</sup> He sent over them his fierce anger, fury, indignation and trouble, with a company of destroying angels <sup>50</sup> to clear a path for his wrath. He did not spare them from death, but gave them over to the plague, <sup>51</sup> striking all the firstborn in Egypt, the firstfruits of their strength in the tents of Ham. <sup>52</sup> But his own people he led out like sheep, guiding them like a flock in the desert. <sup>53</sup> He led them safely, and they weren't afraid, even when the sea overwhelmed their foes. <sup>54</sup> He brought them to his holy land, to the hill-country won by his right hand. <sup>55</sup> He expelled nations before them, apportioned them property to inherit and made Isra'el's tribes live in their tents.</p>	<i>Y'HoVaH</i> and His People
	<b>DAY 34</b> <b>Friday</b>	<p style="text-align: center;"><b>Psalm 78:56-72</b></p> <p><sup>56</sup> Yet they tested <i>El 'Elyon</i> and rebelled against him, refusing to obey his instructions. <sup>57</sup> They turned away and were faithless, like their fathers; they were unreliable, like a bow without tension. <sup>58</sup> They provoked him with their high places and made him jealous with their idols. <sup>59</sup> God heard, and he was angry; he came to detest Isra'el completely. <sup>60</sup> He abandoned the tabernacle at Shiloh, the tent he had made where he could live among people. <sup>61</sup> He gave his strength into exile, his pride to the power of the foe. <sup>62</sup> He gave his people over to the sword and grew angry with his own heritage. <sup>63</sup> Fire consumed their young men, their virgins had no wedding-song, <sup>64</sup> their <i>cohanim</i> [priest] fell by the sword, and their widows could not weep. <sup>65</sup> Then <i>YaHWeH</i> awoke, as if from sleep, like a warrior shouting for joy from wine. <sup>66</sup> He struck his foes, driving them back and putting them to perpetual shame. <sup>67</sup> Rejecting the tents of Yosef and passing over the tribe of Efrayim, <sup>68</sup> he chose the tribe of Y'hudah, Mount Tziyon [Zion], which he loved. <sup>69</sup> He built his sanctuary like the heights; like the earth, he made it to last forever. <sup>70</sup> He chose David to be his servant, taking him from the sheep-yards; <sup>71</sup> from tending nursing ewes he brought him to shepherd Ya'akov his people, Isra'el his heritage. <sup>72</sup> With upright heart he shepherded them and guided them with skilful hands.</p>	<i>Y'HoVaH</i> and His People
	<b>DAY 35</b> <b>SHABBAT</b>	<p style="text-align: center;"><b>Psalm 93:1-5</b></p> <p><i>Y'HoVaH</i> is king, robed in majesty; <i>Y'HoVaH</i> is robed, girded with strength; The world is well established; it cannot be moved. <sup>2</sup> Your throne was established long ago; you have existed forever. <sup>3</sup> <i>Y'HoVaH</i>, the deep is raising up, the deep is raising up its voice, the deep is raising its crashing waves. <sup>4</sup> More than the sound of rushing waters or the mighty breakers of the sea, <i>Y'HoVaH</i> on high is mighty. <sup>5</sup> Your instructions are very sure; holiness befits your house, <i>Y'HoVaH</i>, for all time to come.</p>	<i>Y'HoVaH</i> the King
	<b>WEEK 6</b> <b>DAY 36</b> <b>Sunday</b>	<p style="text-align: center;"><b>Psalm 94:12-23</b></p> <p><sup>12</sup> How happy the man whom you correct, <i>Yah [Y'HoVaH]</i>, whom you teach from your <i>Torah</i>, <sup>13</sup> giving him respite from days of trouble, till a pit is dug for the wicked! <sup>14</sup> For <i>Y'HoVaH</i> will not desert his people, he will not abandon his heritage. <sup>15</sup> Justice will once again become righteous, and all the upright in heart will follow it. <sup>16</sup> Who will champion my cause against the wicked? Who will stand up for me against evildoers? <sup>17</sup> If <i>Y'HoVaH</i> hadn't helped me, I would soon have dwelt in the land of silence. <sup>18</sup> When I said, "My foot is slipping!" your grace, <i>Y'HoVaH</i>, supported me. against the righteous and condemn the innocent to death. <sup>22</sup> But <i>Y'HoVaH</i> has become my stronghold, my God is my rock of refuge. <sup>23</sup> But he repays them as their guilt deserves; he will cut them off with their own evil; <i>Y'HoVaH</i> our God will cut them off.</p>	<i>Y'HoVaH</i> the Judge



○	<b>DAY 37</b> <b>Monday</b>	<p style="text-align: center;"><b>Psalm 95:1-7</b></p> <p>Come, let's sing to <i>Y'HoVaH</i>! Let's shout for joy to the Rock of our salvation! <sup>2</sup> Let's come into his presence with thanksgiving; let's shout for joy to him with songs of praise. <sup>3</sup> For <i>Y'HoVaH</i> is a great God, a great king greater than all gods. <sup>4</sup> He holds the depths of the earth in his hands; the mountain peaks too belong to him. <sup>5</sup> The sea is his — he made it — and his hands shaped the dry land. <sup>6</sup> Come, let's bow down and worship; let's kneel before <i>Y'HoVaH</i> who made us. <sup>7</sup> For he is our God, and we are the people in his pasture, the sheep in his care. If only today you would listen to his voice:</p>	A Song of Praise
○	<b>DAY 38</b> <b>Tuesday</b>	<p style="text-align: center;"><b>Psalm 96:1-13</b></p> <p>Sing to <i>Y'HoVaH</i> a new song! Sing to <i>Y'HoVaH</i>, all the earth! <sup>2</sup> Sing to <i>Y'HoVaH</i>, bless his name! Proclaim his victory day after day! <sup>3</sup> Declare his glory among the nations, his wonders among all peoples! <sup>4</sup> For <i>Y'HoVaH</i> is great, and greatly to be praised; he is to be feared more than all gods. <sup>5</sup> For all the gods of the peoples are idols, but <i>Y'HoVaH</i> made the heavens. <sup>6</sup> In his presence are honour and majesty; in his sanctuary, strength and splendour. <sup>7</sup> Give <i>Y'HoVaH</i> his due, you families from the peoples; give <i>Y'HoVaH</i> his due of glory and strength; <sup>8</sup> give <i>Y'HoVaH</i> the glory due to his name; bring an offering, and enter his courtyards. <sup>9</sup> Worship <i>Y'HoVaH</i> in holy splendour; tremble before him, all the earth! <sup>10</sup> Say among the nations, "<i>Y'HoVaH</i> is king!" The world is firmly established, immovable. He will judge the peoples fairly. <sup>11</sup> Let the heavens rejoice; let the earth be glad; let the sea roar, and everything in it; <sup>12</sup> let the fields exult and all that is in them. Then all the trees in the forest will sing <sup>13</sup> before <i>Y'HoVaH</i>, because he has come, he has come to judge the earth; he will judge the world rightly and the peoples with his faithfulness.</p>	<i>Y'HoVaH</i> the Supreme King
○	<b>DAY 39</b> <b>Wednesday</b>	<p style="text-align: center;"><b>Psalm 98:1-9</b></p> <p><sup>(1)</sup> A psalm:  <sup>(1)</sup> Sing a new song to <i>Y'HoVaH</i>, because he has done wonders. His right hand, his holy arm have won him victory. <sup>2</sup> <i>Y'HoVaH</i> has made known his victory; revealed his vindication in full view of the nations, <sup>3</sup> remembered his grace and faithfulness to the house of Isra'el. All the ends of the earth have seen the victory of our God. <sup>4</sup> Shout for joy to <i>Y'HoVaH</i>, all the earth! Break forth, sing for joy, sing praises! <sup>5</sup> Sing praises to <i>Y'HoVaH</i> with the lyre, with the lyre and melodious music! <sup>6</sup> With trumpets and the sound of the <i>shofar</i>, shout for joy before the king, <i>Y'HoVaH</i>! <sup>7</sup> Let the sea roar, and everything in it; the world, and those living in it. <sup>8</sup> Let the floods clap their hands; let the mountains sing together for joy <sup>9</sup> before <i>Y'HoVaH</i>, for he has come to judge the earth; he will judge the world rightly and the peoples fairly.</p>	<i>Y'HoVaH</i> the Ruler of the World
○	<b>DAY 40</b> <b>Thursday</b>	<p style="text-align: center;"><b>Psalm 99:1-9</b></p> <p><i>Y'HoVaH</i> is king; let the peoples tremble. He sits enthroned on the <i>k'ruvim</i> [<i>cherubims</i>]; let the earth shake! <sup>2</sup> <i>Y'HoVaH</i> is great in Tziyon; he is high above all the peoples. <sup>3</sup> Let them praise your great and fearsome name (he is holy): <sup>4</sup> "Mighty king who loves justice, you established fairness, justice and righteousness in Ya'akov." <sup>5</sup> Exalt <i>Y'HoVaH</i> our God! Prostrate yourselves at his footstool (he is holy). <sup>6</sup> Moshe and Aharon among his <i>cohanim</i> and Samuel among those who call on his name called on <i>Y'HoVaH</i>, and he answered them. <sup>7</sup> He spoke to them in the column of cloud; they kept his instructions and the law that he gave them. <sup>8</sup> <i>Y'HoVaH</i> our God, you answered them. To them you were a forgiving God, although you took vengeance on their wrongdoings. <sup>9</sup> Exalt <i>Y'HoVaH</i> our God, bow down toward his holy mountain, for <i>Y'HoVaH</i> our God is holy!</p>	<i>Y'HoVaH</i> the Supreme King
○	<b>DAY 41</b> <b>Friday</b>	<p style="text-align: center;"><b>Psalm 103:1-22</b></p> <p><sup>(1)</sup> By David: <sup>(1)</sup> Bless <i>Y'HoVaH</i>, my soul! Everything in me, bless his holy name! <sup>2</sup> Bless <i>Y'HoVaH</i>, my soul, and forget none of his benefits! <sup>3</sup> He forgives all your offenses, he heals all your diseases, <sup>4</sup> he redeems your life from the pit, he surrounds you with grace and compassion, <sup>5</sup> he contents you with good as long as you live, so that your youth is renewed like an eagle's. <sup>6</sup> <i>Y'HoVaH</i> brings vindication and justice to all who are oppressed. <sup>7</sup> He made his ways known to Moshe, his mighty deeds to the people of Isra'el. <sup>8</sup> <i>Y'HoVaH</i> is merciful and compassionate, slow to anger and rich in grace. <sup>9</sup> He will not always accuse, he will not keep his anger forever. <sup>10</sup> He has not treated us as our sins deserve or paid us back for our offenses, <sup>11</sup> because his mercy toward those who fear him is as far above earth as heaven. <sup>12</sup> He has removed our sins from us as far as the east is from the west. <sup>13</sup> Just as a father has compassion on his children, <i>Y'HoVaH</i> has compassion on those who fear him. <sup>14</sup> For he understands how we are made, he remembers that we are dust.</p>	The Love of <i>Y'HoVaH</i>

(Continued...>)



		<p><sup>15</sup> Yes, a human being's days are like grass, he sprouts like a flower in the countryside — <sup>16</sup> but when the wind sweeps over, it's gone; and its place knows it no more.</p> <p><sup>17</sup> But the mercy of <i>Y'HoVaH</i> on those who fear him is from eternity past to eternity future, and his righteousness extends to his children's children, <sup>18</sup> provided they keep his covenant and remember to follow his precepts. <sup>19</sup> <i>Y'HoVaH</i> has established his throne in heaven; his kingly power rules everything. <sup>20</sup> Bless <i>Y'HoVaH</i>, you angels of his, you mighty warriors who obey his word, who carry out his orders! <sup>21</sup> Bless <i>Y'HoVaH</i>, all his troops, who serve him and do what he wants! <sup>22</sup> Bless <i>Y'HoVaH</i>, all his works, in every place where he rules! Bless <i>Y'HoVaH</i>, my soul!</p>	
	<b>DAY 42</b> <b>SHABBAT</b>	<p style="text-align: center;"><b>Psalm 105:1-11</b></p> <p>Give thanks to <i>Y'HoVaH</i>! Call on his name! Make his deeds known among the peoples. <sup>2</sup> Sing to him, sing praises to him, talk about all his wonders. <sup>3</sup> Glory in his holy name; let those seeking <i>Y'HoVaH</i> have joyful hearts. <sup>4</sup> Seek <i>Y'HoVaH</i> and his strength; always seek his presence. <sup>5</sup> Remember the wonders he has done, his signs and his spoken rulings. <sup>6</sup> You descendants of Avraham his servant, you offspring of Ya'akov, his chosen ones, <sup>7</sup> he is <i>Y'HoVaH</i> our God! His rulings are everywhere on earth. <sup>8</sup> He remembers his covenant forever, the word he commanded to a thousand generations, <sup>9</sup> the covenant he made with Avraham, the oath he swore to Yitz'chak [Isaac], <sup>10</sup> and established as a law for Ya'akov [Jacob], for Isra'el as an everlasting covenant: <sup>11</sup> "To you I will give the land of Kena'an [Canaan] as your allotted heritage."</p>	<i>Y'HoVaH</i> and His People
	<b>WEEK 7</b> <b>DAY 43</b> <b>Sunday</b>	<p style="text-align: center;"><b>Psalm 106:1-5</b></p> <p>Halleluyah!  Give thanks to <i>Y'HoVaH</i>; for he is good, for his grace continues forever. <sup>2</sup> Who can express <i>Y'HoVaH</i>'s mighty doings or proclaim in full his praise? <sup>3</sup> How happy are those who act justly, who always do what is right! <sup>4</sup> Remember me, <i>Y'HoVaH</i>, when you show favour to your people, keep me in mind when you save them; <sup>5</sup> so I can see how well things are going with those whom you have chosen, so that I can rejoice in your nation's joy, and glory in your heritage.</p>	<i>Y'HoVaH</i> 's Goodness
	<b>DAY 44</b> <b>Monday</b>	<p style="text-align: center;"><b>Psalm 111:1-10</b></p> <p><i>Halleluyah!</i>  I will wholeheartedly give thanks to <i>Y'HoVaH</i> in the council of the upright and in the assembly. <sup>2</sup> The deeds of <i>Y'HoVaH</i> are great, greatly desired by all who enjoy them. <sup>3</sup> His work is full of majesty and splendour, and his righteousness continues forever. <sup>4</sup> He has gained renown for his wonders. <i>Y'HoVaH</i> is merciful and compassionate. <sup>5</sup> He gives food to those who fear him. He remembers his covenant forever. <sup>6</sup> He shows his people how powerfully he works by giving them the nations as their heritage. <sup>7</sup> The works of his hands are truth and justice; all his precepts can be trusted. <sup>8</sup> They have been established forever and ever, to be carried out truly and honestly. <sup>9</sup> He sent redemption to his people and decreed that his covenant should last forever. His name is holy and fearsome — <sup>10</sup> the first and foremost point of wisdom is the fear of <i>Y'HoVaH</i>; all those living by it gain good common sense. His praise stands forever.</p>	In Praise of <i>Y'HoVaH</i>
	<b>DAY 45</b> <b>Tuesday</b>	<p style="text-align: center;"><b>Psalm 112:1-10</b></p> <p><i>Halleluyah!</i>  How happy is anyone who fears <i>Y'HoVaH</i>, who greatly delights in his <i>mitzvot</i>. <sup>2</sup> His descendants will be powerful on earth, a blessed generation of upright people. <sup>3</sup> Wealth and riches are in his house, and his righteousness stands forever. <sup>4</sup> To the upright he shines like a light in the dark, merciful, compassionate and righteous. <sup>5</sup> Things go well with the person who is merciful and lends, who conducts his affairs with fairness; <sup>6</sup> for he will never be moved. The righteous will be remembered forever. <sup>7</sup> He will not be frightened by bad news; he remains steady, trusting in <i>Y'HoVaH</i>. <sup>8</sup> His heart is set firm, he will not be afraid, till finally he looks in triumph at his enemies. <sup>9</sup> He distributes freely, he gives to the poor; his righteousness stands forever. His power will be increased honourably. <sup>10</sup> The wicked will be angry when they see this; they will gnash their teeth and waste away, the desires of the wicked will come to nothing.</p>	The Happiness of a Good Person

○	<b>DAY 46</b> <b>Wednesday</b>	<p style="text-align: center;"><b>Psalm 128:1-6</b></p> <p><sup>(0)</sup> A song of ascents:  <sup>(1)</sup> How happy is everyone who fears <i>Y'HoVaH</i>, who lives by his ways. <sup>2</sup> You will eat what your hands have produced; you will be happy and prosperous. <sup>3</sup> Your wife will be like a fruitful vine in the inner parts of your house. Your children around the table will be like shoots from an olive tree. <sup>4</sup> This is the kind of blessing that will fall on him who fears <i>Y'HoVaH</i>. <sup>5</sup> May <i>Y'HoVaH</i> bless you from Tziyon! May you see Yerushalayim [Jerusalem] prosper all the days of your life, <sup>6</sup> and may you live to see your children's children! <i>Shalom</i> on Isra'el.</p>	The Reward of Obedience
○	<b>DAY 47</b> <b>Thursday</b>	<p style="text-align: center;"><b>Psalm 130:1-8</b></p> <p><sup>(1)</sup> <i>Y'HoVaH</i>, I call to you from the depths; <sup>2</sup> hear my cry, <i>Y'HoVaH</i>! Let your ears pay attention to the sound of my pleading. <sup>3</sup> <i>Yah</i>, if you kept a record of sins, who, <i>Y'HoVaH</i>, could stand? <sup>4</sup> But with you there is forgiveness, so that you will be feared. <sup>5</sup> I wait longingly for <i>Y'HoVaH</i>; I put my hope in his word. <sup>6</sup> Everything in me waits for <i>YaHWeH</i> more than guards on watch wait for morning, more than guards on watch wait for morning. <sup>7</sup> Isra'el, put your hope in <i>Y'HoVaH</i>! For grace is found with <i>Y'HoVaH</i>, and with him is unlimited redemption. <sup>8</sup> He will redeem Isra'el from all their wrongdoings.</p>	A Prayer for Help
○	<b>DAY 48</b> <b>Friday</b>	<p style="text-align: center;"><b>Psalm 148:1-14</b></p> <p><i>Halleluyah</i>!  Praise <i>Y'HoVaH</i> from the heavens! Praise him in the heights! <sup>2</sup> Praise him, all his angels! Praise him, all his armies! <sup>3</sup> Praise him, sun and moon! Praise him, all shining stars! <sup>4</sup> Praise him, highest heaven, and waters above the heavens! <sup>5</sup> Let them praise the name of <i>Y'HoVaH</i>; for he commanded, and they were created. <sup>6</sup> He established them forever and ever; he has given a law to which they must conform. <sup>7</sup> Praise <i>Y'HoVaH</i> from the earth, sea monsters and watery depths, <sup>8</sup> fire and hail, snow and mist, storm-winds that obey his word, <sup>9</sup> mountains and every hill, fruit trees and all cedars, <sup>10</sup> wild animals and all livestock, creeping reptiles, flying birds, <sup>11</sup> kings of the earth and all peoples, princes and all rulers on earth, <sup>12</sup> young men and women alike, old men and children. <sup>13</sup> Let them praise the name of <i>Y'HoVaH</i>, for his name alone is exalted; his glory is above both earth and heaven. <sup>14</sup> He has increased the power of his people, granted praise to all his faithful, to the descendants of Isra'el, a people close to him. <i>Halleluyah</i>!</p>	A Call for the Universe to Praise <i>Y'HoVaH</i>
○	<b>DAY 49</b> <b>SHABBAT</b>	<p style="text-align: center;"><b>Psalm 138:1-8</b></p> <p><sup>(1)</sup> I give you thanks with all my heart. Not to idols, but to you I sing praise. <sup>2</sup> I bow down toward your holy temple and give thanks to your name for your grace and truth; for you have made your word [even] greater than the whole of your reputation. <sup>3</sup> When I called, you answered me, you made me bold and strong. <sup>4</sup> All the kings of the earth will thank you, <i>Y'HoVaH</i>, when they hear the words you have spoken. <sup>5</sup> They will sing about <i>YAHWEH</i>'s ways, "Great is the glory of <i>Y'HoVaH</i>!" <sup>6</sup> For though <i>Y'HoVaH</i> is high, he cares for the lowly; while the proud he perceives from afar. <sup>7</sup> You keep me alive when surrounded by danger; you put out your hand when my enemies rage; with your right hand you save me. <sup>8</sup> <i>Y'HoVaH</i> will fulfil his purpose for me. Your grace, <i>Y'HoVaH</i>, continues forever. Don't abandon the work of your hands!</p>	A Prayer of Thanksgiving
○	<b>DAY 50</b> <b>PENTECOST</b>	<p style="text-align: center;"><b>Psalm 150:1-6</b></p> <p><i>Halleluyah</i>!  Praise God in his holy place! Praise him in the heavenly dome of his power! <sup>2</sup> Praise him for his mighty deeds! Praise him for his surpassing greatness! <sup>3</sup> Praise him with a blast on the <i>shofar</i>! Praise him with lute and lyre! <sup>4</sup> Praise him with tambourines and dancing! Praise him with flutes and strings! <sup>5</sup> Praise him with clanging cymbals! Praise him with loud crashing cymbals! <sup>6</sup> Let everything that has breath praise <i>Y'HoVaH</i>! <i>Halleluyah</i>!</p>	Praise <i>Y'HoVaH</i>

