

# Counting of the Omer 2026

## Day 5

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**Psalms 119:33- 40**

Today is the fifth day of the counting of the Omer. At times, while taking the time to count the Omer, we can be interrupted by some thoughts because of emails, articles, and or news reports that invade our time of meditation. But thankfully, in His mercy toward us, the desire to count the Omer can be such a blessing, that refocusing on His Word as a priority can minimize, **IF NOT** totally eliminate these distractions. But before commenting on what our spiritual walk entails, let me first direct you to the Psalms for your own personal reflection.

### **Psalm 23:1-7**

*1 Yahweh is my shepherd; I shall not want. 2 He makes me to lie down in green pastures: he leads me beside the still waters. 3 He restores my soul: he leads me in the paths of righteousness for his Name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies: You anoint my head with oil; my cup runs over. 6 Surely, goodness and mercy shall follow me, all the days of my life: and I will dwell in the house of Yahweh for ever.*

In *verse 3* the Psalmist says that Yahweh restores his soul, and that Yahweh leads him in His Paths of Righteousness, and when I discussed this yesterday, I told you that Scripture defines Yahweh's righteousness, as obeying the Torah, and today, I want to discuss, the last part of this verse, where the Psalmist says that Yahweh did it for His Name's Sake. What did the Psalmist mean when he used the words, for His Name's sake. Well, the Hebrew word translated as Name, is the word **שֵׁם** which does mean, name, but it also means, designation, reputation, renown, fame, character, the essence of, it could be said, that it is everything that person stands for, his beliefs, his way of life. Therefore, the Psalmist is telling us that when Yahweh restored his soul, that the very next steps that Yahweh wanted him to take, is for the Psalmist to allow himself to be lead to Yahweh's designated Path of Righteousness, because the Psalmist knew that Yahweh was doing that for His own Name's sake, which means that Yahweh was doing it, so that the Psalmist would learn Yahweh character, the essence of who He truly is, and hopefully start orienting his own life, after Yahweh's Righteous character, after everything that Yahweh Himself stands for, and Scripture makes it very clear that Yahweh's Character and the Words of His Torah of Life, that were eventually made flesh, are one and the same entity, they Are His eternal Truth.

We have to understand that what flows out of Yahweh, His character, **IS** the beginning of Wisdom. That therefore begs the question, **WHAT IS IT THAT FLOWS OUT OF YAHWEH?** It is of course, His character, His heart, which is the Words of His inerrant and everlasting teaching and instructions, His Life Giving Torah, which encompasses every Word that proceeds from within Him. Scripture makes it very clear that **IF** we willingly choose to have an intimate relationship with Yahweh, and willingly choose to obey the Words of His inerrant and everlasting teaching and instructions, that we will indeed receive understanding, Yahweh's understanding, which **IS HIS PURE EVERLASTING**

**TRUTH**, that can only be found in His Word, and that my friends, **IS the One and only TRUTH** that Scripture tells us, **WILL SET US FREE FROM THE FEARS OF THIS WORLD.**

### ***Psalms 119: 33- 40***

*Teach me, O Yahweh, the way of Your statutes (Torah), and I shall observe it to the end. Give me understanding, that I may observe Your Torah and keep it with all my heart. Make me walk in the path of Your Commandments (Torah), for I delight in it. Incline my heart to Your testimonies (Torah) and not to dishonest gain. Turn away my eyes from looking at vanity, and revive me in Your ways (Torah). Establish Your Word (Torah) to Your servant, as that which produces reverence for You. Turn away my reproach which I dread, for Your ordinances (Torah) are good. Behold, I long for Your precepts (Torah); revive me through Your righteousness. (Torah)*

Once again as I take the time to meditate upon the suggested Psalm readings for the discipline of *counting the Omer*, I believe that I have been blessed in my reflections. For even though I have encountered some distractions this morning as I have had so many times before, the commitment to consider His Word, during the counting period from the early Feast of Firstfruits to the Feast of Weeks, or *Shavuot*, has resulted in additional blessings.

Let me explain what I mean. One of the unique benefits of being a Torah teacher, **IS**, that different people, from all over, who are simply in need of some spiritual encouragement or instruction, frequently email us. Since the Holy One of Yisrael, has seen fit to give me some insights, into His Word, it is without any human effort that I often spend much time simply letting Yahweh's Holy Spirit, lead me in answering their inquiries. The fact that I have been dedicating the time to meditating upon the different Psalms, and following the Command to count the Omer, has been instrumental in some of the conversations that I have had. After all, **IF** you are filling your mind with the Words and the Wisdom of Yahweh, it is only natural, that when you are called upon to react to certain questions or situations, that you will have a much greater chance of responding according to His precepts, His admonitions and His will.

When I do receive emails or phone calls with a question or two, describing different and unique perspectives of what some people have gone through, I believe that the Spirit of Elohim who indwells all people who choose to surrender their wills to Yahweh, brings a few different Scriptures to my mind, which helps me answer their questions. The fact that Yahweh helps me to answer those questions, brought me to a *verse* in ***Psalms 119*** that describes our walk in the path of His Commandments. *Make me walk in the Path of Your Commandments, for I delight in it. (Psalms 119:35).*

This made me realize that in my own personal walk, with the Messiah of Yisrael, the Words of the Living Torah of our heavenly Father made flesh, I am making a concentrated effort to actually obey the Command to *count the Omer*. And since the Father, has recently been showering me with much spiritual blessings as a consequence of obedience, I feel, I need to encourage all of you, reading this article, to consider being obedient to the Commandment of counting the omer at this time.

As I was writing these words *Psalm 90* came to mind. Therefore, I encourage all of you who are reading this teaching, to consider the Messianic walk from the perspective of one who will probably

receive seventy years or *if by strength, eighty to one hundred years* to not only walk the walk, but, most importantly, follow Yeshua's Commandment to make disciples.

As I reviewed the text from *Psalm 90* this morning, I was reminded of Mosheh's admonition to remember to *number our days*:

***Psalm 90:10-17*** *As for the days of our life, they contain seventy years, or if due to strength, eighty years, yet their pride is but labour and sorrow; for soon it is gone and we fly away. Who understands the power of Your anger and Your fury, according to the fear that is due You? So **TEACH** us to **number our days**, that we **MAY** present to You a **heart of Wisdom**. Do return, O Yahweh; how long will it be? And be sorry for Your servants. O satisfy us in the morning, with **Your loving kindness**, that we may sing for joy and be glad all our days. Make us glad according to the days You have afflicted us, and the years we have seen evil. Let Your work appear to Your servants and **Your majesty to their children**. Let the favour of Yahweh our Elohim be upon us; and **confirm for us the work of our hands; yes, confirm the work of our hands**.*

And of course, as I was considering the process of numbering my days, in conjunction with counting the Omer, *so that we may present to Yahweh, a heart of wisdom*, that is when I felt my heart soar. The confirmation, that taking the time to actually count or number our days, was something that was **NOT ONLY** Commanded at this time of the Omer count, but according to Mosheh, it was something that he recommended. So that when we come to the end of our personal sojourn, that the favour of Yahweh, our Elohim, would be upon us and He would confirm the work of our hands.

Then, as I thought more about the words of *Psalms 119* selection for this morning. And the concept that left off of the pages of Scripture to me, was a reiteration of my words of encouragement to the younger man just coming into a Hebraic understanding of his *walk* with the Messiah. For the day before, as I was giving him some advise on how to respond to his many detractors, who were challenging his new convictions, and I mentioned to him the following thoughts.

Since your family and friends, who are questioning your new desire to please Yahweh by choosing to obey the Words of Yahweh's Torah of Life, are evangelical Christians, I recommended, that you refer them to some of the words of the Apostolic Scriptures, so that his inquisitors, would be more comfortable. I reminded him, that one of the indications of Godliness that most serious Christians would agree on, as consistent with Scripture, **IS**, the ability to *walk by or in the Spirit and be led by or of the Holy Spirit of our heavenly Father*. So I pointed him to some of Paul's writings and suggested that he use some of those *verses* when his critics confronted him.

*For what the Torah (Law) could **NOT DO**, in that it was **WEAK through the flesh**, Elohim did, sending His own Son in the **likeness of sinful flesh and as an offering for SIN**, He condemned **SIN in the flesh**, (It is important that we understand that Yahweh did **NOT** condemn the Torah, He condemned **SIN**) so that **THE REQUIREMENTS OF THE TORAH (Law) MIGHT BE FULFILLED IN US**, who **DO NOT** walk according to the flesh **BUT** who have chosen to walk according to the Holy Spirit. (Again **IT IS** very important that we truly understand what Paul is telling us here. Paul **IS** telling us, that according to him, **THE REQUIREMENTS OF THE TORAH**, which of course **IS** filled with the Holy Spirit of our heavenly Father (*Romans 7: 12-14*), **that IS to BE fulfilled in us, IS, THAT WE WALK IN THE SPIRIT OF THE TORAH**). Paul goes on to say: *For those who walk according to the flesh, those who have willingly chosen **NOT TO****

**BELIEVE AND KEEP the TORAH, HAVE chosen to set their minds on the things of the FLESH, BUT, those who walk according to the Holy Spirit, follow and obey the things of the Holy Spirit** (the Words of Torah, which Paul tells us **IS** Spiritual, which means that it is filled with the Holy Spirit of our heavenly Father). **For, IF your mind is set on the flesh, IT IS DEATH, BUT the mind that is set on the Holy Spirit, on the Spiritual Things, which ARE the Words of the Father's Torah of Life, HAVE LIFE AND PEACE, BUT the mind that is SET on the flesh, IS HOSTILE toward Elohim; FOR IT WILL NOT SUBJECT ITSELF TO THE WORDS OF THE TORAH OF ELOHIM, for IT IS NOT even able to do so, and THOSE WHO ARE IN THE FLESH, THOSE WHO DO NOT BELIEVE FOLLOW NOR OBEY the WORDS OF THE FATHER'S TORAH OF LIFE, CANNOT PLEASE ELOHIM (Romans 8:3-8).**

Romans 7:12 Wherefore **the Torah (Law) IS HOLY, and the Commandment IS HOLY, and JUST, and GOOD. Verse 14 For WE KNOW THAT THE TORAH (LAW) IS SPIRITUAL (Spirit filled): but I am carnal, sold under sin.**

But I say, walk by the Holy Spirit, **LET THE REQUIREMENT OF THE TORAH (LAW) BE FULFILLED IN YOU, and YOU WILL NOT CARRY OUT THE DESIRE OF THE FLESH.** For the flesh sets its desire, **AGAINST** the Holy Spirit of the Torah, and the Spirit of the Torah, **IS set AGAINST the flesh;** for these are in **opposition to one another,** so that you may **NOT DO** the things that you please. But, **IF** you are led by the Holy Spirit, you are **NOT** under the Torah, **BECAUSE** you are fulfilling the requirements of the Torah, by willingly and lovingly choosing to walk in obedience **TO IT,** (which means that you have allowed the Holy Spirit to **CAUSE YOU** to believe, follow and obey our heavenly Father's Torah of Life. **(Galatians 5:16-18).**

The reason you are not under the Torah **IS because,** when you, or anyone else for that matter, willingly choose to **ALLOW** the Holy Spirit to **CAUSE** you to believe, follow and obey the Words, Yahweh's Torah of Life, you are actually fulfilling the **REQUIREMENTS** of the Torah (Law), you are obeying the Torah (Law) with and by your spirit.

So then, brethren, we are under obligation, **NOT TO THE FLESH,** to live according to the flesh, for **IF** you are living according to the flesh, **you WILL DIE; BUT, IF WE LIVE ACCORDING TO THE HOLY SPIRIT, then the requirement of the Torah IS FULFILLED IN YOU,** and you are putting to death the deeds of the body, **AND YOU WILL LIVE.** For all who are being led by the Holy Spirit of Elohim, **FULLFILL THE REQUIREMENTS OF THE TORAH (LAW), and THOSE THAT DO SO, ARE SONS OF ELOHIM.** For you have **NOT** received a spirit of slavery leading to fear again, **BUT, you have received a spirit of adoption, as sons,** by which we cry out, 'Abba Father!' The Holy Spirit Himself, testifies with our spirit, **that we are children of Elohim, and IF children, then heirs also, heirs of Elohim, and fellow heirs with Messiah,** (who happens to be the Words of the Living Torah of our heavenly Father, made flesh) **IF indeed** we suffer with Him so that we may also be **glorified** with Him. For I consider that the sufferings of this present time **ARE NOT** worthy to be compared with the glory that **IS TO BE** revealed to us. For the anxious longing of the creation, waits eagerly, for the revealing of the Sons of Elohim **(Romans 8:12-19).**

Therefore, the sons of Elohim, according to Scripture, **ARE the people who willingly obey ALL of His Commandments, ALL the Words of His inerrant and everlasting teaching and instructions, ALL the Words of His Torah of Life, with a surrendered, loving, contrite and obedient heart.**

I also reminded him, that **IF** a Believer in the Messiah Yeshua was truly being led by the Holy Spirit, or walking in the Spirit, then, he would naturally be following the Torah of Elohim as Messiah did, *1 John 2:6 He that says he abides in Messiah, the Words of the Living Torah made flesh, ought himself also so to walk, even as Messiah walked;* and as you know, or should know, the Scripture emphatically states that Messiah was obedient to **ALL** of the Words contained in our heavenly Father's Torah of Life, **ALL** of His Commandments. Then, I told this young man, that any deviation from the Commandments and or the Words of Yahweh's Torah of Life, the very same Torah that was given to Mosheh at Mount Siynay, **would simply be a concession to our flesh**, that is, as Paul states that our flesh, *lusts against* the Spirit. In other places in Scripture, Paul makes it very clear, that our flesh, is literally at war with the Spirit of Elohim, that indwells each and every true believer, who has willingly and lovingly chosen to surrender their will to Yahweh, and we are told in Scripture, that our heavenly Father's Holy Spirit, was given to us, for the very specific purpose of **CAUSING** all who will **ALLOW** Him, to walk in total loving surrendered obedience, to all the Words of the Torah of our heavenly Father's Torah, His inerrant and everlasting teaching and instructions for everlasting Life.

So ask yourself, who or what is on the **throne of my life** and if you discover, that you are doing some things that are **NOT** consistent with the Words of the Torah of our heavenly Father, **IF** you find that you are **NOT** following the basic Commandments, as set out in *Vayiqra 23*, then **IT IS YOUR FLESH** that is on the throne of **YOUR LIFE**, and **NOT THE HOLY SPIRIT OF ELOHIM**.

Now, even though the argument is made that Yeshua's righteousness, has been imputed to us, by our belief, in His atoning work at Golgotha, the fact remains, that according to Scripture, in *Ezekiel 36:26-27 IF* the Holy Spirit is truly in control of your life, **THEN** the only **PATH** than He will **CAUSE** any so called believer to walk on, and **FOLLOW, IS** the Path of complete surrendered obedience to all the Words of the Father's Torah of Life, **FOR** Scripture clearly points out, that the Holy Spirit of Yahweh is given to every surrendered contrite obedient heart, in order to **CAUSE** them, to believe, follow, obey the Words of our heavenly Father's Torah of Life.

In other words, to bring us back to today's Psalm meditation, we are to **walk in total loving surrendered obedience to Yahweh's Commandments** just like the Psalmist recommends. And by doing so, our Heavenly Father will be delighted with our wilful choice to honour His Word.

What an awesome opportunity to ask Him as today's meditation recommends, to teach us, to lead us, to incline us, to divert our eyes from **SIN**, and remove our disgrace, so that we will concede, that His ordinances are **GOOD**. Then, as we reflect on the final *verse* of today's *Psalms 119* selection, we will understand what the Psalmist declares: *Behold, I long for Your Precepts; revive me, through Your righteousness* (obedience to the Words of Your Torah of Life; *Devariym 4:5-8, 6:25*).

We should long for His Precepts, knowing that He will revive us through His imputed **righteousness**, which of course **IS** the Words of His Torah of Life. (*Psalms 119:40*).

For even the ancients knew, that it was Yahweh's **righteousness** that ultimately brings all people onto eternal life. The fact that we are currently cherishing and obeying His Commandments, **IS a strong** indication, that we have the Holy Spirit truly indwelling our revived hearts of flesh.

Consequently, **IF** you understand what that means in the context of the Apostolic Writings, you can honestly conclude that it is **because of you relinquishing your will to the WILL of the Holy Spirit**

**of Elohim**, that you show your love for Messiah, it is by willingly obeying His Commandments. That reality should bring all kinds of delight to your souls. Perhaps this is something to consider as we walk by the Spirit, and as we obediently count the days to *Shavuot*.

For your exercise today I would like you to take the time to meditate on the beautiful verses of *Psalm 119:33-40*

*Verse 33 Teach me, O Yahweh, the way of Your Statutes; and I shall keep it unto the end.*

The Psalmist is pleading with Yahweh to teach Him His Ways, which are contained in the Words His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, and the Psalmist says, **IF** You Yahweh, will indeed teach me Your Ways, I commit, to keeping all of them until the day of my death, a commitment that I recommend we all make.

*Verse 34 Give me understanding, and I shall keep Your Torah (Law); yea, I shall observe it with my whole heart.*

Here the Psalmist recognizes that he lacks wisdom and understanding, and he says to Yahweh, **IF** You will give me these attributes, then I commit to keeping the Words of Your Torah, Your inerrant and everlasting teaching and instructions, with my whole heart. Now after reading this, the question that we should all ask ourselves is, **Are we willing to make that same commitment?**

*Verse 35 Make me to go in the path of Your Commandments; for therein do I delight.*

Here we can see that the Psalmist has totally surrendered his will to Yahweh, and, he also recognizes that Yahweh **IS** omnipotent, and as such, he asks Yahweh to **MAKE** him walk in Yahweh's paths, or cycles of **righteousness**, the Path of His Commandments, His Life Giving Torah. The Psalmist asks Yahweh to do this, because He delights in Yahweh's inerrant and everlasting teaching and instructions, the Words of His Torah of Life. Before Yahweh will answer that kind of prayer, He first must see, that the Psalmist's heart and or the heart of any other person that chooses to make that same commitment, is **TRULY** surrendered to His, and that their heart actually delights daily in the Word of Elohim. Can you say that your heart delights in Yahweh's Commandments every day of your Life?

*Verse 36 Incline my heart unto Your Testimonies, and **NOT** to covetousness.*

Here the Psalmist again asks Yahweh to make his heart inclined, to obey our heavenly Father's Torah of Life and all of His Testimonies, and furthermore, he also asks, that Yahweh, **NOT** to allow his heart to turn to covetousness, to **SIN**, for Scripture makes it very clear that **SIN IS** transgression of the Words of our heavenly Father's Torah of Life. Since this is a time of meditation, I have to ask you, are **YOU** willing to ask Yahweh, to incline your heart, unto His inerrant and everlasting teaching and instructions, the Words of His Torah of Life?

*Verse 27 Turn away my eyes from beholding vanity; and quicken You me in Your Way.*

Here again the Psalmist asks Yahweh to stop his eyes from beholding vanity, to stop him from being self centred, and he asks Yahweh, to give him life, life which is promised to all who willingly choose

to follow and obey the Words of Yahweh's inerrant and everlasting teaching and instructions, His Torah of Life, which is everlating Life, in the kingdom of Elohiym for eternity.

*Verse 38 Establish Your Word unto Your servant, who is devoted to Your fear.*

Here again the Psalmist is asking Yahweh, to ensure that Yahweh's Word, His Torah of Life is established in the Psalmist's heart, because the Psalmist declares, that he is devoted to Elohim and wants to follow **ALL** of His teaching and instructions for life. This is another question that you can ask yourself; Am I devoted to Yahweh?

*Verse 39 Turn away my reproach which I fear: for Your judgments are **GOOD**.*

Here the Psalmist asks Yahweh to turn away his reproach, in other words, he is asking Yahweh to turn away his shortcomings, his sinful ways, His Torahlessness, because the Psalmist recognizes that Yahweh's Torah, **IS GOOD**, and that transgression of Yahweh's Torah, **IS SIN**. Have you also come to the realization that Yahweh's Torah **IS GOOD**? And if you have, are you willing to obey **ALL** of it with your whole heart?

*Verse 40 Behold, I have longed after Your precepts: quicken me in Your righteousness.*

Here the Psalmist declares, what his heart's desire **IS**, and then he says, that he **LONGS** for Yahweh's inerrant and everlasting teaching and instructions, the Words of His Torah, because he knows in his heart, that the Words of Yahweh's Torah, **ARE** Life to him, and he asks Yahweh to give him Life through His **RIGHTEOUS TORAH OF LIFE**. Now this is **NOT** a question, **BUT IT IS A** recommendation, that you also ask Yahweh, to quicken you in His Torah of Life, in His inerrant and everlasting teaching and instructions. 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!*