

Counting of the עֶמֶר, Omer, 2026

Day 22

by Marc Gravelle

marc@bondservantsofyeshua.ca

Psalms 119: 169 – 176

This morning as we come to the twenty-second day of the Omer count, we arrive at the final stanza of *Psalms 119*. It has been a delightful journey to take the time to reflect on each of the letters of the Hebrew *Aleph-Bet* in conjunction with the other Psalms, great Psalms of praise, and spend some specific time doing some word studies in the Hebrew. My only regret is that I did not start counting the Omer using this suggested discipline years ago. I can just imagine how much fuller my comprehension of Hebrew, and how much deeper my knowledge of the Creator of the Universe would be, **IF** I had done so. Nevertheless, the blessings received from taking the time to approach Him daily, as we count the fifty days to *Shavuot*, have been personally rewarding. This morning, and throughout the day, may my lips, my tongue and my very being, praise You, heavenly Father, for using these Psalm meditations to draw me nearer to You! But before I comment and reflect on some recent input that has come my way regarding the Hebrew *Aleph-Bet*, please, if you are led, take the time to meditate on the following selections in order to focus upon our magnificent Creator.

Psalms 37: 1-10

*Fret not yourself because of evildoers, neither be you envious against the workers of iniquity. 2 For they shall soon be cut down like the grass, and wither as the green herb. 3 Trust in Yahweh, and do good; so shall you dwell in the land, and verily you shall be fed. 4 Delight yourself also in Yahweh; and he shall give you the desires of your heart. 5 Commit your way unto Yahweh; trust also in Him; and He shall bring it to pass. 6 And He shall bring forth your righteousness as the light, and your judgment as the noonday. 7 Rest in Yahweh, and wait patiently for Him: fret **NOT** yourself because of him who prospers in his way, because of the man who brings wicked devices to pass. 8 Cease from anger, and forsake wrath: fret **NOT** yourself in any wise to do evil. 9 For evildoers shall be cut off: **BUT** those who wait upon Yahweh, they shall inherit the earth. 10 For yet a little while, and the wicked shall **NOT** be: yea, you shall diligently consider his place, and it shall **NOT** be.*

As I read these *verses* today, I asked myself, how do I perceive Yahweh, what, or who is He, to me, and how do I process, in my mind, what He has, and continues to do for me? See, if you feel the same way? In this Psalm, the Psalmist is telling us **NOT** to **FRET**, **NOR** be **concerned** with evildoers, **NOR** be **envious** against the workers of iniquity. When I stopped and contemplated what the Psalmist is saying here in *verse 1*, I thought to myself, I don't know how to **NOT** to be concerned about the evil that surround us, because, there is a whole lot of it, but, on the other hand, I am not envious of the people that live that kind of life, and, as a matter of fact, I actually have disdain for that kind of lifestyle, so I did not concentrate on that side of it. But, I did ask myself, how can the Psalmist actually have the state of mind, where he does **NOT FRET** because of evildoers. The only answer that I could come up with, **IS**, that the Psalmist has somehow learned to put **ALL** of his **TRUST** in Yahweh, and since, he fully **TRUST** Yahweh, he has chosen to believe follow and obey **ALL** of His Directives for everlasting Life, the Words of His Torah, wherein is contained all of Yahweh's wonderful promises, such as:

1 – I will never leave nor forsake you

2 – No weapon formed against you will prosper,

3 – When you obey My Commandments My blessings will hunt you down and overtake you.

4 – I will take **ALL illness** away from you and I will put **NONE** of the diseases or plagues of the world upon you.

5 – Everything that My Torah obedient children put their hand to, I will make it prosper.

I could go on and on about all the blessings that Yahweh has promised, all the people who willingly and lovingly choose to believe, follow and obey the Words of His Torah of Life.

So now, I am determined to try and have the very same mindset, as the Psalmist has, and the Psalmist, in this case, happens to be, King David, who Yahweh has called, a man after His own Heart, and, like the Psalmist willingly chose, **NOT to fret**, because of the evil and the evil doers that surround him, I would recommend, that we all do the same, and choose to no longer fret, about the evil that surrounds us, but instead, turn that fear over to Yahweh, and, let Him handle it for you.

Psalms 119: 169 – 176

Let my cry come near before you, O Yahweh: give me understanding according to Your Word (Torah). Let my supplication come before You: deliver me according to Your Word (Torah). My lips shall utter praise, when You have taught me Your Statutes (Torah). My tongue shall speak of Your Word (Torah): for all Your Commandments (Torah) are righteousness. Let Your hand help me; for I have chosen Your precepts (Torah). I have longed for Your salvation, O Yahweh; and Your Torah (Law) is my delight. Let my soul live, and it shall praise You; and let Your Judgments (Torah) help me. I have gone astray like a lost sheep; seek Your servant; for I do not forget Your Commandments (Torah).

I want to try and show you, how beautiful and awe inspiring the Word, or the language of Yahweh truly **IS**. In every part of His beautiful Scriptures, Yahweh has hidden gems for us to uncover, and He has told us in *Proverbs 25:2 It is the glory of Elohim to conceal a thing, a Davar, a word: but the honour of kings, IS to search out a matter, a Davar, a Word*. So, the next time that you pick up the Scriptures, please understand, that our heavenly Father **HAS** indeed hidden beautiful nuggets in every *verse* of the Scriptures and **IT IS** up to us to make the effort to uncover them. Today's reading is no different, Yahweh has His hidden messages, that tell us, that He is with us always, and if we will only learn to turn to Him and **TRUST** Him, then our lives will be greatly enriched.

I know that as you are being obedient to the Commandment of counting the Omer, that your life is already enriched because you have taken the time to read the Word of Elohim, and meditate upon it.

But, before I show you what I see in these *verses* of *Psalm 119*, I want to talk a little bit about the **WORD** of Yahweh. Yahweh has placed so much importance on His Word, and He has emphasized to us in Scripture, that His Word **IS SO IMPORTANT** to Him, that He has elevated it, even above His own Name. Why does He tell us of the monumental importance of His Word? He tells us that His Word is important, because, He loves us, and since Yahweh created His Word, He knows, that when His Word is obeyed with a surrendered loving contrite heart, that it will give each person that chose to surrender his or her will to Him, eternal Life, and since **IT IS** His wish that none would

perish, He emphasizes over and over again, that we are to **OBEY** His Word, so that we too may **LIVE**.

I have quoted a few *verses* of the hundreds that are available to show you the monumental importance that the Word of Elohim has in our daily lives. Read them over and see for yourself, and I am sure that you will agree.

*Matthew 4:4 But he answered and said, It is written, Man shall **NOT** live by bread alone, but by every **WORD** that proceeds out of the mouth of Yahweh.*

*Psalm 138:2 I will worship toward Your Holy Temple, and praise Your Name for Your lovingkindness and for Your **TRUTH**: for You have magnified Your **WORD** above all Your Name.*

*Proverbs 30:5 Every **WORD** of Yahweh is **PURE**: He is a shield unto them that put their **TRUST** in Him.*

*Isaiah 5:24 Therefore as the fire devours the stubble, and the flame consumes the chaff, so **their root shall be as rottenness, and their blossom shall go up as dust:***

WHY?

BECAUSE they have CAST AWAY the Torah (Law) of Yahweh of hosts, and DESPISED the WORD of the Holy One of Yisrael.

If you don't want your root to be as rottenness, and your blossom (your life) to go up as dust, **THEN, learn to willingly and lovingly Keep, Follow, and Obey** Yahweh's Torah of Life.

*Isaiah 8:20 To the Torah (Law) and to the testimony: **IF THEY DO NOT SPEAK ACCORDING TO THIS WORD**, it is because **there is NO LIGHT in them.***

Since Messiah **IS** the Light of the world, and the Words of the Living Torah made flesh, this means, that the people who speak **AGAINST** the Torah of Yahweh, do **NOT** have **Messiah Abiding in them**, there is not even one Jot or title of the Word of Yahweh in them.

*Isaiah 40:8 The grass withers, the flower fades: **BUT the WORD of our YAHWEH, HIS TORAH, SHALL STAND FOR EVER.***

*Revelation 3:10 Because you have **KEPT** the **WORD** of My patience, My Torah, **I also will KEEP you from the hour of temptation**, which shall come upon **ALL** the world, to **TRY** (to test) them that dwell upon the earth.*

*Revelation 22:14 Blessed are they that **DO** His Commandments, His Torah, that they may **HAVE THE RIGHT TO THE TREE OF LIFE, AND MAY ENTER IN THROUGH THE GATES INTO THE CITY.** (that is a shadow picture, of our heavenly Father's Torah obedient Children, entering His everlasting Kingdom, and experiencing eternal salvation, because they willingly and lovingly chose to believe, follow and obey the Words of the Father's Torah of Life).*

As I said, **THIS IS BUT A FEW** of the *verses* that speak of the importance the **Word of Yahweh** has in our lives.

Now let's look at what Yahweh is telling us in today's *verses*:

Here, I have taken the first Hebrew word of every *verse of Psalm 119: 169-176* and given you the definition to show you how our heavenly Father communicates with us, **IF** we care to dig a little deeper into His Word.

The first word of verse 169 is the Hebrew word Tigrav, תִּקְרַב, which is from the root word, Qarav, which means, to approach, and it is where we get the word Qorban from, which means, offering, and the word also means, to **draw near**, to Yahweh with, and by your prescribed offering.

The next word is the Hebrew word Tavo, תָּבוֹא, it is from the root word, Bo, בּוֹא, which means to **come**, come in, arrive, enter, reach, happen, set.

The next word is the Hebrew word Taba'enah, תִּבְעֵנָה, it is from the root word Naba, נָבַע, which means, to utter words, pour out, send forth.

The next word is the Hebrew word, Ta'an, תַּעַן, it is from the word Anah, עָנָה, which means, sing, shout, testify, answer, announce, declare.

The next word is the Hebrew word Tehiy-Yadka, תִּהְיֶי-יָדְךָ, and the word, TeHiy, is from the word, Hayah, הָיָה, which means, exist, to be, happen, was, existed, become, come to pass, and it is attached by a Maqef to the word, Yadcha, which is from the word Yad, and means *your hand*.

The next word is the Hebrew word Ta'avti, תִּאָבְתִּי, it is from the root word, Ta'av, תָּאָב, which means, to desire, to long for.

The next word is the Hebrew word TeChiy-Naphshiy, תִּחְיֶי-נַפְשִׁי, the word TeChiy, is from the word Chayah, חָיָה, which means, to live, to revive, let live, and it is attached by a Maqef to the word Nephesh, which means, soul.

The next word is the Hebrew word Ta'iyti, תַּעֲיִתִּי, it is from the root word Ta'ah, תַּעָה, which means, to vacillate, stray, I strayed.

Now when we put the meaning of these words together, I believe that Yahweh is giving us a message that says:

IF we will **draw near** to Yahweh and offer ourselves to Him, as a living sacrifice, **IF** we will **come** to Him and **pour out** our souls to Him, if our **testimony** is one of surrender to Yahweh and a **declaration** that we believe that He exists, and that He is the One and only True Elohim, then, our heavenly Father, by His **Right Hand**, our Messiah, will ensure, that the **desires** of our hearts, will be fulfilled, for He, will make them **come to pass**, and He will **revive** our souls to such an extent, that we will never again **stray** away from Him.

In my opinion, all believers should have as their testimony and their declaration, the words of *John 5:24* *Verily, verily, I say unto you, He that hears (shemah) My Word (Torah), and BELIEVES on*

Him that sent Me, HAS EVERLASTING LIFE, and shall NOT come into condemnation; BUT IS PASSED FROM DEATH UNTO LIFE.

As you can see, there are gems, hidden everywhere in our heavenly Father's inerrant and everlasting teaching and instructions, the Words of His Torah of Life, and all we have to do, **IS** take the time and prayerfully search them out. Not only, is searching the Word of Yahweh a reward in itself, but, the byproduct of searching the Word of Yahweh, is that you will end up delighting yourself in His Word, and that is a promise from Yahweh Himself. Shalom Alechem

Your meditation project for today is to spend more time in the beautiful words of *Psalm 119:169-176* and try and understand what Yahweh is communicating to you through these beautiful words.

*169. Let my cry come near before You, O Yahweh: give me **UNDERSTANDING** according to Your Word.*

When the Psalmist cries onto Yahweh, it means that he is praying to Yahweh, and he of course, wants his prayer to be heard, and since he knows the Word of Yahweh, he knows for example what is said and understood in *Proverbs 28:9 He that turns away his ear from hearing (shemah) the Torah (Law), even his prayer shall be **an abomination**.*

Therefore, since the Psalmist does want his prayer to be heard, **IT IS SAFE TO SAY** that he is being obedient in following and obeying all the Words of Yahweh's inerrant and everlasting teaching and instructions, the Words His Torah of Life. Next, we can see, that the Psalmist asks Yahweh, to give him **understanding**. Do you know what the definition of the word **understanding** is, according to Scripture? Let me show you what it means, according to *Devariym 4:5-8 Behold, I Mosheh have taught you Statutes and Judgments, even as Yahweh my Elohim **Commanded me** that you should do so in the land where you go to possess it. 6 Keep therefore and **DO them**; for this (keeping and Doing Yahweh's Statutes and Judgments) **IS your Wisdom and YOUR UNDERSTANDING** in the sight of the nations, which shall hear all these Statutes, and say, **Surely, this great nation is a Wise and UNDERSTANDING** people. 7 For what nation is there so great, who has Elohim so nigh unto them, as Yahweh our Elohim is in all things that we call upon Him for? 8 And what nation is there so great, that has **Statutes and Judgments** so **RIGHTEOUS** as all this **TORAH** (Law), which I set before you this day?*

We have to realize that **Understanding and Wisdom, ARE GIFTS**, that are found Hidden in the Words of the Torah of Yahweh, they are blessings that are received when a person willingly and lovingly surrenders their will to Yahweh and decides, to Shemah the Word of Yahweh, **decide to hear, listen, pay close attention to, understand, believe, follow, and obey ALL the Words of Yahweh**, in the manner that He has prescribed, and **NOT** of, **NOR** by our, own strength. *James 1:5 If any of you **LACK WISDOM**, let him ask of Yahweh, that gives to all men liberally, and upbraids not; and it shall be given him.*

170 Let my supplication come before You: deliver me according to Your Word.

Here again, the Psalmist **IS** pleading with Yahweh to hear his prayer, and when Yahweh does indeed hear his prayer, the Psalmist has asked Yahweh to deliver him, according to His Word. How would the Psalmist know what the Word of Yahweh promises, unless he had studied, understood, and knew

what the Father's Torah said. You and I, are therefore in the same situation as the Psalmist, we cannot ask Yahweh for deliverance according to His Word, unless we know what His Word says, and where and how this deliverance is to be handed to us. This is the Psalmist's way of telling us, that he meditates in the inerrant and everlasting teaching and instructions of Yahweh, in order that he may **KNOW** how to **FOLLOW** Yahweh's will. Let us therefore, emulate the Psalmist, and choose to study and learn the Words of Yahweh, and then, take the time to meditate on the Words of His inerrant and everlasting teaching and instructions, His Torah of Life, on a daily basis.

171 My lips shall utter praise, when You have taught me Your Statutes.

Here again we see that the Psalmist is sure that Yahweh **WILL** answer his prayers, and he says: I will **PRAISE** Yahweh, because He knows, that Yahweh actually takes the time to teach all people that turn to Him, with repentant contrite surrendered obedient hearts, and what He teaches the people who willingly turn to Him, **IS**, the Words of His inerrant and everlasting teaching and instructions, the Words of His Torah of Life.

The word praise in this *verse*, is the Hebrew word Tehilah, תְּהִלָּה, which means *to praise, to boast in, to laud, to lift ones hands in adoration*, and it is from the root word Halu, הָלַל, which means behold. In Paleo Hebrew the letter Heh, is shown as a stickman with both his hands lifted up in the air, and the pictographic meaning of this letter is, behold. The Psalmist **IS** so thankful that Yahweh has taught Him, His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, that he wants to praise Yahweh, he wants to boast of Yahweh's love, kindness, and compassion, and therefore, he lifts his hands towards heaven in loving adoration to the One that has set him free, and promised him eternal life. Amen.

*172 My tongue shall speak of Your Word: for all Your Commandments **ARE** Righteousness.*

This is a very important *verse*, for it forms part of the conclusion of these One Hundred and Seventy Six *verses* of this Psalm. The Psalmist is so excited that he cannot contain himself, and he wants to tell the whole world the love that he has found embedded in Yahweh's inerrant and everlasting teaching and instructions, embedded in the Words His Torah of Life. Furthermore, after going through all of Yahweh's teaching and instructions, His Testimonies, His Precepts, His Statutes, His Words, His Commandments, His entire Torah, the Psalmist says that **ALL** your Commandments **ARE RIGHTEOUSNESS**.

There is absolutely **NO ROOM** to misunderstand or mistranslate this *verse*, the Psalmist says that **ALL of Yahweh's Commandments** are **RIGHTEOUSNESS**. Therefore, **IF** man, in his earthly finite wisdom, decides, for some reason or other, **TO DO AWAY WITH ANY** of the Words of Yahweh's Torah of Life, any of His inerrant and everlasting teaching and instructions, **THEN**, according to the Psalmist, who professes **to KNOW the Word of Elohim intimately, what that man is actually doing, IS GETTING RID OF YAHWEH'S RIGHTEOUSNESS**, and that my friends, will have dire consequences for all who follow that path, because, that type of behaviour **IS NOT** acceptable to Yahweh, and the people who willingly choose **TO DO THAT, WILL HAVE TO ANSWER TO YAHWEH ON THE DAY OF JUDGEMENT**.

As for me and my house, **WE WILL SERVE YAHWEH** and follow **ALL** of His Words, His

Commandments, His Torah; trying as best as we can to **NEVER** add to or take anything away from His infinite eternal **WORD**, His Torah of Life Amein

173 Let Your hand help me; for I have chosen Your Precepts.

Here the Psalmist is making a request to have Yahweh's Hand help him. He makes the request knowing full well that Yahweh **WILL** indeed help him, because the Psalmist has made a conscious decision to follow and obey Yahweh's precepts, His inerrant and everlasting teaching and instructions, and since he meditates in Yahweh's Word day and night, the Psalmist knows that Yahweh has indeed made that promise to all people, who willingly decide to learn His Word and then willingly choose to obey them from their heart, therefore, there is **NO** doubt whatsoever in the Psalmist's mind, for he knows in his heart that Yahweh **WILL** have His Eight Hand (Messiah) help him, for Yahweh always fulfills His promises.

*174 I have longed for Your salvation, O Yahweh; and Your Torah (Law) is **MY DELIGHT**.*

Have you ever longed for something? If you have longed for something, then, what was it like when that something you longed for suddenly materialized itself in your life? I am sure that you felt a certain state of euphoria! Well, that is what the Psalmist wants us to understand, he wants us to see the great **JOY** that he has, **KNOWING** that salvation **IS HIS** and all he has to do, is willingly and lovingly choose to believe, follow, and obey the Words of Yahweh's inerrant and everlasting directives for eternal life, with a loving surrendered heart, and then, he tells us, what those directives are. He says, the Words of Your Torah, your inerrant and everlasting teaching and instructions, have been, are, and ever will be, **MY DELIGHT**. The Psalmist delights in Yahweh's Torah for he knows that they are Yahweh's instructions onto Life everlasting at Yahweh's side.

175 Let my soul live, and it shall praise You; and let Your Judgments help me.

Here we see that the Psalmist not only wants his physical life to be extended, but he especially wants his spirit, his soul to live on, and when he makes that statement, the Psalmist is well aware that the only way that his soul, his Nephesh, can live and go on living, **IS** by willingly surrendering his soul, his Nephesh, to Yahweh in loving obedience to Yahweh's Torah of Life. He also says, that since You, Yahweh, are being True to your Word, and giving me extended life, allowing me to live, please have your inerrant and everlasting teaching and instructions help me. The Psalmist is well aware that the teaching and instructions of Yahweh are Words of **Wisdom and understanding** from the infinite wisdom of Elohim, and as such, they are lofty goals, and because they are lofty, the Psalmist also understands that he, like the rest of us, needs **HELP** to live the kind of life that Yahweh wants all His children to live, therefore, he humbly asks Yahweh to Have His Word, the Word made Flesh, Yeshua the Living Torah, help Him, and I believe that that should be our prayer also.

176 I have gone astray like a lost sheep; seek Your servant; for I do not forget Your Commandments.

Again and again throughout *Psalm 119*, the Psalmist has stated that he loves Yahweh's inerrant and everlasting teaching and instructions, His Torah of life, wherein are contained all the Ways of Yahweh, His Statutes, Judgements, Precepts, Ordinances, Testimonies, Commandments, and Words. He also knows the condition of man's heart as described by Jeremiah, in *Jeremiah 17:9* where it says: *The heart is deceitful above all things, and desperately wicked: who can know it?*

Therefore, knowing that his heart has the tendency to be wicked, the Psalmist humbly asks Yahweh to help him return, teshuvah, under the covering of His wings, His protection, because the Psalmist knows that he, and he includes all of us in this request, we can easily stray from the Word of Yahweh and follow our own paths sometime, without even knowing that we are doing it. The Psalmist therefore pleads with Yahweh **NOT** to let him get lost, which can be so easily done when man turns to his own understanding. He says, Yahweh, please **DO NOT LET ME** become as a lost sheep, seek for me everyday, in case I unwittingly wander from your Word, for I am Your servant and **I DO NOT FORGET your Torah**, Your Commandments. Amein

Studying and keeping Torah together as a community.

Have a great Elohim blessed week and may Yahweh bless your every thought, and your every deed. Until we meet again, שְׁלוֹם עֲלֵיכֶם, Shalom Aleykem. Amein!