

HOW TO COUNT THE OMER

Lev 23:15 And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave offering; seven sabbaths shall be complete:

Lev 23:16 Even unto the morrow after the seventh sabbath shall ye number fifty days; and ye shall offer a new meat offering unto the LORD.

Deu 16:9 Seven weeks shalt thou number unto thee: begin to number the seven weeks from *such time as* thou beginnest *to put* the sickle to the corn.

Every day, from Passover to Pentecost, we should “count the omer.” How should we do this?

The blessing in Hebrew goes like this:

“Barukh Attah, Adonai Eloheinu, Melek Ha Olam, Asher Kidshanu b’Mitzvotav, Vitzivanu al Sefirat Ha Omer.”

In English:

“Blessed are You, O Lord our God, King of the Universe, Who has separated us by Your commandments, and Who has commanded us to count the Omer.”

Continue prayer by adding the following:

“Today is the ___ day of the ___ week of counting the omer making this the ___ day of the Omer count.”

OMER COUNT - WEEK 1 - Abraham

April 3 - 9

CHESED: LOVING-KINDNESS

DAY 1 – ABIB 16 – April 3 - CHESED OF CHESED: LOVING-KINDNESS IN LOVING-KINDNESS

Psalms 119:1-8; I John 4:16-18

Psa 119:1 ALEPH. Blessed are the undefiled in the way, who walk in the law of the LORD.

Psa 119:2 Blessed are they that keep his testimonies, and that seek him with the whole heart.

Psa 119:3 They also do no iniquity: they walk in his ways.

Psa 119:4 Thou hast commanded us to keep thy precepts diligently.

Psa 119:5 O that my ways were directed to keep thy statutes!

Psa 119:6 Then shall I not be ashamed, when I have respect unto all thy commandments.

Psa 119:7 I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.

Psa 119:8 I will keep thy statutes: O forsake me not utterly.

1Jn 4:16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

1Jn 4:17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.

1Jn 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

Love is the single most powerful and necessary component in life. It is both giving and receiving. Love allows us to reach above and beyond ourselves, to experience another person and to allow that person to experience us. It is the tool by which we learn to experience the highest reality -- God. Examine the love aspect of your love.

Ask yourself: What is my capacity to love another person? Do I have problems with giving? Am I stingy or selfish? Is it difficult for me to let someone else into my life? Am I afraid of my vulnerability, of opening up and getting hurt?

Exercise for the day: Find a new way to express your love to a dear one.

DAY 2 -- ABIB 17 – April 4 - GEVURAH OF CHESED: DISCIPLINE IN LOVING-KINDNESS

Psalm 119:9-16; I John 5:3

Psa 119:10 With my whole heart have I sought thee: O let me not wander from thy commandments.

Psa 119:11 Thy word have I hid in mine heart, that I might not sin against thee.

Psa 119:12 Blessed art thou, O LORD: teach me thy statutes.

Psa 119:13 With my lips have I declared all the judgments of thy mouth.

Psa 119:14 I have rejoiced in the way of thy testimonies, as much as in all riches.

Psa 119:15 I will meditate in thy precepts, and have respect unto thy ways.

Psa 119:16 I will delight myself in thy statutes: I will not forget thy word.

1Jn 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous.

Healthy love must always include an element of discipline and discernment; a degree of distance and respect for another's boundaries; an assessment of another's capacity to contain your love. Love must be tempered and directed properly. Ask a parent who, in the name of love, has spoiled a child; or someone who suffocates a spouse with love and does not allow them any personal space.

Exercise for the day: Help someone on their terms not on yours. Apply yourself to their specific needs even if it takes effort.

DAY 3 – ABIB 18 – APRIL 5 - TIFERET OF CHESED: COMPASSION, HARMONY IN LOVING-KINDNESS

Psalm 119:17-24; I John 3:14-24

Psa 119:17 GIMEL. Deal bountifully with thy servant, that I may live, and keep thy word.
Psa 119:18 Open thou mine eyes, that I may behold wondrous things out of thy law.
Psa 119:19 I am a stranger in the earth: hide not thy commandments from me.
Psa 119:20 My soul breaketh for the longing that it hath unto thy judgments at all times.
Psa 119:21 Thou hast rebuked the proud that are cursed, which do err from thy commandments.
Psa 119:22 Remove from me reproach and contempt; for I have kept thy testimonies.
Psa 119:23 Princes also did sit and speak against me: but thy servant did meditate in thy statutes.
Psa 119:24 Thy testimonies also are my delight and my counsellors.

1Jn 3:14 We know that we have passed from death unto life, because we love the brethren. He that loveth not his brother abideth in death.

1Jn 3:15 Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him.

1Jn 3:16 Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren.

1Jn 3:17 But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?

1Jn 3:18 My little children, let us not love in word, neither in tongue; but in deed and in truth.

1Jn 3:19 And hereby we know that we are of the truth, and shall assure our hearts before him.

1Jn 3:20 For if our heart condemn us, God is greater than our heart, and knoweth all things.

1Jn 3:21 Beloved, if our heart condemn us not, then have we confidence toward God.

1Jn 3:22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

1Jn 3:23 And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment.

1Jn 3:24 And he that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us.

Harmony in love is one that blends both the chesed and gevurah aspects of love. Harmonized love includes empathy and compassion. Love is often given with the expectation of receiving love in return. Compassionate love is given freely; expects nothing in return - even when the other does not deserve love. Tiferet is giving also to those who have hurt you.

Exercise for the day: Offer a helping hand to a stranger.

DAY 4 – ABIB 19 – APRIL 6 - NETZACH OF CHESED: ENDURANCE IN LOVING-KINDNESS

Psalms 119:25-32; Song of Solomon 8:7

Psa 119:25 DALETH. My soul cleaveth unto the dust: quicken thou me according to thy word.

Psa 119:26 I have declared my ways, and thou heardest me: teach me thy statutes.

Psa 119:27 Make me to understand the way of thy precepts: so shall I talk of thy wondrous works.

Psa 119:28 My soul melteth for heaviness: strengthen thou me according unto thy word.

Psa 119:29 Remove from me the way of lying: and grant me thy law graciously.

Psa 119:30 I have chosen the way of truth: thy judgments have I laid before me.

Psa 119:31 I have stuck unto thy testimonies: O LORD, put me not to shame.

Psa 119:32 I will run the way of thy commandments, when thou shalt enlarge my heart.

Son 8:7 Many waters cannot quench love, neither can the floods drown it: if a man would give all the substance of his house for love, it would utterly be contemned.

Is my love enduring? Does it withstand challenges and setbacks? Do I give and withhold love according to my moods or is it constant regardless of the ups and downs of life?

Exercise for the day: Reassure a loved one of the constancy of your love.

DAY 5 – ABIB 20 – APRIL 7 - HOD OF CHESED: HUMILITY IN LOVING-KINDNESS

Psalm 119:33-40; John 15:12

Psa 119:33 HE. Teach me, O LORD, the way of thy statutes; and I shall keep it unto the end.

Psa 119:34 Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.

Psa 119:35 Make me to go in the path of thy commandments; for therein do I delight.

Psa 119:36 Incline my heart unto thy testimonies, and not to covetousness.

Psa 119:37 Turn away mine eyes from beholding vanity; and quicken thou me in thy way.

Psa 119:38 Stablish thy word unto thy servant, who is devoted to thy fear.

Psa 119:39 Turn away my reproach which I fear: for thy judgments are good.

Psa 119:40 Behold, I have longed after thy precepts: quicken me in thy righteousness.

Joh 15:12 This is my commandment, That ye love one another, as I have loved you.

You can often get locked in love and be unable to forgive your beloved or to bend or compromise your position. Hod introduces the aspect of humility in love; the ability to rise above yourself and forgive or give in to the one you love just for the sake of love even if you are convinced that you're right. Arrogant love is not love.

EXERCISE FOR THE DAY: SWALLOW YOUR PRIDE AND RECONCILE WITH A LOVED ONE WITH WHOM YOU HAVE QUARRELED.

DAY 6 – ABIB 21 – APRIL 8 - YESOD OF CHESED: BONDING IN LOVING-KINDNESS

Psalm 119:41-48; John 14:23

Psa 119:41 VAU. Let thy mercies come also unto me, O LORD, even thy salvation, according to thy word.

Psa 119:42 So shall I have wherewith to answer him that reproacheth me: for I trust in thy word.

Psa 119:43 And take not the word of truth utterly out of my mouth; for I have hoped in thy judgments.

Psa 119:44 So shall I keep thy law continually for ever and ever.

Psa 119:45 And I will walk at liberty: for I seek thy precepts.

Psa 119:46 I will speak of thy testimonies also before kings, and will not be ashamed.

Psa 119:47 And I will delight myself in thy commandments, which I have loved.

Psa 119:48 My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy

statutes.

Joh 14:23 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.

For love to be eternal it requires bonding. A sense of togetherness which actualizes the love in a joint effort. An intimate connection, kinship, and attachment, benefiting both parties. This bonding bears fruit; the fruit born out of a healthy union.

Exercise for the day: Start building something constructive together with a loved one.

DAY 7 – ABIB 22 – APRIL 9 - MALCHUT OF CHESED: NOBILITY IN LOVING-KINDNESS

Psalm 119:49-56; I Cor. 13:1-8

Psa 119:49 ZAIN. Remember the word unto thy servant, upon which thou hast caused me to hope.

Psa 119:50 This is my comfort in my affliction: for thy word hath quickened me.

Psa 119:51 The proud have had me greatly in derision: yet have I not declined from thy law.

Psa 119:52 I remembered thy judgments of old, O LORD; and have comforted myself.

Psa 119:53 Horror hath taken hold upon me because of the wicked that forsake thy law.

Psa 119:54 Thy statutes have been my songs in the house of my pilgrimage.

Psa 119:55 I have remembered thy name, O LORD, in the night, and have kept thy law.

Psa 119:56 This I had, because I kept thy precepts.

1Co 13:1 Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

1Co 13:2 And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

1Co 13:3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

1Co 13:4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

1Co 13:5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

1Co 13:6 Rejoiceth not in iniquity, but rejoiceth in the truth;

1Co 13:7 Beareth all things, believeth all things, hopeth all things, endureth all things.

1Co 13:8 Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.

Mature love comes with -- and brings -- personal dignity. An intimate feeling of nobility and regality. Knowing your special place and contribution in this world. Any love that is debilitating and breaks the human spirit is no love at all. For love to be complete it must have the dimension of personal sovereignty.

Exercise for the day: Highlight an aspect of your love that has bolstered your spirit and enriched your life...and celebrate.

OMER COUNT – WEEK 2 - Isaac

April 10 - 16

GEVURAH: JUSTICE, DISCIPLINE, RESTRAINT, AWE

After the miraculous Exodus from Egypt, the Jewish people spent 49 days preparing for the most awesome experience in human history -- the giving of the Torah at Mount Sinai. Just as the Jewish peoples' redemption from Egypt teaches us how to achieve inner freedom in our lives; so too, this 49-day period, called 'Sefirat Ha'Omer' the Counting of the Omer, is a time of intense character refinement and elevation.

During this time, the aspect of the human psyche that most requires refinement is the area of the emotions. The spectrum of human experience consists of seven emotional attributes, or sefirot. This week we continue Sefirat Ha'Omer, utilizing the seven dimensions of the seven emotional attributes. The first week after Pesach was dedicated to examining the aspect of chesed, loving-kindness. The second week corresponds to the emotional attribute of gevurah, discipline or justice.

If love (Chesed) is the bedrock of human expression, discipline (Gevurah) is the channel through which we express love. It gives our life and love direction and focus. Gevurah -- discipline and measure -- concentrates and directs our efforts, our love in the proper directions.

DAY 8 – ABIB 23 – APRIL 10 - CHESED OF GEVURAH: LOVING-KINDNESS IN DISCIPLINE

Ps. 119:57-64, John 15:13

Psa 119:57 CHETH. Thou art my portion, O LORD: I have said that I would keep thy words.

Psa 119:58 I intreated thy favour with my whole heart: be merciful unto me according to thy word.

Psa 119:59 I thought on my ways, and turned my feet unto thy testimonies.

Psa 119:60 I made haste, and delayed not to keep thy commandments.

Psa 119:61 The bands of the wicked have robbed me: but I have not forgotten thy law.

Psa 119:62 At midnight I will rise to give thanks unto thee because of thy righteous judgments.

Psa 119:63 I am a companion of all them that fear thee, and of them that keep thy precepts.

Psa 119:64 The earth, O LORD, is full of thy mercy: teach me thy statutes.

Joh 15:13 Greater love hath no man than this, that a man lay down his life for his friends.

The underlying intention and motive in discipline is love. Why do we measure our behavior, why do we establish standards and expect people to live up to them? Only because of love. Chesed of gevurah is the love in discipline; it is the recognition that your personal discipline and the discipline you expect of others is only an expression of love. It is the understanding that we have no right to judge others; we have a right only to love them and that includes wanting them to be their best.

Ask yourself: when I judge and criticize another is it in any way tinged with any of my own contempt and irritation? Is there any hidden satisfaction in his failure? Or is it only out of love for the other?

Exercise for the day: Before you criticize someone today, think twice: Is it out of concern and love?

DAY 9 – ABIB 24 – APRIL 11 - GEVURAH OF GEVURAH: DISCIPLINE IN DISCIPLINE

Ps. 119:65-72, I Cor. 16:13

Psa 119:65 TETH. Thou hast dealt well with thy servant, O LORD, according unto thy word.

Psa 119:66 Teach me good judgment and knowledge: for I have believed thy commandments.

Psa 119:67 Before I was afflicted I went astray: but now have I kept thy word.

Psa 119:68 Thou art good, and doest good; teach me thy statutes.

Psa 119:69 The proud have forged a lie against me: but I will keep thy precepts with my whole heart.

Psa 119:70 Their heart is as fat as grease; but I delight in thy law.

Psa 119:71 It is good for me that I have been afflicted; that I might learn thy statutes.

Psa 119:72 The law of thy mouth is better unto me than thousands of gold and silver.

1Co 16:13 Watch ye, stand fast in the faith, quit you like men, be strong.

Examine the discipline factor of discipline: Is my discipline reasonably restrained or is it excessive? Do I have enough discipline in my life and in my interactions? Am I organized? Is my time used efficiently? Why do I have problems with discipline and what can I do to enhance it? Do I take time each day for personal accounting of my schedule and accomplishments?

Exercise for the day: Make a detailed plan for spending your day and at the end of the day see if you have lived up to it.

DAY 10 – ABIB 25 – APRIL 12 - TIFERET OF GEVURAH: COMPASSION IN DISCIPLINE

Ps. 119:73-80, Eph. 6:10-11

Psa 119:73 JOD. Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

Psa 119:74 They that fear thee will be glad when they see me; because I have hoped in thy word.

Psa 119:75 I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.

Psa 119:76 Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.

Psa 119:77 Let thy tender mercies come unto me, that I may live: for thy law is my delight.

Psa 119:78 Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts.

Psa 119:79 Let those that fear thee turn unto me, and those that have known thy testimonies.

Psa 119:80 Let my heart be sound in thy statutes; that I be not ashamed.

Eph 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.

Eph 6:11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

Underlying and driving discipline must not only be love, but also compassion. Compassion is unconditional love. It is love just for the sake of love, not considering the others position. Tiferet is a result of total

selflessness in the eyes of God. You love for no reason; you love because you are a reflection of God. Does my discipline have this element of compassion?

Exercise for the day: Be compassionate to someone you have reproached.

DAY 11 – ABIB 26 – APRIL 13 - NETZACH OF GEVURAH: ENDURANCE IN DISCIPLINE

Ps. 119: 81-88. Eph. 6:13-18

Psa 119:81 CAPH. My soul fainteth for thy salvation: but I hope in thy word.

Psa 119:82 Mine eyes fail for thy word, saying, When wilt thou comfort me?

Psa 119:83 For I am become like a bottle in the smoke; yet do I not forget thy statutes.

Psa 119:84 How many are the days of thy servant? when wilt thou execute judgment on them that persecute me?

Psa 119:85 The proud have digged pits for me, which are not after thy law.

Psa 119:86 All thy commandments are faithful: they persecute me wrongfully; help thou me.

Psa 119:87 They had almost consumed me upon earth; but I forsook not thy precepts.

Psa 119:88 Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth.

Eph 6:13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Eph 6:14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

Eph 6:15 And your feet shod with the preparation of the gospel of peace;

Eph 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

Eph 6:17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Eph 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

Effective discipline must be enduring and tenacious. Is my discipline consistent or only when forced? Do I follow through with discipline? Am I perceived as a weak disciplinarian?

Exercise for the day: Extend the plan you made on day two for a longer period of time listing short-term and long-term goals. Review and update it each day and see how consistent you are and if you follow through.

DAY 12 – ABIB 27 – APRIL 14 - HOD OF GEVURAH: HUMILITY IN DISCIPLINE

Ps. 119:89-96, Col. 1:10-12

Psa 119:89 LAMED. For ever, O LORD, thy word is settled in heaven.

Psa 119:90 Thy faithfulness is unto all generations: thou hast established the earth, and it abideth.

Psa 119:91 They continue this day according to thine ordinances: for all are thy servants.

Psa 119:92 Unless thy law had been my delights, I should then have perished in mine affliction.

Psa 119:93 I will never forget thy precepts: for with them thou hast quickened me.

Psa 119:94 I am thine, save me; for I have sought thy precepts.

Psa 119:95 The wicked have waited for me to destroy me: but I will consider thy testimonies.

Psa 119:96 I have seen an end of all perfection: but thy commandment is exceeding broad.

Col 1:10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

Col 1:11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

Col 1:12 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:

The results of discipline and might without humility are obvious. The greatest catastrophes have occurred as a result of people sitting in arrogant judgment of others. Am I arrogant in the name of justice (what I consider just)? Do I ever think that I sit on a higher pedestal and bestow judgment on my subjects below? What about my children? Students?

Exercise for the day: Before judging anyone, ensure that you are doing so selflessly with no personal bias.

DAY 13 – ABIB 28 – APRIL 15 - YESOD OF GEVURAH: BONDING IN DISCIPLINE

Ps. 119:97-104, Col. 2:7

Psa 119:97 MEM. O how love I thy law! it is my meditation all the day.

Psa 119:98 Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.

Psa 119:99 I have more understanding than all my teachers: for thy testimonies are my meditation.

Psa 119:100 I understand more than the ancients, because I keep thy precepts.

Psa 119:101 I have refrained my feet from every evil way, that I might keep thy word.

Psa 119:102 I have not departed from thy judgments: for thou hast taught me.

Psa 119:103 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

Psa 119:104 Through thy precepts I get understanding: therefore I hate every false way.

Col 2:7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

For discipline to be effective it must be coupled with commitment and bonding. Both in disciplining yourself and others there has to be a sense that the discipline is important for developing a stronger bond. Not that I discipline you, but that we are doing it together for our mutual benefit.

Exercise for the day: Demonstrate to your child or student how discipline is an expression of intensifying your bond and commitment to each other.

DAY 14 – ABIB 29 – APRIL 16 - MALCHUT OF GEVURAH: NOBILITY OF DISCIPLINE

Ps. 119:105-112, II Sam. 23:3

Psa 119:105 NUN. Thy word is a lamp unto my feet, and a light unto my path.

Psa 119:106 I have sworn, and I will perform it, that I will keep thy righteous judgments.

Psa 119:107 I am afflicted very much: quicken me, O LORD, according unto thy word.

Psa 119:108 Accept, I beseech thee, the freewill offerings of my mouth, O LORD, and teach me thy judgments.

Psa 119:109 My soul is continually in my hand: yet do I not forget thy law.

Psa 119:110 The wicked have laid a snare for me: yet I erred not from thy precepts.

Psa 119:111 Thy testimonies have I taken as an heritage for ever: for they are the rejoicing of my heart.

Psa 119:112 I have inclined mine heart to perform thy statutes always, even unto the end.

2Sa 23:3... The God of Israel said, the Rock of Israel spake to me, He that ruleth over men must be just, ruling in the fear of God.

Discipline, like love, must enhance personal dignity. Discipline that breaks a person will backfire. Healthy discipline should bolster self-esteem and help elicit the best in a person; cultivating his sovereignty. Does my discipline cripple the human spirit; does it weaken or strengthen me and others?

Exercise for the day: When disciplining your child or student, foster his self-respect.

OMER COUNT - WEEK 3 - Jacob

APRIL 17 – 23

TIFERET - HARMONY, COMPASSION

During the third week of Counting the Omer, we examine the emotional attribute of Tiferet or compassion. Tiferet blends and harmonizes the free outpouring love of Chesed with the discipline of Gevurah. Tiferet possesses this power by introducing a third dimension -- the dimension of truth, which is neither love nor discipline and therefore can integrate the two.

Truth is accessed through selflessness: rising above your ego and your predispositions, enabling you to realize truth. Truth gives you a clear and objective picture of yours and others' needs. This quality gives Tiferet its name, which means beauty: it blends the differing colors of love and discipline, and this harmony makes it beautiful.

DAY 15 – ABIB 30 – APRIL 17 - CHESED OF TIFERET: LOVING-KINDNESS IN COMPASSION

Psalm 119:113-120; Psalm 133

Psa 119:113 SAMECH. I hate vain thoughts: but thy law do I love.

Psa 119:114 Thou art my hiding place and my shield: I hope in thy word.

Psa 119:115 Depart from me, ye evildoers: for I will keep the commandments of my God.

Psa 119:116 Uphold me according unto thy word, that I may live: and let me not be ashamed of my hope.

Psa 119:117 Hold thou me up, and I shall be safe: and I will have respect unto thy statutes continually.

Psa 119:118 Thou hast trodden down all them that err from thy statutes: for their deceit is falsehood.

Psa 119:119 Thou puttest away all the wicked of the earth like dross: therefore I love thy testimonies.

Psa 119:120 My flesh trembleth for fear of thee; and I am afraid of thy judgments.

Psa 133:1 A Song of degrees of David. Behold, how good and how pleasant it is for brethren to dwell together in unity!

Psa 133:2 It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments;

Psa 133:3 As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore.

Examine the love aspect of compassion. Ask yourself: Is my compassion tender and loving or does it come across as pity? Is my sympathy condescending and patronizing? Even if my intention is otherwise, do others perceive it as such? Does my compassion overflow with love and warmth; is it expressed with enthusiasm, or is it static and lifeless?

Exercise for the day: When helping someone extend yourself in the fullest way; offer a smile or a loving gesture.

DAY 16 – IYAR 1 – APRIL 18 - GEVURAH OF TIFERET: DISCIPLINE IN COMPASSION

Psalms 119:121-128; Eph. 2:8-10

Psa 119:121 AIN. I have done judgment and justice: leave me not to mine oppressors.

Psa 119:122 Be surety for thy servant for good: let not the proud oppress me.

Psa 119:123 Mine eyes fail for thy salvation, and for the word of thy righteousness.

Psa 119:124 Deal with thy servant according unto thy mercy, and teach me thy statutes.

Psa 119:125 I am thy servant; give me understanding, that I may know thy testimonies.

Psa 119:126 It is time for thee, LORD, to work: for they have made void thy law.

Psa 119:127 Therefore I love thy commandments above gold; yea, above fine gold.

Psa 119:128 Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.

Eph 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Eph 2:9 Not of works, lest any man should boast.

Eph 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

For compassion to be effective and healthy it needs to be disciplined and focused. It requires discretion both to whom you express compassion, and in the measure of the compassion itself. It is recognizing when compassion should be expressed and when it should be withheld or limited. Discipline in compassion is knowing that being truly compassionate sometimes requires withholding compassion. Because compassion is not an expression of the bestower's needs but a response to the recipient's needs.

Exercise for the day: Express your compassion in a focused and constructive manner by addressing someone's specific needs.

DAY 17 – IYAR 2 – APRIL 19 - TIFERET OF TIFERET: COMPASSION IN COMPASSION

Psalm 119:129-136; Eph. 4:21-24

Psa 119:129 PE. Thy testimonies are wonderful: therefore doth my soul keep them.

Psa 119:130 The entrance of thy words giveth light; it giveth understanding unto the simple.

Psa 119:131 I opened my mouth, and panted: for I longed for thy commandments.

Psa 119:132 Look thou upon me, and be merciful unto me, as thou usest to do unto those that love thy name.

Psa 119:133 Order my steps in thy word: and let not any iniquity have dominion over me.

Psa 119:134 Deliver me from the oppression of man: so will I keep thy precepts.

Psa 119:135 Make thy face to shine upon thy servant; and teach me thy statutes.

Psa 119:136 Rivers of waters run down mine eyes, because they keep not thy law.

Eph 4:21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:

Eph 4:22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

Eph 4:23 And be renewed in the spirit of your mind;

Eph 4:24 And that ye put on the new man, which after God is created in righteousness and true holiness.

True compassion is limitless. It is not an extension of your needs and defined by your limited perspective. Compassion for another is achieved by having a selfless attitude, rising above yourself and placing yourself in the other person's situation and experience. Am I prepared and able to do that? If not, why? Do I express and actualize the compassion and empathy in my heart? What blocks me from expressing it? Is my compassion compassionate or self-serving? Is it compassion that comes out of guilt rather than genuine empathy? How does that affect and distort my compassion? Test yourself by seeing if you express compassion even when you do not feel guilty.

Exercise for the day: Express your compassion in a new way that goes beyond your previous limitations: express it towards someone to whom you have been callous.

DAY 18 – IYAR 3 – APRIL 20 - NETZACH OF TIFERET: ENDURANCE IN COMPASSION

Psalm 119:137-144; Col. 3:12-15

Psa 119:137 TZADDI. Righteous art thou, O LORD, and upright are thy judgments.

Psa 119:138 Thy testimonies that thou hast commanded are righteous and very faithful.

Psa 119:139 My zeal hath consumed me, because mine enemies have forgotten thy words.

Psa 119:140 Thy word is very pure: therefore thy servant loveth it.

Psa 119:141 I am small and despised: yet do not I forget thy precepts.

Psa 119:142 Thy righteousness is an everlasting righteousness, and thy law is the truth.

Psa 119:143 Trouble and anguish have taken hold on me: yet thy commandments are my delights.

Psa 119:144 The righteousness of thy testimonies is everlasting: give me understanding, and I shall live.

Col 3:12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

Col 3:13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

Col 3:14 And above all these things put on charity, which is the bond of perfectness.

Col 3:15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Is my compassion enduring and consistent? Is it reliable or whimsical? Does it prevail among other forces in my life? Do I have the capacity to be compassionate even when I'm busy with other activities or only when it's comfortable for me? Am I ready to stand up and fight for another?

Exercise for the day: In the middle of your busy day take a moment and call someone who needs a compassionate word. Defend someone who is in need of sympathy even if it's not a popular position.

DAY 19 – IYAR 4 – APRIL 21 - HOD OF TIFERET: HUMILITY IN COMPASSION

Psalm 119:145-152; Psalm 119:165

Psa 119:145 KOPH. I cried with my whole heart; hear me, O LORD: I will keep thy statutes.

Psa 119:146 I cried unto thee; save me, and I shall keep thy testimonies.

Psa 119:147 I prevented the dawning of the morning, and cried: I hoped in thy word.

Psa 119:148 Mine eyes prevent the night watches, that I might meditate in thy word.

Psa 119:149 Hear my voice according unto thy lovingkindness: O LORD, quicken me according to thy judgment.

Psa 119:150 They draw nigh that follow after mischief: they are far from thy law.

Psa 119:151 Thou art near, O LORD; and all thy commandments are truth.

Psa 119:152 Concerning thy testimonies, I have known of old that thou hast founded them for ever.

Psa 119:165 Great peace have they which love thy law: and nothing shall offend them.

If compassion is not to be condescending, it must include humility. Hod is recognizing that my ability to be compassionate and giving does not make me better than the recipient; it is the acknowledgment and appreciation that by creating one who needs compassion God gave me the gift of being able to bestow compassion. Thus there is no place for haughtiness in compassion.

Do I feel superior because I am compassionate? Do I look down at those that need my compassion? Am I humble and thankful to God for giving me the ability to have compassion for others?

Exercise for the day: Express compassion in an anonymous fashion, not taking any personal credit.

DAY 20 – IYAR 5 – APRIL 22 - YESOD OF TIFERET: BONDING IN COMPASSION

Psalm 119:153-160; Luke 14: 28-30

Psa 119:153 RESH. Consider mine affliction, and deliver me: for I do not forget thy law.

Psa 119:154 Plead my cause, and deliver me: quicken me according to thy word.

Psa 119:155 Salvation is far from the wicked: for they seek not thy statutes.

Psa 119:156 Great are thy tender mercies, O LORD: quicken me according to thy judgments.

Psa 119:157 Many are my persecutors and mine enemies; yet do I not decline from thy testimonies.

Psa 119:158 I beheld the transgressors, and was grieved; because they kept not thy word.

Psa 119:159 Consider how I love thy precepts: quicken me, O LORD, according to thy lovingkindness.

Psa 119:160 Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.

Luk 14:28 For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

Luk 14:29 Lest haply, after he hath laid the foundation, and is not able to finish it, all that behold it begin to mock him,

Luk 14:30 Saying, This man began to build, and was not able to finish.

For compassion to be fully realized, it needs bonding. It requires creating a channel between giver and receiver; a mutuality that extends beyond the moment of need. A bond that continues to live on. That is the most gratifying result of true compassion. Do you bond with the one you have compassion for, or do you remain apart? Does your interaction achieve anything beyond a single act of sympathy?

Exercise for the day: Ensure that something eternal is built as a result of your compassion.

DAY 21 – IYAR 6 – APRIL 23 - MALCHUT OF TIFERET: NOBILITY IN COMPASSION

Psalm 119:161-168; Rev. 3:21

Psa 119:161 SCHIN. Princes have persecuted me without a cause: but my heart standeth in awe of thy word.

Psa 119:162 I rejoice at thy word, as one that findeth great spoil.

Psa 119:163 I hate and abhor lying: but thy law do I love.

Psa 119:164 Seven times a day do I praise thee because of thy righteous judgments.

Psa 119:165 Great peace have they which love thy law: and nothing shall offend them.

Psa 119:166 LORD, I have hoped for thy salvation, and done thy commandments.

Psa 119:167 My soul hath kept thy testimonies; and I love them exceedingly.

Psa 119:168 I have kept thy precepts and thy testimonies: for all my ways are before thee.

Rev 3:21 To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.

Examine the dignity of your compassion. For compassion to be complete (and enhance the other six aspects of compassion) it must recognize and appreciate individual sovereignty. It should boost self-esteem and cultivate human dignity. Both your own dignity and the dignity of the one benefiting from your compassion.

Is my compassion expressed in a dignified manner? Does it elicit dignity in others? Do I recognize the fact that when I experience compassion as dignified it will reflect reciprocally in the one who receives compassion?

Exercise for the day: Rather than just giving charity, help the needy help themselves in a fashion that strengthens their dignity.

APRIL 24 - 30

NETZACH – ENDURANCE

During the fourth week of counting the Omer, we examine and refine the emotional attribute of endurance known as Netzach. Netzach means endurance, fortitude and ambition and is a combination of determination and tenacity. It is a balance of patience, persistence and guts. Endurance is also being reliable and accountable, which establishes security and commitment.

Without endurance, any good endeavor or intention has no chance of success. Endurance means to be alive, to be driven by what counts. It is the readiness to fight for what you believe, to go all the way. This, of course, requires that endurance be closely examined to ensure that it is used in a healthy and productive manner.

DAY 22 – IYAR 7 – APRIL 24 - CHESED OF NETZACH: LOVING-KINDNESS IN ENDURANCE

Psalms 119:169-176; I Cor. 15:57-58

Psa 119:169 TAU. Let my cry come near before thee, O LORD: give me understanding according to thy word.

Psa 119:170 Let my supplication come before thee: deliver me according to thy word.

Psa 119:171 My lips shall utter praise, when thou hast taught me thy statutes.

Psa 119:172 My tongue shall speak of thy word: for all thy commandments are righteousness.

Psa 119:173 Let thine hand help me; for I have chosen thy precepts.

Psa 119:174 I have longed for thy salvation, O LORD; and thy law is my delight.

Psa 119:175 Let my soul live, and it shall praise thee; and let thy judgments help me.

Psa 119:176 I have gone astray like a lost sheep; seek thy servant; for I do not forget thy commandments.

ICo 15:57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

ICo 15:58 Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

For anything to endure it needs to be loved. A neutral or indifferent attitude will reflect in a marginal commitment. If you have difficulty making commitments, examine how much you love and enjoy the object that requires your commitment. Do I love my work? My family? My choices? For endurance to be effective it needs to be caring and loving. Does my endurance cause me to be, or seem to be, inflexible? Does my drive and determination cause me to be controlling? Am I too demanding? Do others (my employees, friends, children) cooperate with me out of the sheer force of my will and drive, or out of love?

Exercise for the day: When fighting for something you believe in, pause a moment to ensure that it is accomplished in a loving manner.

DAY 23 – IYAR 8 – APRIL 25 - GEVURAH OF NETZACH: DISCIPLINE IN ENDURANCE

Psalms 120; I Cor. 9:24-27

Psa 120:1 A Song of degrees. In my distress I cried unto the LORD, and he heard me.

Psa 120:2 Deliver my soul, O LORD, from lying lips, and from a deceitful tongue.

Psa 120:3 What shall be given unto thee? or what shall be done unto thee, thou false tongue?

Psa 120:4 Sharp arrows of the mighty, with coals of juniper.

Psa 120:5 Woe is me, that I sojourn in Mesech, that I dwell in the tents of Kedar!

Psa 120:6 My soul hath long dwelt with him that hateth peace.

Psa 120:7 I am for peace: but when I speak, they are for war.

1Co 9:24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

1Co 9:25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

1Co 9:26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

1Co 9:27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Examine the discipline of your endurance. Endurance must be directed toward productive goals and expressed in a constructive manner. Is my endurance and determination focused to help cultivate good habits and break bad ones? Or is it the other way around? Does my endurance come from strength or weakness? Does it come out of deep conviction or out of defensiveness? Do I use my endurance against itself by being tenacious in my lack of determination?

Exercise for the day: Break one bad habit today.

DAY 24 –IYAR 9 – APRIL 26 - TIFERET OF NETZACH: COMPASSION IN ENDURANCE

Psalm 121; Ex. 15:1-4

Psa 121:2 A Song of degrees. I will lift up mine eyes unto the hills, from whence cometh my help.

Psa 121:2 My help cometh from the LORD, which made heaven and earth.

Psa 121:3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

Psa 121:4 Behold, he that keepeth Israel shall neither slumber nor sleep.

Psa 121:5 The LORD is thy keeper: the LORD is thy shade upon thy right hand.

Psa 121:6 The sun shall not smite thee by day, nor the moon by night.

Psa 121:7 The LORD shall preserve thee from all evil: he shall preserve thy soul.

Psa 121:8 The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Exo 15:1 Then sang Moses and the children of Israel this song unto the LORD, and spake, saying, I will sing unto the LORD, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea.

Exo 15:2 The LORD is my strength and song, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, and I will exalt him.

Exo 15:3 The LORD is a man of war: the LORD is his name.

Exo 15:4 Pharaoh's chariots and his host hath he cast into the sea: his chosen captains also are drowned in the Red sea.

Healthy endurance, directed to develop good qualities and modifying bad ones, will always be compassionate. The compassion of endurance reflects a most beautiful quality of endurance: an enduring commitment to help

another grow. Endurance without compassion is misguided and selfish. Endurance needs to be not just loving to those who deserve love, but also compassionate to the less fortunate. Does my determination compromise my compassion for others? Am I able to rise above my ego and empathize with my competitors? Am I gracious in victory?

Exercise for the day: Be patient and listen to someone who usually makes you impatient.

DAY 25- IYAR 10 – APRIL 27 - NETZACH OF NETZACH: ENDURANCE IN ENDURANCE

Psalm 122; Isa. 42:13

Psa 122:1 A Song of degrees of David. *I was glad when they said unto me, Let us go into the house of the LORD.*

Psa 122:2 Our feet shall stand within thy gates, O Jerusalem.

Psa 122:3 Jerusalem is builded as a city that is compact together:

Psa 122:4 Whither the tribes go up, the tribes of the LORD, unto the testimony of Israel, to give thanks unto the name of the LORD.

Psa 122:5 For there are set thrones of judgment, the thrones of the house of David.

Psa 122:6 Pray for the peace of Jerusalem: they shall prosper that love thee.

Psa 122:7 Peace be within thy walls, and prosperity within thy palaces.

Psa 122:8 For my brethren and companions' sakes, I will now say, Peace be within thee.

Psa 122:9 Because of the house of the LORD our God I will seek thy good.

Isa 42:13 The LORD shall go forth as a mighty man, he shall stir up jealousy like a man of war: he shall cry, yea, roar; he shall prevail against his enemies.

Everyone has willpower and determination. We have the capacity to endure much more than we can imagine, and to prevail under the most trying of circumstances.

Ask yourself: Is my behavior erratic? Am I inconsistent and unreliable? Since I have will and determination, why am I so mercurial? Am I afraid of accessing my endurance and committing? Do I fear being trapped by my commitment? If yes, why? Is it a reaction to some past trauma? Instead of cultivating endurance in healthy areas, have I developed a capacity for endurance of unhealthy experiences? Do I endure more pain than pleasure? Do I underestimate my capacity to endure?

Exercise for the day: Commit yourself to developing a new good habit.

DAY 26 – IYAR 11 – APRIL 28 - HOD OF NETZACH: HUMILITY IN ENDURANCE

Psalm 123; Psalm 47.1

Psa 123:1 A Song of degrees. *Unto thee lift I up mine eyes, O thou that dwellest in the heavens.*

Psa 123:2 Behold, as the eyes of servants look unto the hand of their masters, and as the eyes of a maiden unto the hand of her mistress; so our eyes wait upon the LORD our God, until that he have mercy upon us.

Psa 123:3 Have mercy upon us, O LORD, have mercy upon us: for we are exceedingly filled with contempt.

Psa 123:4 Our soul is exceedingly filled with the scorning of those that are at ease, and with the contempt of the proud.

Psa 47:1 To the chief Musician, A Psalm for the sons of Korah. O clap your hands, all ye people; shout unto God with the voice of triumph.

Yielding -- which is a result of humility -- is an essential element of enduring. Standing fast can sometimes be a formula for destruction. The oak, lacking the ability to bend in the hurricane, is uprooted. The reed, which yields to the wind, survives without a problem. Do I know when to yield, out of strength not fear? Why am I often afraid to yield? Endurance is fueled by inner strength. Hod of Netzach is the humble recognition and acknowledgement that the capacity to endure and prevail comes from the soul that God gave each person. This humility does not compromise the drive of endurance; on the contrary, it intensifies it, because human endurance can go only so far and endure only so much, whereas endurance that comes from the Divine soul is limitless.

Do I attribute my success solely to my own strength and determination? Am I convinced that I am all-powerful due to my level of endurance? Where do I get the strength at times when everything seems so bleak?

Exercise for the day: When you awake, acknowledge God for giving you a soul with the extraordinary power and versatility to endure despite trying challenges. This will allow you to draw energy and strength for the entire day.

DAY 27 – IYAR 12 – APRIL 29 - YESOD OF NETZACH: BONDING IN ENDURANCE

Psalm 124; Psalm 60:12

Psa 124:1 A Song of degrees of David. If it had not been the LORD who was on our side, now may Israel say;

Psa 124:2 If it had not been the LORD who was on our side, when men rose up against us:

Psa 124:3 Then they had swallowed us up quick, when their wrath was kindled against us:

Psa 124:4 Then the waters had overwhelmed us, the stream had gone over our soul:

Psa 124:5 Then the proud waters had gone over our soul.

Psa 124:6 Blessed be the LORD, who hath not given us as a prey to their teeth.

Psa 124:7 Our soul is escaped as a bird out of the snare of the fowlers: the snare is broken, and we are escaped.

Psa 124:8 Our help is in the name of the LORD, who made heaven and earth.

Psa 60:12 Through God we shall do valiantly: for he it is that shall tread down our enemies.

Bonding is an essential quality of endurance. It expresses your unwavering commitment to the person or experience you are bonding with, a commitment so powerful that you will endure all to preserve it. Endurance without bonding will not endure.

Exercise for the day: To ensure the endurance of your new resolution, bond with it immediately. This can be assured by promptly actualizing your resolution in some constructive deed or committing yourself to another.

DAY 28 – IYAR 13 – APRIL 30 - MALCHUT OF NETZACH: NOBILITY IN ENDURANCE

Psalm 125; Psalm 92:1

***Psa 125:1** A Song of degrees. They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever.*

***Psa 125:2** As the mountains are round about Jerusalem, so the LORD is round about his people from henceforth even for ever.*

***Psa 125:3** For the rod of the wicked shall not rest upon the lot of the righteous; lest the righteous put forth their hands unto iniquity.*

***Psa 125:4** Do good, O LORD, unto those that be good, and to them that are upright in their hearts.*

***Psa 125:5** As for such as turn aside unto their crooked ways, the LORD shall lead them forth with the workers of iniquity: but peace shall be upon Israel.*

***Psa 92:1** A Psalm or Song for the sabbath day. It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High.*

Sovereignty is the cornerstone of endurance. Endurance that encompasses the previous six qualities is indeed a tribute and testimony to the majesty of the human spirit. Is my endurance dignified? Does it bring out the best in me? When faced with hardships do I behave like a king or queen, walking proudly with my head up, confident in my God-given strengths, or do I cower and shrivel up in fear?

Exercise for the day: Fight for a dignified cause.

OMER COUNT - WEEK 5 - Aaron

May 1 - 7

HOD – HUMILITY

During the fifth week of counting the Omer, we examine and refine the emotional attribute of Hod or humility. Humility -- and the resulting yielding -- should not be confused with weakness and lack of self-esteem. Hod or humility is modesty -- it is acknowledgment (from the root of the Hebrew word "hoda'ah"). It is saying "thank you" to God. It is clearly recognizing your qualities and strengths and acknowledging that they are not your own; they were given to you by God for a higher purpose than just satisfying your own needs. Humility is modesty; it is recognizing how small you are which allows you to realize how large you can become. And that makes humility so formidable.

A full cup cannot be filled. When you're filled with yourself and your needs, "I and nothing else", there is no room for more. When you "empty" yourself before something greater than yourself, your capacity to receive increases beyond your previously perceived limits. Humility is the key to transcendence; to reach beyond yourself. Only true humility gives you the power of total objectivity. Humility is sensitivity; it is healthy shame out of recognition that you can be better than you are and that you can expect more of yourself. Although humility is silent it is not a void. It is a dynamic expression of life that includes all seven qualities of love, discipline, compassion, endurance, humility, bonding and sovereignty.

DAY 29 – IYAR 14 – MAY 1 - CHESED OF HOD: LOVING-KINDNESS IN HUMILITY

Psalm 126; Ex. 34:6-7

Psa 126:1 *A Song of degrees. When the LORD turned again the captivity of Zion, we were like them that dream.*

Psa 126:2 *Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The LORD hath done great things for them.*

Psa 126:3 *The LORD hath done great things for us; whereof we are glad.*

Psa 126:4 *Turn again our captivity, O LORD, as the streams in the south.*

Psa 126:5 *They that sow in tears shall reap in joy.*

Psa 126:6 *He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.*

Exo 34:6 *And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth,*

Exo 34:7 *Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.*

Examine the love in your humility. Healthy humility is not demoralizing; it brings love and joy not fear. Humility that lacks love has to be reexamined for its authenticity. Sometimes humility can be confused with low self-esteem, which would cause it to be unloving. Humility brings love because it gives you the ability to rise above yourself and love another. Does my humility cause me to be more loving and giving? More expansive? Or does it inhibit and constrain me?

Exercise for the day: Before praying with humility and acknowledgment of God, give some charity. It will enhance your prayers.

DAY 30 – IYAR 15 – MAY 2 – GEVURAH OF HOD – DISCIPLINE IN HUMILITY

Psa. 127; Ex. 16:7-10

Psa 127:1 *A Song of degrees for Solomon. Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.*

Psa 127:2 *It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

Psa 127:3 *Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.*

Psa 127:4 *As arrows are in the hand of a mighty man; so are children of the youth.*

Psa 127:5 *Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.*

Exo 16:7 *And in the morning, then ye shall see the glory of the LORD; for that he heareth your murmurings against the LORD: and what are we, that ye murmur against us?*

Exo 16:8 *And Moses said, This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD.*

Exo 16:9 *And Moses spake unto Aaron, Say unto all the congregation of the children of Israel, Come near*

before the LORD: for he hath heard your murmurings.

Exo 16:10 And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the glory of the LORD appeared in the cloud.

Humility must be disciplined and focused. When should my humility cause me to compromise and when not? In the name of humility do I sometimes remain silent and neutral in the face of wickedness? Humility must also include respect and awe for the person or experience before whom you stand humble. If my humility is wanting, is it because I don't respect another?

Exercise for the day: Focus in on your reluctance to commit in a given area to see if it originates from a healthy, humble place.

DAY 31 – IYAR 16 – MAY 3- TIFERET OF HOD: COMPASSION IN HUMILITY

Psalm 128; I Sam. 2:8-10

Psa 128:1 *A Song of degrees. Blessed is every one that feareth the LORD; that walketh in his ways.*

Psa 128:2 *For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.*

Psa 128:3 *Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants round about thy table.*

Psa 128:4 *Behold, that thus shall the man be blessed that feareth the LORD.*

Psa 128:5 *The LORD shall bless thee out of Zion: and thou shalt see the good of Jerusalem all the days of thy life.*

Psa 128:6 *Yea, thou shalt see thy children's children, and peace upon Israel.*

ISa 2:8 *He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: for the pillars of the earth are the LORD'S, and he hath set the world upon them.*

ISa 2:9 *He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail.*

ISa 2:10 *The adversaries of the LORD shall be broken to pieces; out of heaven shall he thunder upon them: the LORD shall judge the ends of the earth; and he shall give strength unto his king, and exalt the horn of his anointed.*

Examine if your humility is compassionate. Does my humility cause me to be self-contained and anti-social or does it express itself in empathy for others? Is my humility balanced and beautiful? Or is it awkward? Just as humility brings compassion, compassion can lead one to humility. If you lack humility, try acting compassionately, which can help bring you to humility.

Exercise for the day: Express a humble feeling in an act of compassion.

DAY 32 – IYAR 17 – MAY 4 - NETZACH OF HOD: ENDURANCE IN HUMILITY

Psalm 129; I Chron. 16:27-29

Psa 129:1 *A Song of degrees. Many a time have they afflicted me from my youth, may Israel now say:*

Psa 129:2 Many a time have they afflicted me from my youth: yet they have not prevailed against me.

Psa 129:3 The plowers plowed upon my back: they made long their furrows.

Psa 129:4 The LORD is righteous: he hath cut asunder the cords of the wicked.

Psa 129:5 Let them all be confounded and turned back that hate Zion.

Psa 129:6 Let them be as the grass upon the housetops, which withereth afore it groweth up:

Psa 129:7 Wherewith the mower filleth not his hand; nor he that bindeth sheaves his bosom.

Psa 129:8 Neither do they which go by say, The blessing of the LORD be upon you: we bless you in the name of the LORD.

1Ch 16:27 Glory and honour are in his presence; strength and gladness are in his place.

1Ch 16:28 Give unto the LORD, ye kindreds of the people, give unto the LORD glory and strength.

1Ch 16:29 Give unto the LORD the glory due unto his name: bring an offering, and come before him: worship the LORD in the beauty of holiness.

Examine the strength and endurance of your humility. Does my humility withstand challenges? Am I firm in my positions or do I waffle in the name of humility? Humility and modesty should not cause one to feel weak and insecure. Netzach of Hod underscores the fact that true humility does not make you into a "doormat" for others to step on; on the contrary, humility gives you enduring strength. Is my humility perceived as weakness? Does that cause others to take advantage of me?

Exercise for the day: Demonstrate the strength of your humility by initiating or actively participating in a good cause.

DAY 33 – IYAR 18 – MAY 5 - HOD OF HOD: HUMILITY IN HUMILITY

Psalm 130; Psalm 19:1

Psa 130:1 A Song of degrees. Out of the depths have I cried unto thee, O LORD.

Psa 130:2 Lord, hear my voice: let thine ears be attentive to the voice of my supplications.

Psa 130:3 If thou, LORD, shouldest mark iniquities, O Lord, who shall stand?

Psa 130:4 But there is forgiveness with thee, that thou mayest be feared.

Psa 130:5 I wait for the LORD, my soul doth wait, and in his word do I hope.

Psa 130:6 My soul waiteth for the Lord more than they that watch for the morning: I say, more than they that watch for the morning.

Psa 130:7 Let Israel hope in the LORD: for with the LORD there is mercy, and with him is plenteous redemption.

Psa 130:8 And he shall redeem Israel from all his iniquities.

Psa 19:1 To the chief Musician, A Psalm of David. The heavens declare the glory of God; and the firmament sheweth his handywork.

Everyone has humility and modesty in their hearts, the question is the measure and manner in which one consciously feels it. Am I afraid to be too humble? Do I mask and protect my modesty with aggressive behavior? Humility must also be examined for its genuineness. Is my humility humble? Or is it yet another expression of arrogance? Do I take too much pride in my humility? Do I flaunt it? Is it self-serving? Is my humility part of a crusade or is it genuine?

Exercise for the day: Be humble just for its own sake.

DAY 34 – IYAR 19 – MAY 6 - YESOD OF HOD: BONDING IN HUMILITY

Psalm 131; Psalm 104:31

Psa 131:1 A Song of degrees of David. LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.

Psa 131:2 Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.

Psa 131:3 Let Israel hope in the LORD from henceforth and for ever.

Psa 104:31 The glory of the LORD shall endure for ever: the LORD shall rejoice in his works.

Humility should not be a lonely experience. It ought to result in deep bonding and commitment. There is no stronger bond than one that comes out of humility. Does my humility separate me from others or bring us closer? Does my humility produce results? Long term results? Does it create an everlasting foundation upon which I and others can rely and build?

Exercise for the day: Use your humility to build something lasting.

DAY 35 – IYAR 20 – MAY 7 - MALCHUT OF HOD: NOBILITY IN HUMILITY

Psalm 132:1-9; Psalm 24:7-10

Psa 132:1 A Song of degrees. LORD, remember David, and all his afflictions:

Psa 132:2 How he swore unto the LORD, and vowed unto the mighty God of Jacob;

Psa 132:3 Surely I will not come into the tabernacle of my house, nor go up into my bed;

Psa 132:4 I will not give sleep to mine eyes, or slumber to mine eyelids,

Psa 132:5 Until I find out a place for the LORD, an habitation for the mighty God of Jacob.

Psa 132:6 Lo, we heard of it at Ephratah: we found it in the fields of the wood.

Psa 132:7 We will go into his tabernacles: we will worship at his footstool.

Psa 132:8 Arise, O LORD, into thy rest; thou, and the ark of thy strength.

Psa 132:9 Let thy priests be clothed with righteousness; and let thy saints shout for joy.

Psa 24:7 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.

Psa 24:8 Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.

Psa 24:9 Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.

Psa 24:10 Who is this King of glory? The LORD of hosts, he is the King of glory. Selah.

Walking humbly is walking tall. Dignity is the essence of humility and modesty. The splendor of humility is majestic and aristocratic. Humility that suppresses the human spirit and denies individual sovereignty is not humility at all. Does my humility make me feel dignified? Do I feel alive and vibrant?

Exercise for the day: Teach someone how humility and modesty enhance human dignity.

OMER COUNT - WEEK 6 - Joseph

May 8 - 14

YESOD – BONDING

During the sixth week of counting the Omer, we examine and refine the emotional attribute of Yesod or bonding. Bonding means connecting; not only feeling for another, but being attached to him. Not just a token commitment, but total devotion. It creates a channel between giver and receiver. Bonding is eternal. It develops an everlasting union that lives on forever through the perpetual fruit it bears.

Bonding is the foundation of life. The emotional spine of the human psyche. Every person needs bonding to flourish and grow. The bonding between mother and child; between husband and wife; between brothers and sisters; between close friends. Bonding is affirmation; it gives one the sense of belonging; that "I matter", "I am significant and important". It establishes trust -- trust in yourself and trust in others. It instills confidence. Without bonding and nurturing we cannot realize and be ourselves.

DAY 36 – IYAR 21 – MAY 8 - CHESED OF YESOD: LOVING-KINDNESS OF BONDING

Psalm 132:10-18; Rom. 13:8-10

Psa 132:10 For thy servant David's sake turn not away the face of thine anointed.

Psa 132:11 The LORD hath sworn in truth unto David; he will not turn from it; Of the fruit of thy body will I set upon thy throne.

Psa 132:12 If thy children will keep my covenant and my testimony that I shall teach them, their children shall also sit upon thy throne for evermore.

Psa 132:13 For the LORD hath chosen Zion; he hath desired it for his habitation.

Psa 132:14 This is my rest for ever: here will I dwell; for I have desired it.

Psa 132:15 I will abundantly bless her provision: I will satisfy her poor with bread.

Psa 132:16 I will also clothe her priests with salvation: and her saints shall shout aloud for joy.

Psa 132:17 There will I make the horn of David to bud: I have ordained a lamp for mine anointed.

Psa 132:18 His enemies will I clothe with shame: but upon himself shall his crown flourish.

Rom 13:8 Owe no man anything, but to love one another: for he that loveth another hath fulfilled the law.

Rom 13:9 For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself.

Rom 13:10 Love worketh no ill to his neighbour: therefore love is the fulfilling of the law.

Love is the heart of bonding. You cannot bond without love. Love establishes a reliable base on which bonding can build. If you have a problem bonding, examine how much you love the one (or the experience) with which

you wish to bond. Do I try to bond without first fostering a loving attitude? Is my bonding expressed in a loving manner?

Exercise for the day: Demonstrate the bond you have with your child or friend through an act of love.

DAY 37 – IYAR 22 – MAY 9 - GEVURAH OF YESOD: DISCIPLINE OF BONDING

Psalm 133; Heb. 12:1-4

Psa 133:1 *A Song of degrees of David. Behold, how good and how pleasant it is for brethren to dwell together in unity!*

Psa 133:2 *It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments;*

Psa 133:3 *As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore.*

Heb 12:1 *Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,*

Heb 12:2 *Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

Heb 12:3 *For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.*

Heb 12:4 *Ye have not yet resisted unto blood, striving against sin.*

Bonding must be done with discretion and careful consideration with whom and with what you bond. Even the healthiest and closest bonding needs "time out", a respect for each individual's space. Do I over bond? Am I too dependent on the one I bond with? Is he too dependent on me? Do I bond out of desperation? Do I bond with healthy, wholesome people?

Exercise for the day: Review the discipline in your bonding experiences to see if it needs adjustment.

DAY 38 – IYAR 23 – MAY 10 - TIFERET OF YESOD: COMPASSION IN BONDING

Psalm 134; Phil 2:1-9

Psa 134:1 *A Song of degrees. Behold, bless ye the LORD, all ye servants of the LORD, which by night stand in the house of the LORD.*

Psa 134:2 *Lift up your hands in the sanctuary, and bless the LORD.*

Psa 134:3 *The LORD that made heaven and earth bless thee out of Zion.*

Php 2:1 *If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,*

Php 2:2 *Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.*

Php 2:3 *Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.*

Php 2:4 *Look not every man on his own things, but every man also on the things of others.*

Php 2:5 Let this mind be in you, which was also in Christ Jesus:

Php 2:6 Who, being in the form of God, thought it not robbery to be equal with God:

Php 2:7 But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

Php 2:8 And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

Php 2:9 Wherefore God also hath highly exalted him, and given him a name which is above every name:

Bonding needs to be not only loving but also compassionate, feeling your friend's pain and empathizing with him. Is my bonding conditional? Do I withdraw when I am uncomfortable with my friend's troubles?

Exercise for the day: Offer help and support in dealing with an ordeal of someone with whom you have bonded.

DAY 39 – IYAR 24 – MAY 11 - NETZACH OF YESOD: ENDURANCE IN BONDING

Psalms 112; Phil. 4:13

Psa 112:1 Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments.

Psa 112:2 His seed shall be mighty upon earth: the generation of the upright shall be blessed.

Psa 112:3 Wealth and riches shall be in his house: and his righteousness endureth for ever.

Psa 112:4 Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion, and righteous.

Psa 112:5 A good man sheweth favour, and lendeth: he will guide his affairs with discretion.

Psa 112:6 Surely he shall not be moved for ever: the righteous shall be in everlasting remembrance.

Psa 112:7 He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

Psa 112:8 His heart is established, he shall not be afraid, until he see his desire upon his enemies.

Psa 112:9 He hath dispersed, he hath given to the poor; his righteousness endureth for ever; his horn shall be exalted with honour.

Psa 112:10 The wicked shall see it, and be grieved; he shall gnash with his teeth, and melt away: the desire of the wicked shall perish.

Php 4:13 I can do all things through Christ which strengtheneth me.

An essential component of bonding is its endurance; its ability to withstand challenges and setbacks. Without endurance there is no chance to develop true bonding. Am I totally committed to the one with whom I bond? How much will I endure and how ready am I to fight to maintain this bond? Is the person I bond with aware of my devotion?

Exercise for the day: Demonstrate the endurance level of your bonding by confronting a challenge that obstructs the bond.

DAY 40 – IYAR 25 – MAY 12 - HOD OF YESOD: HUMILITY IN BONDING

Psalms 113; Col. 1:10-11

Psa 113:1 Praise ye the LORD. Praise, O ye servants of the LORD, praise the name of the LORD.

Psa 113:2 Blessed be the name of the LORD from this time forth and for evermore.

Psa 113:3 From the rising of the sun unto the going down of the same the LORD'S name is to be praised.

Psa 113:4 The LORD is high above all nations, and his glory above the heavens.

Psa 113:5 Who is like unto the LORD our God, who dwelleth on high,

Psa 113:6 Who humbleth himself to behold the things that are in heaven, and in the earth!

Psa 113:7 He raiseth up the poor out of the dust, and lifteth the needy out of the dunghill;

Psa 113:8 That he may set him with princes, even with the princes of his people.

Psa 113:9 He maketh the barren woman to keep house, and to be a joyful mother of children. Praise ye the LORD.

Col 1:10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

Col 1:11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

Humility is crucial in healthy bonding. Arrogance divides people. Preoccupation with your own desires and needs separates you from others. Humility allows you to appreciate another person and bond with him. Healthy bonding is the union of two distinct people, with independent personalities, who join for a higher purpose than satisfying their own needs. True humility comes from recognizing and acknowledging God in your life. Am I aware of the third partner -- God -- in bonding? And that this partner gives me the capacity to unite with another, despite our distinctions.

Exercise for the day: When praying acknowledge God specifically for helping you bond with others.

DAY 41 – IYAR 26 – MAY 13 - YESOD OF YESOD: BONDING IN BONDING

Psalm 114; Matt. 7:24-27

Psa 114:1 *When Israel went out of Egypt, the house of Jacob from a people of strange language;*

Psa 114:2 Judah was his sanctuary, and Israel his dominion.

Psa 114:3 The sea saw it, and fled: Jordan was driven back.

Psa 114:4 The mountains skipped like rams, and the little hills like lambs.

Psa 114:5 What ailed thee, O thou sea, that thou fleddest? thou Jordan, that thou wast driven back?

Psa 114:6 Ye mountains, that ye skipped like rams; and ye little hills, like lambs?

Psa 114:7 Tremble, thou earth, at the presence of the Lord, at the presence of the God of Jacob;

Psa 114:8 Which turned the rock into a standing water, the flint into a fountain of waters.

Mat 7:24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:

Mat 7:25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.

Mat 7:26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:

Mat 7:27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it

fell: and great was the fall of it.

Every person needs and has the capacity to bond with other people, with significant undertakings and with meaningful experiences. Do I have difficulty bonding? Is the difficulty in all areas or only in certain ones? Do I bond easily with my job, but have trouble bonding with people? Or vice versa?

Examine the reasons for not bonding. Is it because I am too critical and find fault in everything as an excuse for not bonding? Am I too locked in my own ways? Is my not bonding a result of discomfort with vulnerability? Have I been hurt in my past bonding experiences? Has my trust been abused? Is my fear of bonding a result of the deficient bonding I experienced as a child?

To cultivate your capacity to bond, even if you have valid reasons to distrust, you must remember that God gave you a Divine soul that is nurturing and loving and you must learn to recognize the voice within, which will allow you to experience other people's souls and hearts. Then you can slowly drop your defenses when you recognize someone or something you can truly trust.

One additional point: Bonding breeds bonding. When you bond in one area of your life, it helps you bond in other areas.

Exercise for the day: Begin bonding with a new person or experience your love by committing designated time each day or week to spend together constructively.

DAY 42 – IYAR 27 – MAY 14 - MALCHUT OF YESOD: NOBILITY IN BONDING

Psa 115:1 Not unto us, O LORD, not unto us, but unto thy name give glory, for thy mercy, and for thy truth's sake.

Psa 115:2 Wherefore should the heathen say, Where is now their God?

Psa 115:3 But our God is in the heavens: he hath done whatsoever he hath pleased.

Psa 115:4 Their idols are silver and gold, the work of men's hands.

Psa 115:5 They have mouths, but they speak not: eyes have they, but they see not:

Psa 115:6 They have ears, but they hear not: noses have they, but they smell not:

Psa 115:7 They have hands, but they handle not: feet have they, but they walk not: neither speak they through their throat.

Psa 115:8 They that make them are like unto them; so is every one that trusteth in them.

Psa 115:9 O Israel, trust thou in the LORD: he is their help and their shield.

Psa 115:10 O house of Aaron, trust in the LORD: he is their help and their shield.

Psa 115:11 Ye that fear the LORD, trust in the LORD: he is their help and their shield.

Psa 115:12 The LORD hath been mindful of us: he will bless us; he will bless the house of Israel; he will bless the house of Aaron.

Psa 115:13 He will bless them that fear the LORD, both small and great.

Psa 115:14 The LORD shall increase you more and more, you and your children.

Psa 115:15 Ye are blessed of the LORD which made heaven and earth.

Psa 115:16 The heaven, even the heavens, are the LORD'S: but the earth hath he given to the children of men.

Psa 115:17 The dead praise not the LORD, neither any that go down into silence.

Psa 115:18 But we will bless the LORD from this time forth and for evermore. Praise the LORD.

Pro 10:25... As the whirlwind passeth, so is the wicked no more: but the righteous is an everlasting foundation.

Bonding must enhance a person's sovereignty. It should nurture and strengthen your own dignity and the dignity of the one you bond with. Does my bonding inhibit the expression of my personality and qualities? Does it overwhelm the one I bond with?

Exercise for the day: Emphasize and highlight the strengths of the one with whom you bond.

OMER COUNT - WEEK 7 - David

May 15 - 21

MALCHUT - SOVEREIGNTY, LEADERSHIP

During the seventh and final week of counting the Omer, we examine and refine the attribute of Malchut -- nobility, sovereignty, and leadership. Sovereignty is a state of being rather than an activity. Nobility is a passive expression of human dignity that has nothing of its own except that which it receives from the other six emotions. True leadership is the art of selflessness; it is only a reflection of a Higher will. On the other hand, Malchut manifests and actualizes the character and majesty of the human spirit. It is the very fiber of what makes us human.

Malchut is a sense of belonging. Knowing that you matter and that you make a difference. That you have the ability to be a proficient leader in your own right. It gives you independence and confidence. A feeling of certainty and authority. When a mother lovingly cradles her child in her arms and the child's eyes meet the mother's affectionate eyes, the child receives the message: "I am wanted and needed in this world. I have a comfortable place where I will always be loved. I have nothing to fear. I feel like royalty in my heart." This is Malchut, kingship.

DAY 43 – IYAR 28 – May 15 - CHESED OF MALCHUT: LOVING-KINDNESS IN NOBILITY

Psalm 116; I Cor. 13:13

Psa 116:1 I love the LORD, because he hath heard my voice and my supplications.

Psa 116:2 Because he hath inclined his ear unto me, therefore will I call upon him as long as I live.

Psa 116:3 The sorrows of death compassed me, and the pains of hell gat hold upon me: I found trouble and sorrow.

Psa 116:4 Then called I upon the name of the LORD; O LORD, I beseech thee, deliver my soul.

Psa 116:5 Gracious is the LORD, and righteous; yea, our God is merciful.

Psa 116:6 The LORD preserveth the simple: I was brought low, and he helped me.

Psa 116:7 Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee.

Psa 116:8 For thou hast delivered my soul from death, mine eyes from tears, and my feet from falling.

Psa 116:9 I will walk before the LORD in the land of the living.

Psa 116:10 I believed, therefore have I spoken: I was greatly afflicted:

Psa 116:11 I said in my haste, All men are liars.

Psa 116:12 What shall I render unto the LORD for all his benefits toward me?

Psa 116:13 I will take the cup of salvation, and call upon the name of the LORD.

Psa 116:14 I will pay my vows unto the LORD now in the presence of all his people.

Psa 116:15 Precious in the sight of the LORD is the death of his saints.

Psa 116:16 O LORD, truly I am thy servant; I am thy servant, and the son of thine handmaid: thou hast loosed my bonds.

Psa 116:17 I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the LORD.

Psa 116:18 I will pay my vows unto the LORD now in the presence of all his people,

Psa 116:19 In the courts of the LORD'S house, in the midst of thee, O Jerusalem. Praise ye the LORD.

1Co 13:13 And now abideth faith, hope, charity, these three; but the greatest of these is charity.

Healthy sovereignty is always kind and loving. An effective leader needs to be warm and considerate. Does my sovereignty make me more loving? Do I exercise my authority and leadership in a caring manner? Do I impose my authority on others?

Exercise for the day: Do something kind for your subordinates.

DAY 44 – IYAR 29 – MAY 16 - GEVURAH OF MALCHUT: DISCIPLINE IN NOBILITY

Psalm 117; Dan. 2:26-27

Psa 117:1 O praise the LORD, all ye nations: praise him, all ye people.

Psa 117:2 For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.

Dan 2:26 The king answered and said to Daniel, whose name was Belteshazzar, Art thou able to make known unto me the dream which I have seen, and the interpretation thereof?

Dan 2:27 Daniel answered in the presence of the king, and said, The secret which the king hath demanded cannot the wise men, the astrologers, the magicians, the soothsayers, shew unto the king;

Although sovereignty is loving, it needs to be balanced with discipline. Effective leadership is built on authority and discipline. There is another factor in the discipline of sovereignty: determining the area in which you have jurisdiction and authority.

Do I recognize when I am not an authority? Do I exercise authority in unwarranted situations? Am I aware of my limitations as well as my strengths? Do I respect the authority of others?

Exercise for the day: Before taking an authoritative position on any given issue, pause and reflect if you have the right and the ability to exercise authority in this situation.

DAY 45 – SIVAN 1 – MAY 17 - TIFERET OF MALCHUT: COMPASSION IN NOBILITY

Psalm 118:1-9; Isa. 2:1-4

Psa 118:1 O give thanks unto the LORD; for he is good: because his mercy endureth for ever.

Psa 118:2 Let Israel now say, that his mercy endureth for ever.

Psa 118:3 Let the house of Aaron now say, that his mercy endureth for ever.

Psa 118:4 Let them now that fear the LORD say, that his mercy endureth for ever.

Psa 118:5 I called upon the LORD in distress: the LORD answered me, and set me in a large place.

Psa 118:6 The LORD is on my side; I will not fear: what can man do unto me?

Psa 118:7 The LORD taketh my part with them that help me: therefore shall I see my desire upon them that hate me.

Psa 118:8 It is better to trust in the LORD than to put confidence in man.

Psa 118:9 It is better to trust in the LORD than to put confidence in princes.

Isa 2:1 The word that Isaiah the son of Amoz saw concerning Judah and Jerusalem.

Isa 2:2 And it shall come to pass in the last days, that the mountain of the LORD'S house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow unto it.

Isa 2:3 And many people shall go and say, Come ye, and let us go up to the mountain of the LORD, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths: for out of Zion shall go forth the law, and the word of the LORD from Jerusalem.

Isa 2:4 And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more.

A good leader is a compassionate one. Is my compassion compromised because of my authority? Do I realize that an integral part of dignity is compassion? Tiferet -- harmony -- is critical for successful leadership. Do I manage a smooth-running operation? Am I organized? Do I give clear instructions to my subordinates? Do I have difficulty delegating power? Do we have frequent staff meetings to coordinate our goals and efforts?

Exercise for the day: Review an area where you wield authority and see if you can polish it up and increase its effectiveness by curtailing excesses and consolidating forces.

DAY 46 – SIVAN 2 – MAY 18 - NETZACH OF MALCHUT: ENDURANCE IN NOBILITY

Psalm 118:10-16; Psalm 146:10

Psa 118:10 All nations compassed me about: but in the name of the LORD will I destroy them.

Psa 118:11 They compassed me about; yea, they compassed me about: but in the name of the LORD I will destroy them.

Psa 118:12 They compassed me about like bees; they are quenched as the fire of thorns: for in the name of the LORD I will destroy them.

Psa 118:13 Thou hast thrust sore at me that I might fall: but the LORD helped me.

Psa 118:14 The LORD is my strength and song, and is become my salvation.

Psa 118:15 The voice of rejoicing and salvation is in the tabernacles of the righteous: the right hand of the LORD doeth valiantly.

Psa 118:16 The right hand of the LORD is exalted: the right hand of the LORD doeth valiantly.

Psa 146:10 The LORD shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the LORD.

A person's dignity and a leader's success are tested by his endurance level. Will and determination reflect the power and majesty of the human spirit. How determined am I in reaching my goals? How strong is my

conviction to fight for a dignified cause? How confident am I in myself? Is my lack of endurance a result of my low self-esteem? Do I mask my insecurities by finding other excuses for my low endurance level?

Exercise for the day: Act on something that you believe in but have until now been tentative about. Take the leap and just do it!

DAY 47 – SIVAN 3 – MAY 19 - HOD OF MALCHUT: HUMILITY IN NOBILITY

Psalm 118:17-24; Ezek. 10:1-4

Psa 118:17 I shall not die, but live, and declare the works of the LORD.

Psa 118:18 The LORD hath chastened me sore: but he hath not given me over unto death.

Psa 118:19 Open to me the gates of righteousness: I will go into them, and I will praise the LORD:

Psa 118:20 This gate of the LORD, into which the righteous shall enter.

Psa 118:21 I will praise thee: for thou hast heard me, and art become my salvation.

Psa 118:22 The stone which the builders refused is become the head stone of the corner.

Psa 118:23 This is the LORD'S doing; it is marvellous in our eyes.

Psa 118:24 This is the day which the LORD hath made; we will rejoice and be glad in it.

Eze 10:1 Then I looked, and, behold, in the firmament that was above the head of the cherubims there appeared over them as it were a sapphire stone, as the appearance of the likeness of a throne.

Eze 10:2 And he spake unto the man clothed with linen, and said, Go in between the wheels, even under the cherub, and fill thine hand with coals of fire from between the cherubims, and scatter them over the city. And he went in in my sight.

Eze 10:3 Now the cherubims stood on the right side of the house, when the man went in; and the cloud filled the inner court.

Eze 10:4 Then the glory of the LORD went up from the cherub, and stood over the threshold of the house; and the house was filled with the cloud, and the court was full of the brightness of the LORD'S glory.

Sovereignty is God's gift to each individual. Hod of Malchut is the humble appreciation of this exceptional gift. Does my sovereignty and independence humble me? Am I an arrogant leader? Do I appreciate the special qualities I was blessed with?

Exercise for the day: Acknowledge God for creating you with personal dignity

DAY 48 – SIVAN 4 – MAY 20 - YESOD OF MALCHUT: BONDING IN NOBILITY

Psalm 118:25-29; Job 38:1-7

Psa 118:25 Save now, I beseech thee, O LORD: O LORD, I beseech thee, send now prosperity.

Psa 118:26 Blessed be he that cometh in the name of the LORD: we have blessed you out of the house of the LORD.

Psa 118:27 God is the LORD, which hath shewed us light: bind the sacrifice with cords, even unto the horns of the altar.

Psa 118:28 Thou art my God, and I will praise thee: thou art my God, I will exalt thee.

Psa 118:29 O give thanks unto the LORD; for he is good: for his mercy endureth for ever.

Job 38:1 Then the LORD answered Job out of the whirlwind, and said,
Job 38:2 Who is this that darkeneth counsel by words without knowledge?
Job 38:3 Gird up now thy loins like a man; for I will demand of thee, and answer thou me.
Job 38:4 Where wast thou when I laid the foundations of the earth? declare, if thou hast understanding.
Job 38:5 Who hath laid the measures thereof, if thou knowest? or who hath stretched the line upon it?
Job 38:6 Whereupon are the foundations thereof fastened? or who laid the corner stone thereof;
Job 38:7 When the morning stars sang together, and all the sons of God shouted for joy?

Examine the bonding aspect of your sovereignty. Healthy independence should not prevent you from bonding with another person. On the contrary: self-confidence allows you to respect and trust another's sovereignty and ultimately bond with him. That bond will strengthen your own sovereignty, rather than sacrifice it.

Does my sovereignty prevent me from bonding? Could that be because of deeper insecurities of which I am unaware? Do I recognize the fact that a fear of bonding reflects a lack of self-confidence in my own sovereignty?

Exercise for the day: Actualize your sovereignty by intensifying your bond with a close one.

DAY 49 – SIVAN 5 – MAY 21 - MALCHUT OF MALCHUT: NOBILITY IN NOBILITY

Psalms 27; Isa. 12:1-6; Dan. 2:44; 7:27

Psa 27:1 A Psalm of David. The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?
Psa 27:2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.
Psa 27:3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.
Psa 27:4 One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.
Psa 27:5 For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.
Psa 27:6 And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.
Psa 27:7 Hear, O LORD, when I cry with my voice: have mercy also upon me, and answer me.
Psa 27:8 When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek.
Psa 27:9 Hide not thy face far from me; put not thy servant away in anger: thou hast been my help; leave me not, neither forsake me, O God of my salvation.
Psa 27:10 When my father and my mother forsake me, then the LORD will take me up.
Psa 27:11 Teach me thy way, O LORD, and lead me in a plain path, because of mine enemies.
Psa 27:12 Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty.
Psa 27:13 I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.
Psa 27:14 Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the

LORD.

Dan 2:44 And in the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever.

Dan 7:27 And the kingdom and dominion, and the greatness of the kingdom under the whole heaven, shall be given to the people of the saints of the most High, whose kingdom is an everlasting kingdom, and all dominions shall serve and obey him.

Examine the sovereignty of your sovereignty. Does it come from deep-rooted inner confidence in myself? Or is it just a put-on to mask my insecurities? Does that cause my sovereignty to be excessive? Am I aware of my uniqueness as a person? Of my personal contribution?

Exercise for the day: Take a moment and concentrate on yourself, on your true inner self, not on your performance and how you project to others; and be at peace with yourself knowing that God created a very special person which is you.

DAY 50 – SIVAN 6 – MAY 22 - PENTECOST/SHAVUOT

After the 49 days of Counting the Omer, after having fully achieved inner renewal by merit of having assessed and developed each of our 49 attributes, we arrive at the fiftieth day. On this day we celebrate the Festival of Shavuot, the giving of the Torah (Matan Torah). After we have accomplished all we can through our own initiative, then we are worthy to receive a gift (matan) from Above which we could not have achieved with our own limited faculties. We receive the ability to reach and touch the Divine; not only to be cultivated human beings who have refined all of our personal characteristics, but divine human beings who are capable of expressing ourselves above and beyond the definitions and limitations of our beings.