

Counting the Omer

(2025/5785)

What is the Omer?

The 'Omer' is a daily counting starting from the day of the giving of the Omer (a first cutting of barley that produces a grain offering). This 49-day period begins from the second night of Pesach (Passover) and continues until Shavuot (also known as 'Pentecost' or 'Feast of Weeks') on the 50th day.

The start of the Omer counting marks the beginning of the barley harvest when, in ancient times, Jews would bring the first sheaves to the Temple as a means of thanking God for the harvest. The word omer literally means 'sheaf' and refers to these early offerings.

Rooted in the Bible

In fact, the Torah itself calls us to count the seven weeks following Pesach: *"You shall count seven full weeks from the day after the Shabbat, from the day that you brought the sheaf of the wave offering. You shall count fifty days to the day after the seventh Sabbath. Then you shall present a grain offering of new grain to the Lord."* (Leviticus 23:15-16, also see: Deuteronomy 16:9-10)

The Giving of the Torah and God's Holy Spirit

The counting of the Omer bridges the 7 weeks between Passover and Shavuot, which symbolizes a gateway from Redemption to Revelation. These 49 days of counting climax on the 50th Day—Shavuot/Pentecost—traditionally the giving of the Torah (Exodus 19-20) and the giving of God's Spirit

(Acts 2)! Passover secured Israel's physical freedom from Egypt, but they were still enslaved spiritually until God graciously gave Israel the Torah at Sinai in order for Israel to know how to live as a people and a nation.

Let's make this year's Omer count by learning more about the Omer, and by using these days of anticipation to interact with our Heavenly Father; while also being mindful of our gratitude for the gift of His Word and the Holy Spirit.

How to Count the Omer

When is the Omer counted? The Omer is counted every evening after nightfall (a biblical day starts after sunset), from the second night of Passover until the night before Shavuot. The first day of the counting of the Omer is the 16th of the month Nissan. Here are the 4 steps to Counting the Omer:

1. Preparing our Hearts

Some say the following before the blessing, as a reminder to help us focus on the biblical commandment (say while standing):

Hineni muchan umezuman lekayem mitzvah shel s'firat ha-omer k'mo shekatuv baTorah, us'fartem lakhem mimacharat hashabbat, miyom havi'echem et omer hat'nufa, sheva shabbatot t'mimot tihiyenah: Ad mimacharat hashabbat hash'vi'it tisp'ru chamishim yom, vehikravtem minha l'Adonai: veyehi noam Adonai Eloheni alenu, uma'ase yadenu konena alenu, uma'ase yadenu konenehu:

הִנְנִי מוכָן וּמְזֻמָּן לְקַיֵּם מִצְוַת עֲשֵׂה שֶׁל סְפִירַת הָעֹמֶר כְּמוֹ שֶׁכָּתוּב בַּתּוֹרָה, וּסְפַרְתֶּם לָכֶם מִמַּחֲרַת הַשַּׁבָּת, מִיּוֹם הַבִּיאָכֶם אֶת עֹמֶר הַתְּנוּפָה, שִׁבְעַת שָׁבוּעוֹת תְּמִימוֹת תִּהְיֶינָה: עַד מִמַּחֲרַת הַשַּׁבָּת הַשְּׁבִיעִית תִּסְפְּרוּ חֲמִשִּׁים יוֹם, וְהִקְרַבְתֶּם מִנְחָה חֲדָשָׁה לַיהוָה: וְיִהְיֶה נֹעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ, וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ, וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה:

"I am prepared and ready to fulfill the positive commandment of Counting the Omer, as it says in the Torah, 'You shall count seven complete weeks from the day following the [Pesah] rest day, when you brought the Omer as a wave-offering. To the day after the seventh week you shall count fifty days. Then you shall present a meal-offering of new grain to the Lord.' May the pleasantness of the Lord our God be upon us. Establish for us the works of our hands, establish the works of our hands."

2. Blessing

We count the omer while standing, and begin by reciting the following blessing:

Baruch ata Adonai, Eloheinu Melech ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu al s'firat ha-omer.

בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּנוּ עַל סְפִירַת הָעֹמֶר.

Blessed are you, Lord our God, King of the universe, Who has sanctified us with His commandments, and commanded us to count the omer.

3. Announcing the Count for the Day

Secondly, we announce the count for the day out loud. If it's the first day of the first week of counting, for example, you simply say the "today is Day One of the Omer," or: "hayom yom echad la-omer". This following list shows the daily omer-count. That's all there is to it!

For a fun idea: highlight each day with a different color after you have counted the omer!

	Evening of:	Say:
1.	Nissan 16 Sun Apr 13 / Mon Apr 14	"Hayom yom echad la'omer." <i>Today is one day of the Omer.</i>
2.	Nissan 17 Mon Apr 14 / Tue Apr 15	"Hayom shnei yamim la'omer." <i>Today is two days of the Omer.</i>
3.	Nissan 18 Tue Apr 15 / Wed Apr 16	"Hayom shloscha yamim la'omer." <i>Today is three days of the Omer.</i>
4.	Nissan 19 Wed Apr 16 / Thu Apr 17	"Hayom arba'a yamim la'omer." <i>Today is four days of the Omer.</i>
5.	Nissan 20 Thu Apr 17 / Fri Apr 18	"Hayom chamisha yamim la'omer." <i>Today is five days of the Omer.</i>
6.	Nissan 21 Fri Apr 18 / Sat Apr 19	"Hayom shisha yamim la'omer." <i>Today is six days of the Omer.</i>

7.	Nissan 22 Sat Apr 19 / Sun Apr 20	"Hayom shivah yamim, shehem shavua echad la'omer." <i>Today is seven days which is one week of the Omer.</i>
8.	Nissan 23 Sun Apr 20 / Mon Apr 21	"Hayom shmonah yamim, shehem shavua echad veyom echad la'omer." <i>Today is eight days, which is one week and one day of the Omer.</i>
9.	Nissan 24 Mon Apr 21 / Tue Apr 22	"Hayom tishah yamim, shehem shavua echad u'shnei yamim la'omer." <i>Today is nine days, which is one week and two days of the Omer.</i>
10.	Nissan 25 Tue Apr 22 / Wed Apr 23	"Hayom asara yamim, shehem shavua echad u'shlosa yamim la'omer." <i>Today is ten days, which is one week and three days of the Omer.</i>
11.	Nissan 26 Wed Apr 23 / Thu Apr 24	"Hayom achad asar yom, shehem shavua echad ve'arba'a yamim la'omer." <i>Today is eleven days, which is one week and four days of the Omer.</i>
12.	Nissan 27 Thu Apr 24 / Fri Apr 25	"Hayom shnem asar yom, shehem shavua echad va'chamisha yamim la'omer." <i>Today is twelve days, which is one week and five days of the Omer.</i>
13.	Nissan 28 Fri Apr 25 / Sat Apr 26	"Hayom shlosa asar yom, shehem shavua echad ve-shisha yamim la'omer." <i>Today is thirteen days, which is one week and six days of the Omer.</i>
14.	Nissan 29 Sat Apr 26 / Sun Apr 27	"Hayom arba'a asar yom, shehem shnei shavu'ot la'omer." <i>Today is fourteen days, which is two weeks of the Omer.</i>
15.	Nissan 30 Sun Apr 27 / Mon Apr 28	"Hayom chamisha asar yom, shehem shnei shavu'ot veyom echad la'omer." <i>Today is fifteen days, which is two weeks and one day of the Omer.</i>
16.	Iyar 1 Mon Apr 28 / Tue Apr 29	"Hayom shisha yom, shehem shnei shavu'ot u'shnei yamim la'omer." <i>Today is sixteen days, which is two weeks and two days of the Omer.</i>

17.	Iyar 2 Tue Apr 29 / Wed Apr 30	"Hayom shivah asar yom, shehem shnei shavu'ot u'shlosa yamim la'omer." <i>Today is seventeen days, which is two weeks and three days of the Omer.</i>
18.	Iyar 3 Wed Apr 30 / Thu May 1	"Hayom shmonah asar yom, shehem shnei shavu'ot v'arba'a yamim la'omer." <i>Today is eighteen days, which is two weeks and four days of the Omer.</i>
19.	Iyar 4 Thu May 1 / Fri May 2	"Hayom tisha asar yom, shehem shnei shavu'ot va-chamisha yamim la'omer." <i>Today is nineteen days, which is two weeks and five days of the Omer.</i>
20.	Iyar 5 Fri May 2 / Sat May 3	"Hayom esrim yom, shehem shnei shavu'ot ve-shisha yamim la'omer." <i>Today is twenty days, which is two weeks and six days of the Omer.</i>
21.	Iyar 6 Sat May 3 / Sun May 4	"Hayom echad v'esrim yom, shehem shlosa shavu'ot la'omer." <i>Today is twenty-one days, which is three weeks of the Omer.</i>
22.	Iyar 7 Sun May 4 / Mon May 5	"Hayom shnayim v'esrim yom, shehem shlosa shavu'ot veyom echad la'omer." <i>Today is twenty-two days, which is three weeks and one day to the Omer.</i>
23.	Iyar 8 Mon May 5 / Tue May 6	"Hayom shlosa v'esrim yom, shehem shlosa shavu'ot u'shnei yamim la'omer." <i>Today is twenty-three days, which is three weeks and two days of the Omer.</i>
24.	Iyar 9 Tue May 6 / Wed May 7	"Hayom arba'a v'esrim yom, shehem shlosa shavu'ot u'shlosa yamim la'omer." <i>Today is twenty-four days, which is three weeks and three days of the Omer.</i>
25.	Iyar 10 Wed May 7 / Thu May 8	"Hayom chamisha v'esrim yom, shehem shlosa shavu'ot v'arba'a yamim la'omer." <i>Today is twenty-five days, which is three weeks and four days of the Omer.</i>
26.	Iyar 11 Thu May 8 / Fri May 9	"Hayom shisha v'esrim yom, shehem shlosa shavu'ot va-chamisha yamim la'omer." <i>Today is twenty-six days, which is three weeks and five days of the Omer.</i>

27.	Iyar 12 Fri May 9 / Sat May 10	"Hayom shiva v'esrim yom, shehem shlosa shavu'ot ve-shisha yamim la'omer." <i>Today is twenty-seven days, which is three weeks and six days of the Omer.</i>
28.	Iyar 13 Sat May 10 / Sun May 11	"Hayom shmonah v'esrim yom, shehem arba'a shavu'ot la'omer." <i>Today is twenty-eight days, which is four weeks of the Omer.</i>
29.	Iyar 14 Sun May 11 / Mon May 11	"Hayom tisha v'esrim yom, shehem arba'a shavu'ot veyom echad la'omer." <i>Today is twenty-nine days, which is four weeks and one day of the Omer.</i>
30.	Iyar 15 Mon May 12 / Tue May 13	"Hayom shloshim yom, shehem arba'a shavu'ot u'shnei yamim la'omer." <i>Today is thirty days, which is four weeks and two days of the Omer.</i>
31.	Iyar 16 Tue May 13 / Wed May 14	"Hayom echad u'shloshim yom, shehem arba'a shavu'ot u'shlosa yamim la'omer." <i>Today is thirty-one days, which is four weeks and three days of the Omer.</i>
32.	Iyar 17 Wed May 14 / Thu May 15	"Hayom shnayim u'shloshim yom, shehem arba'a shavu'ot v'arba'a yamim la'omer." <i>Today is thirty-two days, which is four weeks and four days of the Omer.</i>
33.	Iyar 18 Thu May 15 / Fri May 16	"Hayom shlosa u'shloshim yom, shehem arba'a shavu'ot va-chamisha yamim la'omer." <i>Today is thirty-three days, which is four weeks and five days of the Omer.</i>
34.	Iyar 19 Fri May 16 / Sat May 17	"Hayom arba'a u'shloshim yom, shehem arba'a shavu'ot ve-shisha yamim la'omer." <i>Today is thirty-four days, which is four weeks and six days of the Omer.</i>
35.	Iyar 20 Sat May 17 / Sun May 18	"Hayom chamisha u'shloshim yom, shehem chamisha shavu'ot la'omer." <i>Today is thirty-five days, which is five weeks of the Omer.</i>

36.	Iyar 21 Sun May 18 / Mon May 19	"Hayom shisha u'shloshim yom, shehem chamisa shavu'ot veyom echad la'omer." <i>Today is thirty-six days, which is five weeks and one day of the Omer.</i>
37.	Iyar 22 Mon May 19 / Tue May 20	"Hayom shiva u'shloshim yom, shehem chamisa shavu'ot u'shnei yamim la'omer." <i>Today is thirty-seven days, which is five weeks and two days of the Omer.</i>
38.	Iyar 23 Tue May 20 / Wed May 21	"Hayom shmona u'shloshim yom, shehem chamisa shavu'ot u'shlosa yamim la'omer." <i>Today is thirty-eight days, which is five weeks and three days of the Omer.</i>
39.	Iyar 24 Wed May 21 / Thu May 22	"Hayom tisha u'shloshim yom, shehem chamisa shavu'ot v'arba'a yamim la'omer." <i>Today is thirty-nine days, which is five weeks and four days of the Omer.</i>
40.	Iyar 25 Thu May 22 / Fri May 22	"Hayom arba'im yom, shehem chamisa shavu'ot va-chamisha yamim la'omer." <i>Today is forty days, which is five weeks and five days of the Omer.</i>
41.	Iyar 26 Fri May 23 / Sat May 24	"Hayom echad v'arba'im yom, shehem chamisa shavu'ot ve-shisha yamim la'omer." <i>Today is forty-one days, which is five weeks and six days of the Omer.</i>
42.	Iyar 27 Sat May 24 / Sun May 25	"Hayom shnayim v'arbaim yom, shehem shisha shavuot la'omer." <i>Today is forty-two days, which is six weeks of the Omer.</i>
43.	Iyar 28 Sun May 25 / Mon May 26	"Hayom shlosa v'arbaim yom, shehem shisha shavuot veyom echad la'omer." <i>Today is forty-three days, which is six weeks and one day of the Omer.</i>
44.	Iyar 29 Mon May 26 / Tue May 27	"Hayom arba'a v'arbaim yom, shehem shisha shavuot ushnei yamim la'omer." <i>Today is forty-four days, which is six weeks and two days of the Omer.</i>
45.	Sivan 1 Tue May 27 / Wed May 28	"Hayom chamisha v'arbaim yom, shehem shisha shavuot ushlosa yamim la'omer." <i>Today is forty-five days, which is six weeks and three days of the Omer.</i>

46.	Sivan 2 Wed May 28 / Thu May 29	"Hayom shisha v'arbaim yom, shehem shisha shavuot v'arba'a yamim la'omer." <i>Today is forty-six days, which is six weeks and four days of the Omer.</i>
47.	Sivan 3 Thu May 29 / Fri May 30	"Hayom shivah v'arba'im yom, shehem shishah shavuot va-chamishah yamim la'omer." <i>Today is forty-seven days, which is six weeks and five days of the Omer.</i>
48.	Sivan 4 Fri May 30 / Sat May 31	"Hayom shmona v'arbaim yom, shehem shisha shavuot v'shisha yamim la'omer." <i>Today is forty-eight days, which is six weeks and six days of the Omer.</i>
49.	Sivan 5 Sat May 31 / Sun Jun 1	"Hayom tishah v'arbaim yom shehem shivah shavuot la-omer." <i>Today is forty-nine days, which is seven weeks of the Omer.</i>
50.	שבועות שמחה!	Shavuot sameach!

4. Psalm 67

There is a practice of reflecting on Psalm 67 during the time of the counting of the Omer. In Hebrew, this Psalm is composed of seven verses and 49 words (apart from the 'introduction' of the Psalm). This corresponds with the forty-nine days of the Omer:

"May God be gracious to us and bless us and make his face to shine upon us, Selah that your way may be known on earth, your saving power among all nations. Let the peoples praise you, O God; let all the peoples praise you! Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. Selah Let the peoples praise you, O God; let all the peoples praise you! The earth has yielded its increase; God, our God, shall bless us. God shall bless us; let all the ends of the earth fear him!"

List of words from Psalm 67 for a daily reflection:

	Evening of:	Hebrew	Transliteration	English
1	Nissan 16 Sun Apr 13 / Mon Apr 14	אֱלֹהִים	Elohim	God

2	Nissan 17 Mon Apr 14 / Tue Apr 15	יְחֹנֵינוּ	<i>yechoneinu</i>	grace
3	Nissan 18 Tue Apr 15 / Wed Apr 16	וִיבָרְכֵנוּ	<i>vivarchenu</i>	blessing
4	Nissan 19 Wed Apr 16 / Thu Apr 17	יֵאֵר	<i>ya'er</i>	shine
5	Nissan 20 Thu Apr 17 / Fri Apr 18	פָּנָיו	<i>panav</i>	His face
6	Nissan 21 Fri Apr 18 / Sat Apr 19	אִתָּנוּ	<i>itanu</i>	with us
7	Nissan 22 Sat Apr 19 / Sun Apr 20	סֵלָה	<i>selah</i>	pay attention
8	Nissan 23 Sun Apr 20 / Mon Apr 21	לִדְעַת	<i>lada'at</i>	know
9	Nissan 24 Mon Apr 21 / Tue Apr 22	בְּאֶרֶץ	<i>ba'aretz</i>	land
10	Nissan 25 Tue Apr 22 / Wed Apr 23	דַּרְכֶּךָ	<i>darkecha</i>	Your path
11	Nissan 26 Wed Apr 23 / Thu Apr 24	בְּכֹל	<i>bechol</i>	all
12	Nissan 27 Thu Apr 24 / Fri Apr 25	גּוֹיִם	<i>goyim</i>	nations
13	Nissan 28 Fri Apr 25 / Sat Apr 26	יֵשׁוּעָתְךָ	<i>yeshuatecha</i>	Yeshua, salvation
14	Nissan 29 Sat Apr 26 / Sun Apr 27	יְדוּחָךְ	<i>yoducha</i>	gratitude

15	Nissan 30 Sun Apr 27 / Mon Apr 28	עַמִּים	<i>amim</i>	peoples
16	Iyar 1 Mon Apr 28 / Tue Apr 29	אֱלֹהִים	<i>Elohim</i>	God
17	Iyar 2 Tue Apr 29 / Wed Apr 30	יֹדוּחָא	<i>yoducha</i>	gratitude
18	Iyar 3 Wed Apr 30 / Thu May 1	עַמִּים	<i>amim</i>	peoples
19	Iyar 4 Thu May 1 / Fri May 2	כָּלָם	<i>kulam</i>	everyone
20	Iyar 5 Fri May 2 / Sat May 3	יִשְׂמְחוּ	<i>yismechu</i>	rejoice
21	Iyar 6 Sat May 3 / Sun May 4	וִירָנֵנוּ	<i>viran'nu</i>	sing
22	Iyar 7 Sun May 4 / Mon May 5	לְאֻמִּים	<i>l'umim</i>	nations
23	Iyar 8 Mon May 5 / Tue May 6	כִּי	<i>ki</i>	because
24	Iyar 9 Tue May 6 / Wed May 7	תִּשְׁפֹּט	<i>tishpot</i>	judge
25	Iyar 10 Wed May 7 / Thu May 8	עַמִּים	<i>amim</i>	peoples
26	Iyar 11 Thu May 8 / Fri May 9	מִישׁוֹר	<i>mishor</i>	upright
27	Iyar 12 Fri May 9 / Sat May 10	וּלְאֻמִּים	<i>u-l'umim</i>	nations

28	Iyar 13 Sat May 10 / Sun May 11	בְּאֶרֶץ	<i>ba'aretz</i>	land
29	Iyar 14 Sun May 11 / Mon May 11	תַּנְחֵם	<i>tanchem</i>	comfort
30	Iyar 15 Mon May 12 / Tue May 13	סֵלָה	<i>selah</i>	pay attention, reflect
31	Iyar 16 Tue May 13 / Wed May 14	יִדּוּךְ	<i>yoducha</i>	gratitude
32	Iyar 17 Wed May 14 / Thu May 15	עַמִּים	<i>amim</i>	peoples
33	Iyar 18 Thu May 15 / Fri May 16	אֱלֹהִים	<i>Elohim</i>	God
34	Iyar 19 Fri May 16 / Sat May 17	יִדּוּךְ	<i>yoducha</i>	gratitude
35	Iyar 20 Sat May 17 / Sun May 18	עַמִּים	<i>amim</i>	peoples
36	Iyar 21 Sun May 18 / Mon May 19	כָּלֶם	<i>kulam</i>	everyone
37	Iyar 22 Mon May 19 / Tue May 20	אֶרֶץ	<i>eretz</i>	land
38	Iyar 23 Tue May 20 / Wed May 21	נָתַןָה	<i>natna</i>	giving
39	Iyar 24 Wed May 21 / Thu May 22	יְבוּלָה	<i>yevulah</i>	produce, harvest
40	Iyar 25 Thu May 22 / Fri May 22	יְבָרְכֵנוּ	<i>yevarchenu</i>	blessing

41	Iyar 26 Fri May 23 / Sat May 24	אֱלֹהִים	<i>Elohim</i>	God
42	Iyar 27 Sat May 24 / Sun May 25	אֱלֹהֵנוּ	<i>Elohenu</i>	our God
43	Iyar 28 Sun May 25 / Mon May 26	יְבָרְכֵנוּ	<i>yevarchenu</i>	blessing
44	Iyar 29 Mon May 26 / Tue May 27	אֱלֹהִים	<i>Elohim</i>	God
45	Sivan 1 Tue May 27 / Wed May 28	וַיִּירָאוּ	<i>v'yiru</i>	awe
46	Sivan 2 Wed May 28 / Thu May 29	אֹתוֹ	<i>oto</i>	him
47	Sivan 3 Thu May 29 / Fri May 30	כָּל	<i>kol</i>	all
48	Sivan 4 Fri May 30 / Sat May 31	אֶפְסֵי	<i>afsei</i>	ends of
49	Sivan 5 Sat May 31 / Sun Jun 1	אֶרֶץ	<i>aretz</i>	land
50	Sivan 6 Sun Jun 1 / Mon Jun 2	שָׂבוּעוֹת שְׂמֵחַ!	<i>Shavuot sameach!</i>	

May you be blessed by this Biblical commandment to count the Omer, the remembrance of God's redemption from slavery and His provision!