

Counting of the Omer 2026

Day 7

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Remember the Torah

Psalms 119: 49-56

This morning I was reminded of Yahweh's mercy towards us, by leaving His Word behind, as our Comforter, and then Commanding us to study His Word and meditate on it. There is something within the Word of Yahweh, that when we earnestly begin to read and study it, it draws us deeper and deeper into it. To study and reflect on His Words of Life, **NOT** only becomes a delight to those who study and meditate upon it, **BUT**, they also quickly come to the realization that **IT IS** something that **IS** relatively easy to do, for the surrendered human mind to grasp, understand and follow through with obeying it, and, as we study Yeshua's words we can see that He often reminded His Disciples, who were dealing with the stress of their era, that the more they chose to believe His Words, then the easier it would be to obey them. *Matthew 11:28-30, Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke (Torah) upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your soul. For My yoke (Torah) is easy and My burden (obedience) is light.* So on this morning, while resting in Him, before commenting on those and other thoughts, please, take the time to consider the following Psalms.

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.

Yesterday I spoke about the first part of *verse 4*, and that the valley of the Shadow of death, is really speaking about the fact that we will all die physically one day. But, in the last part of *verse 4*, the Psalmist says, I will fear **NO evil, for YOU Yahweh, ARE WITH ME**. What does the Psalmist mean when He says, **I will fear no evil**. Well, evil comes in many different forms, and the common denominator of all evil and or evil people, **IS** that they reject and even abhor the Words of our heavenly Father's Torah of Life, and, whether they know it or not, or whether they believe it or not, when they reject the Words of the Father's Torah of Life, they are actually signing their own death warrant. Not only their physical death, but their second death, which is an everlasting death.

Why is the Psalmist **NOT afraid to face any and all evil**? It is because he knows in his heart, that when he willingly and lovingly choose to obey the Words of the Father's Torah of Life, that our heavenly Father becomes His shield against any and all of the enemy's attacks, which means, that **NONE** of the weapons of the enemies of the Psalmist, that are formed against him, shall prosper against him, and that is why the Psalmist **IS** at peace, and it is also the reason why we, you and I, should all be at peace, when we willingly choose to believe, follow and obey the Words of the

Father's Torah of Life, for what is **TRUE** for the Psalmist **IS** also **TRUE** for us, that no weapon formed against us will prosper either, for all that the enemy throws at us, will **NOT** harm us in any way, because of the protective covering of the Words of the Father's Torah of Life, when they are obeyed from a willing surrendered heart.

Psalms 119: 49-56

Remember the word unto Your servant, upon which You have caused me to hope. (What Word do you suppose Yahweh gave David the Psalmist that caused him to have Hope?)
This is my comfort in my affliction: for Your Word (Your Torah) has quickened me.
The proud have had me greatly in derision: yet have I not declined from Your Torah (Law). I remembered (zachar) Your judgments (Torah) of old, O Yahweh; and have comforted myself. Horror has taken hold upon me because of the wicked that forsake Your Torah (Law). Your statutes (Torah) have been my songs in the house of my pilgrimage. I have remembered Your Name, O Yahweh, in the night, and I have kept Your Torah (Law). This I had, because I kept Your precepts (Torah).

Verse 49 begins with the word *remember*. The Psalmist **IS** speaking to Yahweh and says, **remember** the Word that You Yahweh, gave me, the Word that caused me to have Hope? The Hebrew word used here as the English word *remember* **IS** the Hebrew word *Zekor זָכַר*, which is from the root word *Zakar, זָכַר*, and although it does mean, to remember, **IT** has a much more profound meaning than just **to recall, or bring something to mind**, it means *to speak and act on behalf of*. Therefore what the Psalmist **IS** saying to our Yahweh, **IS**, speak and act on behalf of Your Word, that has given me Hope, make your Word come to life in me, and **BE REAL IN MY EVERYDAY LIFE**, that **IT MAY** be my comfort, in my affliction. I have listened to and obeyed You, with a surrendered heart, and **I have NOT declined from obeying Your Torah, I spoke and acted on behalf of your Word, Your Torah, and it has comforted me. There are all kinds of horrors happening around me, but, as you promised in Your Word, Your Torah, has been the song within my heart, it has strengthened me on my pilgrimage, and I have spoken and acted on Behalf of Your Name, Your character, and I was able to do all of this, BECAUSE I KEPT Your Precepts (Torah).**

The cry of David's heart **IS: STRENGTHEN** Your Word within Me Oh Yahweh my Father, and **I WILL OBEY IT** every day of my life. David recognizes that we **NEED** help from our heavenly Father, to be able to cope with the many temptations that surround us on a daily basis, and He also knows, that our heavenly Father, has promised us, that He would never leave us nor forsake us, **BUT** that He would send His Holy Spirit to indwell those who willingly and lovingly surrender their hearts, minds, souls and strength to Him. Furthermore, Yahweh said that His Holy Spirit would **CAUSE ALL** surrendered contrite hearts, that will allow Him, to believe, follow and obey His inerrant and everlasting teaching and instructions, the Words of His Torah of Life.

Now, like David, we too have the opportunity of surrendering our hearts, minds, souls and strength to our heavenly Father, on these very special days of counting the Omer. This is an opportunity to show our heavenly Father that we are indeed capable of obedience to His Commandments, and, that we are willing to set aside, part of our day to meditate on, and follow His Commandment, to count the Omer. Take the time to truly meditate upon His Word; and as you do that, as you obey Yahweh's Commandments, please picture Him before you, on bended knee, bringing you **ALL** of His blessings and see what that does to your heart, soul and spirit. Amein

Your meditation for today is to go over once again each and every word of *Psalms 119:49-56*

Verse 49 Remember the Word unto Your servant, upon which You have caused me to hope.

Here the Psalmist is asking Yahweh to remember, and as I said above, the word *remember* is translated from the Hebrew word *Zakar*, which does indeed mean to remember, but it has a more profound meaning, the word, *Zakar*, means to speak and act on behalf of, therefore the Psalmist **IS** asking Yahweh to speak and act on behalf of His own Word, His Words of Life, His inerrant and everlasting teaching and instructions, His Torah, because the Psalmist has placed **ALL HIS HOPE IN** the Word of Elohim, and he tells Yahweh that he believes that the Word of Elohim **IS TRUE**, therefore, He boldly asks Yahweh to make His Word, His promises of a Torah obedient life, to be manifested in his own life.

Verse 50 This is my comfort in my affliction: for Your Word has quickened me.

As you know, there are many things that affect our lives, some for good and others not so good, and the Psalmist tells Yahweh, that no matter what has happened in his life, he has always found comfort in Yahweh's inerrant and everlasting teaching and instructions, the Words of His Torah of Life, and the Psalmist also confirms that the Word of Yahweh has quickened him, which means that the Word of Elohim has brought him **LIFE**.

*Verse 51 The proud have had me greatly in derision (הִלְצִנִּי, Helitzuniy, scoff, mock, deride): yet have I **NOT** declined from Your Torah (Law).*

Proud people, will **ALWAYS** be with us, and as you know, they can be very difficult to deal with, since they seem to always be mocking people that they believe are below them, and in most cases, that would probably be most people that they come in contact with. These people that are filled with pride, have very large egos, and the word **EGO** as an acronym can mean, **Eject God Out** of your life. Because where there **IS EGO, PRIDE**, you can rest assured that you **WILL NOT** find the presence of Elohim in that man's or woman's life. Through **ALL** of this mocking and evil treatment that the Psalmist has received, at the hands of these scoffers, He affirms to Yahweh, that he has **NOT** turned away from the Words of Yahweh's Torah of Life. That means, that the Psalmist has willingly turned the other cheek, and forgiven these people, because he has learned to give all of the problems, caused by these scoffers, over to Yahweh, to deal with, for Yahweh quite clearly tells us, in the Words of His Torah, that **vengeance IS Mine, I will recompense those that do evil against My beloved people**. Are you, prepared to do the same with people that really annoy you, can you truly learn to surrender the feelings of anger that well up inside of you for that person, over to Yahweh when you are confronted with them and their bad attitudes? **IF NOT, THEN MAYBE IT IS TIME TO START.**

Verse 52 I remembered Your judgments of old, O Yahweh; and have comforted myself.

Here we encounter the same word again, the word *remember* or *Zakar*, but this time **IT IS** the Psalmist who speaks and acts on behalf of Yahweh's Word, His judgements, His inerrant and everlasting teaching and instructions, His ancient paths of righteousness, and the Psalmist says, that this practice, of **SPEAKING** and **ACTING** on behalf of Yahweh's Torah of Life, has comforted him throughout his own life. Do **YOU** find it comforting to speak the Words of Yahweh to other people?

*Verse 53 Horror (זַלְעָפָה, Zalapha, anger, sadness) has taken hold upon me because of the **wicked** that **forsake** Your Torah (Law).*

It appears that the Psalmist has grown to love the Words of Yahweh's Torah so much, that it grieves and angers him, when he sees that so few people obey the Creator's Commandments, the Words of His Torah of Life, His instructions on how to attain eternal salvation, and, because of His love for Yahweh and His Torah, the Psalmist has learned to love Yahweh's created beings, and therefore, **IT** both angers and saddens him, that so few people are obeying Yahweh's Directives for everlasting life, His Torah. We should also have that same attitude towards Yahweh's **MARVELLOUS LIFE GIVING DIRECTIVES**, and cry onto Yahweh that He graciously chooses, to turn the hearts of those people to Himself?

Verse 54 Your Statutes have been my songs in the house of my pilgrimage.

Here, the Psalmist expresses his joy, he states that he is elated by and through the Word, the Statutes of Yahweh and that His Statutes, which are Yahweh's inerrant and everlasting teaching and instructions, and he says that the Words of His Torah, are actually, music to his ears, they are like following a very beautiful and pleasant melody that invigorates and satisfies one's soul, at the same time, as we journey through this path that we call our daily lives. **DO** you sometimes feel that obeying Yahweh's Word is like listening to a symphony?

Verse 55 I have remembered Your name, O Yahweh, in the night, and have kept, (שָׁמַר, Shamar, guarded) Your Torah (Law).

Again we encounter the word, remember, Zakar, speak and act on behalf of, therefore the Psalmist **IS** saying, I love You Yahweh, therefore I will obey You and speak and act on behalf of your Holy Name constantly, and, because of your Name, your character and your Torah, I know that You love me with an infinitely perfect love, and that is why I choose to **KEEP, GUARD, AND OBSERVE ALL** the Words of Your Torah of Life. Can you say that you will do the same?

Verse 56 This I had, because I kept Your precepts.

The Psalmist says that his joy, his determination and steadfastness in remembering, keeping, guarding and doing the Torah of Yahweh happens, because he first made a conscious choice to obey the Commandments of Yahweh. and **NOW**, because of this faithful obedience to the Torah, the blessings that are embedded within each and every Commandment of Yahweh are being manifested in the Psalmist's life, because of his obedience to the Commandments, and it causes him to **WANT** to **KEEP** and **DO** the Torah of Yahweh even more. Have you experienced that phenomena in your life? And if **NOT, DO YOU WANT TO EXPERIENCE IT?** If you answered Yes, then learn to Obey all the Words of our heavenly Father's Torah of Life, and you will indeed experience it! 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!