

# COUNTING THE OMER

These suggestions for our spiritual journey come from Dean Wheelock's newsletter, Hebrew Roots:

## **Seven Attributes of Yahweh:**

For those who wish to delve deeper into the spiritual meaning of these days, there is another ancient Jewish tradition, which teaches that during this period of time one should meditate on what are known as "the Seven Holy Attributes." These seven attributes are:

1. Chesed (Heh-sehd) Loving Kindness
2. Gevurah (Geh-voorah) Severity or Strength
3. Tiferet (Tee-fehr-eh) Beauty
4. Netzach (Neh-tzahk) Victory
5. Hod (Hohd) Glory
6. Yesod (Yeh-sohd) Intimacy
7. Malchut (Mahl-khoot) Majesty
- 8.

Since there are 7 weeks and 7 days in each week, there can be one predominant attribute for each week, which is then combined with each of the 7 during the individual days of that week. The first week would focus on various aspects of Chesed or Loving Kindness.

- Day 1: Meditate on Chesed, how to become truly loving and completely kind
- Day 2: Combine Severity or Strength with Loving Kindness (i.e. tough love)
- Day 3: Focus on the Beauty of Loving Kindness
- Day 4: Focus on becoming Victorious through Loving Kindness
- Day 5: Focus on the Glory that is found in Loving Kindness
- Day 6: Focus on the personal Intimacy that comes through a life of Loving Kindness
- Day 7: Sabbath Day, focus on Majesty of Loving Kindness

The second week would focus on Severity or Strength and each day of the week would reflect one of the 7 attributes as follows:

- Day 8: (1st day of 2<sup>nd</sup> week) Focus on tempering Strength with Loving Kindness
- Day 9: Focus totally on Strength or Severity, to strengthen us in the faith
- Day 10: Focus on the Beauty of Strength
- Day 11: Focus on the Victory to be found in being spiritually Strong
- Day 12: Focus on the Glory found in Strength
- Day 13: Focus on what it means to be Intimate in a setting of Strength
- Day 14: Sabbath Day, focus on Strength and Majesty of Husband and King, Yahshua

For the third week focus on Beauty using the format above, and follow for all 7 weeks. You can take 49 3x5 cards and write each day's focus on a separate card, writing down any thoughts given and insights from Yahweh on the back of the cards.

## **Teachings of Yahshua:**

Review each of the stops made by the children of Israel during their journey from the Sea of Reeds to Mt. Sinai. Combine this with the teachings which Yahshua gave to His disciples during those last important days He spent with them before He was taken up into heaven.