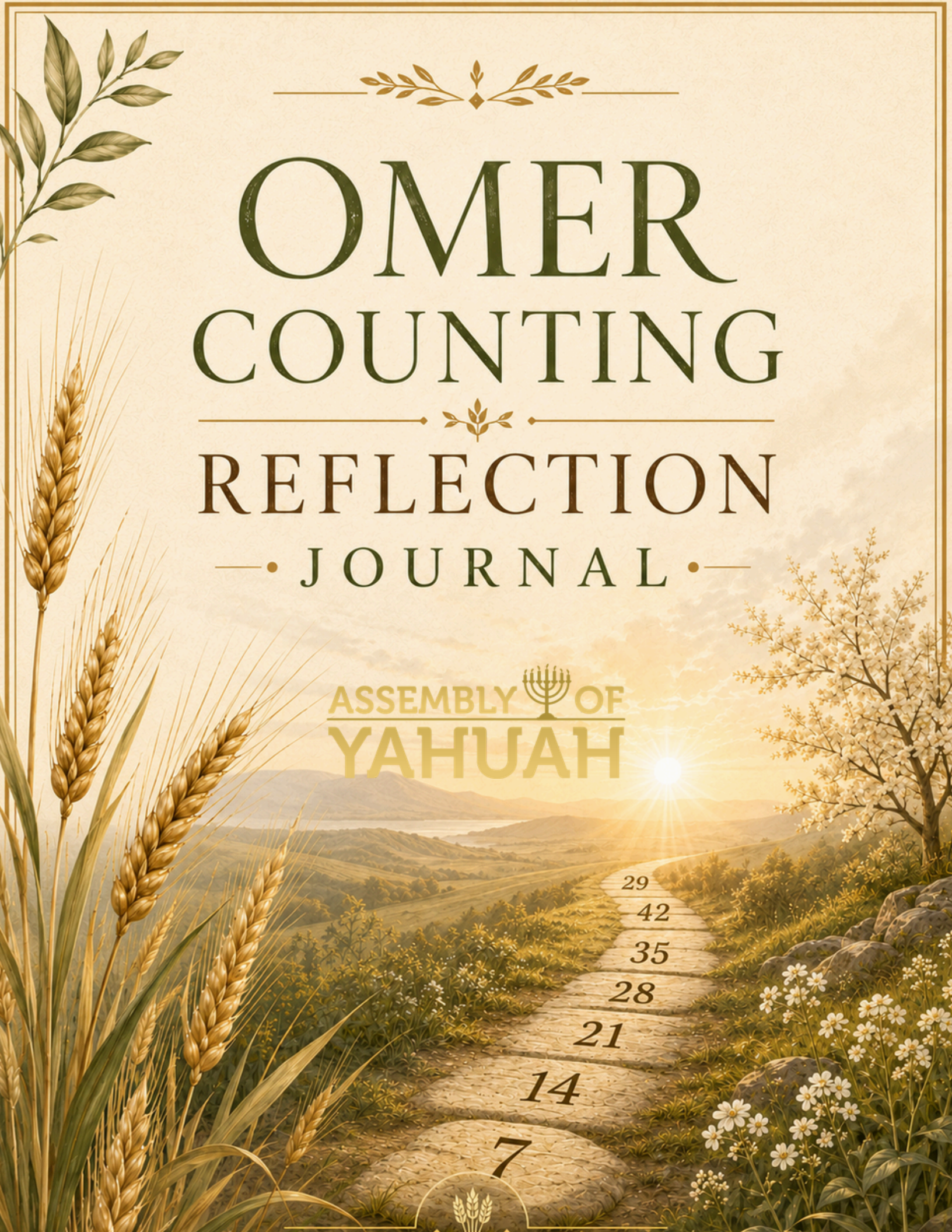
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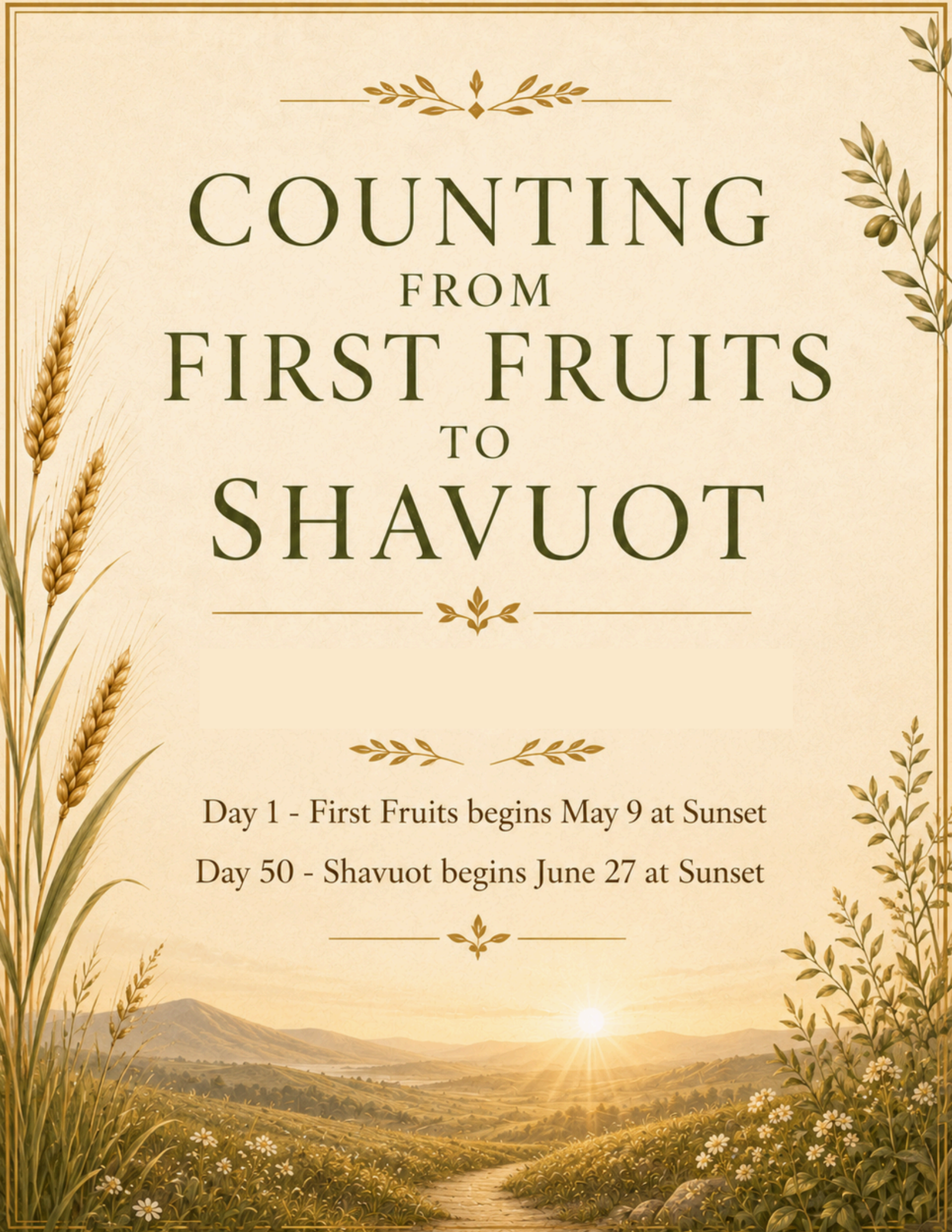
ASSEMBLY OF YAHUAH



COUNTING FROM FIRST FRUITS TO SHAVUOT

Day 1 - First Fruits begins May 9 at Sunset

Day 50 - Shavuot begins June 27 at Sunset



Count 50 Days

May 10 - June 28, 2026

SUN	MON	TUE	WED	THU	FRI	SHABBAT
1 May 10 FIRST FRUITS	2 May 11	3 May 12	4 May 13	5 May 14	6 May 15	7 May 16 SHABBAT
8 May 17	9 May 18	10 May 19	11 May 20	12 May 21	13 May 22	14 May 23 SHABBAT
15 May 24	16 May 25	17 May 26	18 May 27	19 May 28	20 May 29	21 May 30 SHABBAT
22 May 31	23 Jun 1	24 Jun 2	25 Jun 3	26 Jun 4	27 Jun 5	28 Jun 6 SHABBAT
29 Jun 7	30 Jun 8	31 Jun 9	32 Jun 10	33 Jun 11	34 Jun 12	35 Jun 13 SHABBAT
36 Jun 14	37 Jun 15	38 Jun 16	39 Jun 17	40 Jun 18	41 Jun 19	42 Jun 20 SHABBAT
43 Jun 21	44 Jun 22	45 Jun 23	46 Jun 24	47 Jun 25	48 Jun 26	49 Jun 27 SHABBAT
50 Jun 28 SHAVUOT						

About This Journal

This journal is not a commandment, requirement, or replacement for Scripture. The Torah commands us to count fifty days from First Fruits to Shavuot, but it does not command us to keep a reflection journal or complete a daily devotional.

This journal was created as a simple tool to help you slow down, remember the count, and reflect on Yahuah's Word during the days between First Fruits and Shavuot. You may use it every day, a few times a week, or simply as space to write when something stands out to you.

The goal is not pressure. The goal is remembrance.

As you count, may these pages help you notice what Yahuah is teaching you, how He is strengthening you, and how He is preparing your heart for Shavuot. Use this journal as much or as little as it serves your walk with Him.

The Seven Days That Led You Here

For seven days, we removed leaven and ate unleavened bread, remembering how Yahuah brought His people out of Mitsrayim with a mighty hand. Deliverance had come, and His people had to be ready to move.

Before the counting begins, pause and look back over these seven days. What did Yahuah reveal to you during Unleavened Bread? What did He ask you to remove, cleanse, or surrender? Where did you sense His correction, mercy, or nearness?

As you prepare to count from First Fruits to Shavuot, write what this feast stirred in you — what you learned, what you released, and what you want to carry forward.

Day 1

Sunday, May 10 · First Fruits

First Fruits

> ***"But now Messiah has been raised from the dead, and has become the firstfruits of those who have fallen asleep."***
>
> 1 CORINTHIANS 15:20 | TS2009

Yahusha rose as the firstfruits, giving hope to all who belong to Him. As this count begins, take a moment to consider where you need Yahuah's life, strength, or renewal. What area feels unfinished, weak, or waiting? Write a simple prayer of trust, asking Him to work in His way and in His timing.

ASSEMBLY OF YAHUAH

Day 2

Monday, May 11

First-Giving

"Speak to the children of Yisra'el, and you shall say to them, when you come into the land which I give you, and shall reap its harvest, then you shall bring a sheaf of the firstfruits of your harvest to the priest."

WAYYIQRA 23:10 | TS2009

The firstfruits were offered to Yahuah before the rest of the harvest was enjoyed. What has Yahuah placed in your hands right now — time, strength, attention, gifts, or resources? How can you honor Him first in one simple way this week? Write your thoughts and ask Him to guide your priorities.

ASSEMBLY OF YAHUAH

Day 3 Tuesday, May 12

Newness of Life

"We were therefore buried with Him through immersion into death, that as Messiah was raised from the dead by the esteem of the Father, so also we should walk in newness of life."

ROMANS 6:4 | TS2009

Newness of life is not only something we believe — it is something we learn to walk in. What is one old pattern or habit you are ready to leave behind? What is one new, obedient step you can take this week? Ask Yahuah for grace to walk forward with humility and consistency.



Day 4 Wednesday, May 13

Things Above

"If then you were raised with Messiah, seek those things which are above, where Messiah is, sitting at the right hand of Elohim. Set your mind on things above, not on things on the earth."

COLOSSIANS 3:1–2 | TS2009

Colossians reminds us to set our minds on things above. What has been taking up the most space in your thoughts lately? Is it helping you draw nearer to Yahuah, or pulling your heart in another direction? Write one way you can gently refocus your mind on Him today.

Day 5 Thursday, May 14

Renewed

"Therefore, if anyone is in Messiah, he is a renewed creature — the old matters have passed away, see, all matters have become renewed!"

2 CORINTHIANS 5:17 | TS2009

In Messiah, the old matters have passed away and all matters have become renewed. Where have you seen even a small sign of renewal in your life? It may be a change in your heart, your habits, your desires, or your response to others. Write about that small evidence of Yahuah's work.



Day 6 Friday, May 15

Rejoice Today

"This is the day Yahuah has made, let us rejoice and be glad in it."

TEHILLIM 118:24 | TS2009

This is the day Yahuah has made. Before you move through the day too quickly, pause and notice His goodness. What is one reason you can rejoice today? It may be something simple, quiet, or easily overlooked. Write a prayer of gratitude, thanking Yahuah for who He is and how He has cared for you.



Day 7

Saturday, May 16 · Shabbat

Shabbat Rest

"The Shabbat was made for man, and not man for the Shabbat."

MARK 2:27 | TS2009

Shabbat is a gift from Yahuah — a time to pause, breathe, and remember that we belong to Him. As you rest today, what has this first week of counting shown you? What brought peace? What felt difficult? Write a simple reflection on what you are carrying into this Shabbat and what you are placing in Yahuah's hands.

ASSEMBLY OF YAHUAH

WEEK TWO

Set-Apart in the Ordinary

Set-apart living is not only for feast days, Shabbat gatherings, or special moments. Yahuah calls His people to walk in His ways every day — in the quiet, ordinary parts of life.

This week, the omer count invites you to notice how set-apartness can be lived out in simple ways: in your words, your thoughts, your attitude, your choices, and the way you respond to others. Sometimes the small moments are where Yahuah does some of His most beautiful work in us.

You do not have to be perfect to walk set-apart before Him. Just keep turning your heart toward Yahuah, one choice at a time. A gentle answer, a guarded tongue, a patient response, a quiet moment of prayer — these are all ways to say yes to Him in the ordinary.

As you begin Week Two, ask Yahuah to help you see the daily places where He is shaping you, teaching you, and drawing you closer to His ways.

> ***"But as the One who called you is set-apart, so you also should become set-apart in all behavior, because it has been written, "Be set-apart, for I am set-apart."***
>
> 1 KEPHA 1:15–16 | TS2009

Day 8 Sunday, May 17

Set-Apart in the Ordinary

"But as the One who called you is set-apart, so you also should become set-apart in all behavior, because it has been written, "Be set-apart, for I am set-apart."

1 KEPHA 1:15–16 | TS2009

Set-apart living often happens in ordinary moments — in our words, choices, thoughts, and responses. Where is one everyday area where you want your walk to reflect Yahuah more clearly? Write about that area, and ask Him to help you grow in a way that is sincere, steady, and practical.



Day 9

Monday, May 18

A Living Offering

> ***"I call on you, therefore, brothers, through the compassion of Elohim, to present your bodies a living offering — set-apart, well-pleasing to Elohim — your reasonable worship."***
>
> ROMANS 12:1 | TS2009

A living offering is not only about one big act of surrender. It can also be shown in small, faithful choices throughout the day. What is one part of your day you want to offer more intentionally to Yahuah — your speech, schedule, attitude, work, or rest? Write one simple way to honor Him today.



Day 10

Tuesday, May 19

Belonging to Yahuah

"And I have separated you from the peoples to be Mine."

WAYYIQRA 20:26 | TS2009

Yahuah has called His people to belong to Him. As you reflect today, consider one area of your life where you want to feel more aligned with that belonging. What would it look like to walk as someone who is loved, called, and set apart by Him? Write a short prayer asking Him to lead you with patience and clarity.

ASSEMBLY OF YAHUAH

Day 11 Wednesday, May 20

One Step Forward

"For Elohim did not call us to uncleanness, but in set-apartness."

1 THESSALONIANS 4:7 | TS2009

Set-apartness is not about perfection — it is about direction. As you reflect today, where do you sense Yahuah gently leading you forward? It may be a small habit, a better response, or a quiet change in your heart. Write one step you can take today that moves you closer to Him.

ASSEMBLY OF YAHUAH

Day 12

Thursday, May 21

Let Them See Him

> ***"Pursue the set-apartness without which no one shall see the Master."***
>
> IB'RIM 12:14 | TS2009

Our walk can reflect Yahuah in quiet ways — through peace, kindness, patience, integrity, and consistency. Who in your life might need to see His character through the way you live? Write their name or situation, and ask Yahuah to help you represent Him with humility and love.



Day 13 Friday, May 22

Clean Hands, Clean Heart

> ***"Who shall go up into the mountain of Yahuah? And who shall stand in His set-apart place? He who has innocent hands and a clean heart, who did not bring his life to naught, and did not swear deceivingly."***
>
> TEHILLIM 24:3–4 | TS2009

Tehillim speaks of clean hands and a clean heart. Today, take a gentle moment to come before Yahuah honestly. Is there anything you want to bring into His light — a burden, attitude, concern, or struggle? Write a simple prayer asking Him to cleanse, steady, and prepare your heart.



Day 14 Saturday, May 23 · Shabbat

A Sign Between Us

> ***"And I also gave them My Sabbaths, to be a sign between them and Me, to know that I, Yahuah, am setting them apart."***
>
> YEHEZQEL 20:12 | TS2009

Shabbat is a sign of belonging — a reminder that Yahuah sets His people apart. As you rest on this second Shabbat of the count, look back over the week. Where did you notice His help? Where did you need His grace? Write a short reflection of gratitude for the ways He is shaping you.



WEEK THREE

The Daily Walk: Showing Up, Day After Day

By Day 15, the count may feel different than it did at the beginning. The first excitement may have settled, and Shavuot may still feel far away. This part of the journey is not about a big moment. It is about learning to keep walking with Yahuah one day at a time.

The omer count teaches us daily faithfulness. Each day matters, even when it feels ordinary. Counting today is a quiet way of saying, “This day belongs to Yahuah too.”

Mikah gives a simple picture of what Yahuah asks of us: to do right, love kindness, and walk humbly with our Elohim. Not rush. Not strive. Walk.

As you begin Week Three, ask Yahuah for the grace to keep going with a steady heart. You do not have to walk perfectly. Just keep walking with Him, one faithful step at a time.

"Walk in all the ways which Yahuah your Elohim has commanded you, so that you live and it be well with you."

DEBARIM 5:33 | TS2009

Day 15 Sunday, May 24

The Daily Walk

"Walk in all the ways which Yahuah your Elohim has commanded you, so that you live and it be well with you."

DEBARIM 5:33 | TS2009

The count continues one day at a time, just like our walk with Yahuah. What helps you stay steady in your daily walk — prayer, Scripture, rest, community, or simple obedience? Write about one rhythm that helps you stay close to Him, and one way you want to strengthen it this week.



Day 16 Monday, May 25

Trusting His Direction

"Trust in Yahuah with all your heart, and lean not on your own understanding; know Him in all your ways, and He shall direct your paths."

MISHLĔ 3:5–6 | TS2009

Yahuah invites us to trust Him with all our heart and not lean only on our own understanding. Is there an area of life where you need His direction right now? Write about it honestly, and ask Him to guide your steps with wisdom, patience, and peace.



Day 17 Tuesday, May 26

Do Right, Love Kindness, Walk Humbly

"He has declared to you, O man, what is good. And what does Yahuah require of you but to do right, and to love kindness, and to walk humbly with your Elohim?"

MIḴAH 6:8 | TS2009

Mikah reminds us to do right, love kindness, and walk humbly with Elohim. Which of these stands out to you today? Write about one simple way you can practice it this week — not as a grand gesture, but as a sincere step in your daily walk.



A WORD FOR THE MIDDLE

Manna in the Wilderness: Daily Dependence

In the wilderness, Yisra'el learned to depend on Yahuah one day at a time. The food they brought from Mitsrayim did not last forever, but Yahuah did not leave them without provision. He gave them bread from heaven.

The manna came daily. Each morning, they gathered what was needed for that day. They could not gather tomorrow's portion early or store up extra for themselves. Yahuah was teaching His people to trust Him, not only for the journey ahead, but for the day they were actually living.

The omer count teaches a similar lesson. You cannot count tomorrow today. You receive this day, this moment, this portion, and you walk with Yahuah in it.

As you continue through the middle of the count, ask Yahuah to help you trust Him for today's portion. He knows what you need. He is faithful in the wilderness, faithful in the waiting, and faithful one day at a time.

> ***"See, I am raining bread from the heavens for you. And the people shall go out and gather a day's portion every day, so that I try them, whether they walk in My Torah or not."***
>
> SHEMOTH 16:4 | TS2009

Day 18 Wednesday, May 27

Daily Provision

"See, I am raining bread from the heavens for you. And the people shall go out and gather a day's portion every day, so that I try them, whether they walk in My Torah or not."

SHEMOTH 16:4 | TS2009

The manna in the wilderness taught Yisra'el to receive from Yahuah one day at a time. What is one need, concern, or responsibility you are carrying today? Instead of trying to solve everything at once, write a prayer asking Yahuah to provide today's portion and help you trust Him for tomorrow.

ASSEMBLY OF YAHUAH

Day 19 Thursday, May 28

Ordered Steps

"The steps of a good man are ordered by Yahuah, and He delights in his way."

TEHILLIM 37:23 | TS2009

Sometimes Yahuah's direction is easier to see when we look back. Think over the past few days or weeks. Where have you noticed His hand guiding, protecting, redirecting, or providing? Write about one way He has ordered your steps, even if you did not recognize it at first.



Day 20 Friday, May 29

Walking in the Spirit

"I say then: walk in the Spirit, and you shall not accomplish the lust of the flesh."

GALATIANS 5:16 | TS2009

Walking in the Spirit often happens through small choices — pausing before speaking, choosing peace, showing patience, or obeying a quiet nudge. What is one choice before you today where you need the help of the Ruach? Write a simple prayer asking Yahuah to lead you in that moment.

END OF WEEK THREE

Set Apart in the Small Things

As the third Shabbat arrives, pause and look back over the week. Where did you notice Yahuah helping you, shaping you, or drawing your attention back to Him? His work is not always loud or dramatic. Often, it is seen in small, quiet moments.

Set-apartness can grow through simple choices — a pause before responding, a kind word when frustration rises, a moment in the Word, or a private prayer when no one else sees. These small acts of faithfulness matter because they are part of the daily walk Yahuah is forming in His people.

Sha'ul reminds us, "Trustworthy is He who calls you, who also does it." The work of setting us apart belongs to Yahuah. We are not changing ourselves by willpower alone; we are learning to respond to His leading. As Week Three closes, let this Shabbat remind you that Yahuah has been faithful in the small things, and He will continue to help you walk with Him.

> ***"And the Elohim of peace Himself set you completely apart, and your entire spirit, and being, and body be preserved blameless at the coming of our Master Yahusha Messiah. Trustworthy is He who calls you, who also does it."***
>
> 1 THESSALONIANS 5:23–24 | TS2009

Day 21

Saturday, May 30 · Shabbat

His Faithfulness

> ***"He who calls you is trustworthy, who also does it."***
>
> 1 THESSALONIANS 5:24 | TS2009

As the third of seven Shabbats during this Omer counting season arrives, take a moment to look back over the week. Where did you notice Yahuah's faithfulness in the small things — provision, patience, help, correction, or peace? Write about one way He helped you keep walking, and let your heart rest in His trustworthiness.



WEEK FOUR

Torah on the Heart: Covenant Love, Not Burden

Week Four brings us to the heart of the journey: Yahuah's Torah. His instructions are not meant to be a cold list of rules or a heavy burden. They reveal His heart, His wisdom, and the way He lovingly teaches His people to walk.

Yahuah promises, "I shall put My Torah in their inward parts and write it on their hearts." This is the beauty of covenant: His Word is not only something placed before us, but something He works within us. He teaches us to love His ways from the heart.

As this week begins, ask Yahuah to help you see His Torah as a gift. His instructions are not meant to push you away, but to draw you closer to Him. May He grow in you a heart that delights in His Word, trusts His wisdom, and walks in His ways with love.

"For this is the covenant I shall make with the house of Yisra'el after those days," declares Yahuah: "I shall put My Torah in their inward parts, and write it on their hearts. And I shall be their Elohim, and they shall be My people."

YIRMEYAHU 31:33 | TS2009

Day 22 Sunday, May 31

Torah on the Heart

"For this is the covenant I shall make with the house of Yisra'el after those days," declares Yahuah: "I shall put My Torah in their inward parts, and write it on their hearts. And I shall be their Elohim, and they shall be My people."

YIRMEYAHU 31:33 | TS2009

Yahuah's instructions are not only something to know — they are something He writes on the heart. What is one truth, command, or principle that has become more meaningful to you over time? Write about how Yahuah is helping you understand His ways more deeply and live them with love.



Day 23 Monday, June 1

Whole-Hearted Love

"And you shall love Yahuah your Elohim with all your heart, and with all your being, and with all your might."

DEB̲ARIM 6:5 | TS2009

Yahuah calls us to love Him with all our heart, being, and might. As you reflect today, what is one simple way you can love Him more fully — through your time, attention, obedience, gratitude, or trust? Write a prayer asking Him to grow sincere love in every part of your life.



Day 24 Tuesday, June 2

Loving His Word

"O how I love Your Torah! It is my study all day long."

TEHILLIM 119:97 | TS2009

The psalmist says, “O how I love Your Torah!” What has your relationship with Yahuah’s Word been like lately? Has it felt refreshing, challenging, familiar, or hard to focus on? Write honestly, and ask Yahuah to help you delight in His instructions and receive them as life-giving.



MID-WEEK FOUR

Walking in the Spirit Now — Before Shavuot

It can be easy to think of Shavuot as the moment when the Ruach HaQodesh becomes the focus of the journey. But Yahuah's Spirit is not distant or inactive while we count. Yahuah is already present, already leading, and already helping His people walk in His ways.

Sha'ul writes, "Walk in the Spirit, and you shall not accomplish the lust of the flesh." This walk is not only for special moments. It happens in ordinary choices — when we pause before responding, seek wisdom before acting, or ask Yahuah to guide our words, thoughts, and steps.

As you continue through the count, remember that you do not have to wait until Shavuot to seek Yahuah's help. His Spirit is at work now, teaching, correcting, comforting, and strengthening. Today, simply ask Yahuah to help you walk with Him in the moment you are in.

> ***"I say then: walk in the Spirit, and you shall not accomplish the lust of the flesh."***
>
> GALATIANS 5:16 | TS2009

Day 25 Wednesday, June 3

A New Heart

> ***"And I shall give you a new heart and put a new spirit within you. And I shall take the heart of stone out of your flesh, and I shall give you a heart of flesh, and put My Spirit within you."***
>
> YEHEZQEL 36:26–27 | TS2009

Yahuah promises to give His people a new heart and place His Spirit within them. Where have you seen Him softening, teaching, or changing your heart? It may be something small, but still meaningful. Write about that work, and ask Him to continue shaping you from the inside out.



Day 26 Thursday, June 4

Help from the Ruach

"So that the righteousness of the Torah should be completed in us who do not walk according to the flesh but according to the Spirit."

ROMANS 8:4 | TS2009

The Ruach helps us walk in Yahuah's ways with strength we do not have on our own. Where have you needed that help recently — in patience, obedience, courage, kindness, or self-control? Write a short prayer asking Yahuah to lead you by His Spirit in that area today.



Day 27 Friday, June 5

A Lamp to Your Path

"Your word is a lamp to my feet and a light to my path."

TEHILLIM 119:105 | TS2009

Yahuah's Word is a lamp to our feet and a light to our path. What area of your life needs His light right now? It may be a decision, a relationship, a concern, or a next step. Write about it honestly, and ask Yahuah to guide you through His Word with wisdom and peace.



Day 28

Saturday, June 6 · Shabbat

Halfway Reflection

> ***"Guard the Sabbath day, to set it apart, as Yahuah your Elohim commanded you."***
>
> DEBARIM 5:12 | TS2009

This fourth Shabbat marks the halfway point of the count. Look back over the first half of the journey. What has Yahuah been teaching you? What has encouraged you? What has felt challenging? Write a simple reflection and ask Him to strengthen you for the days still ahead.



WEEK FIVE

When the Counting Feels Routine: A Word on Perseverance

You have made it past the halfway mark. By now, the count may feel less new than it did at the beginning. Some days may have felt meaningful, while others may have felt quiet, ordinary, or harder to keep.

That does not mean you are failing. It means you are learning endurance. The omer count is not one single moment of excitement; it is a daily walk. Each day gives another opportunity to turn your heart toward Yahuah and keep going.

Iḇ’rim reminds us to run with endurance, looking to Yahusha. We do not continue by our own strength alone. We keep our eyes on the One who strengthens, leads, and helps us finish the race.

As Week Five begins, let this be an encouragement: steady faithfulness matters. The harvest does not appear all at once, but growth is still happening. Keep counting. Keep walking. Yahuah is still at work.

"Let us lay aside every weight and the sin that so easily entangles us, and let us run with endurance the race set before us, looking to Yahusha, the Author and Perfecter of our belief."

IḆ'RIM 12:1 | TS2009

Day 29 Sunday, June 7

Keep Looking to Yahusha

> ***"Let us lay aside every weight and the sin that so easily entangles us, and let us run with endurance the race set before us, looking to Yahusha, the Author and Perfecter of our belief."***
>
> IB'RIM 12:1 | TS2009

The journey continues, and some days may feel easier than others. As you begin the second half of the count, take a moment to look to Yahusha for endurance and hope. What would help you keep your eyes on Him this week? Write one encouragement, prayer, or reminder for yourself.



Day 30 Monday, June 8

Do Not Grow Weary

"And let us not grow weary in doing good, for in due season we shall reap if we do not give up."

GALATIANS 6:9 | TS2009

There are seasons when we keep doing good even before we see the fruit. Is there something faithful you have been doing that feels quiet, slow, or unseen? Write about it, and ask Yahuah to renew your strength. Let today be a reminder that He sees the seeds planted in obedience.



Day 31 Tuesday, June 9

Strength for Today

"I have strength to do all through Messiah who empowers me."

PHILIPPIANS 4:13 | TS2009

Yahuah gives strength for the day we are in. What is one place where you need His help today — in your thoughts, responsibilities, relationships, or emotions? Write a simple prayer asking Him to strengthen you for what is actually before you, one step at a time.

ASSEMBLY OF YAHUAH

Day 32 Wednesday, June 10

Quiet Obedience

> ***"alk in all the ways which Yahuah your Elohim has commanded you, so that you live and it be well with you."***
>
> DEBARIM 5:33 | TS2009

Not every act of obedience is seen by others. Some of the most meaningful choices happen quietly, between you and Yahuah. What is one simple area where you want to obey Him more faithfully this week? Write about it, and ask Him to help you walk it out with sincerity.



Day 33 Thursday, June 11

A Willing Heart

> ***"ICreate in me a clean heart, O Elohim, and renew a steadfast spirit within me.."***
>
> TEHILLIM 51:10 | TS2009

Yahuah delights in willing hearts. As you reflect today, where do you want your heart to be more willing — to listen, forgive, serve, wait, change, or trust? Write honestly, and ask Yahuah to soften your heart and help you respond to Him with love.



Day 34 Friday, June 12

Guarding Peace

"And let the peace of Elohim rule in your hearts, to which indeed you were called in one body, and be thankful."

COLOSSIANS 3:15 | TS2009

Shalom is more than a calm feeling — it carries the idea of wholeness, order, completeness, and well-being before Yahuah. What has been disturbing your shalom lately? Is there a concern, conversation, responsibility, or thought pattern you need to bring before Him? Write a prayer asking Yahuah to restore what feels unsettled and help you walk in His wholeness today.



Day 35

Saturday, June 13 · Shabbat

Fifth Shabbat Rest

"Be still, and know that I am Elohim."

TEHILLIM 46:10 | TS2009

As the fifth of seven Shabbats during this Omer counting season arrives, pause and look back over the week. Where did Yahuah give you peace, wisdom, patience, or strength? Write about one moment where you sensed His help, and let this Shabbat remind you that He is still carrying you.



WEEK SIX

Positioning for the Harvest: Ready for What's Coming

Six weeks into the count, Shavuot is drawing near. This part of the journey invites us to prepare — not with pressure or anxiety, but with a willing and attentive heart.

In the harvest season, preparation matters. The farmer who planted and watered also had to be ready to receive what was coming. In the same way, we can use this week to gently prepare our hearts before Yahuah.

Readiness does not have to be complicated. It can look like returning to prayer, spending time in the Word, making peace where possible, asking for help, or allowing Yahuah to bring order to places that feel unsettled.

As Week Six begins, ask Yahuah to show you how to prepare with humility and peace. Let Him clear what needs to be cleared, strengthen what needs to be strengthened, and position your heart to receive what He desires to give.

> ***"Let your loins be girded and your lamps burning, and you yourselves be like men waiting for their master when he returns from the wedding, so that when he comes and knocks, they immediately open to him."***
>
> LUKE 12:35–36 | TS2009

Day 36 Sunday, June 14

Counted and Known

"O Yahuah, You have searched me and known me."

TEHILLIM 139:1 | TS2009

Each day of the count reminds us that Yahuah pays attention to time, seasons, and details. He also sees you personally. Where do you need to remember that you are known by Him? Write a reflection on one area of your life where you need His care, guidance, or reassurance.



Day 37 Monday, June 15

A Teachable Spirit

"Let your loins be girded and your lamps burning."

LUKE 12:35 | TS2009

A teachable heart is a gift. What has Yahuah been teaching you lately through His Word, through correction, through quiet reflection, or through daily life? Write about one lesson you do not want to miss, and ask Him to help you receive it with humility.



Day 38 Tuesday, June 16

Fruit in Season

"And let us not grow weary in doing good, for in due season we shall reap if we do not give up."

GALATIANS 6:9 | TS2009

Fruit does not grow all at once. Some things take time, patience, watering, and trust. Where are you waiting to see growth — in yourself, your family, your work, your ministry, or your walk with Yahuah? Write about that place, and ask Him to help you be patient in the growing.

ASSEMBLY OF YAHUAH

Day 39 Wednesday, June 17

Steady Steps

"Do you not know that those who run in a race indeed all run, but one receives the prize? Run in such a way as to receive it."

1 CORINTHIANS 9:24 | TS2009

Faithfulness is often built through steady steps, not dramatic moments. What is one small step you can take today that honors Yahuah? It may be prayer, rest, kindness, honesty, patience, or finishing something He placed before you. Write it down and ask Him to help you walk steadily.



Day 40 Thursday, June 18

Remember the Journey

"To whom He also presented Himself alive after His suffering by many infallible proofs, being seen by them over forty days, and speaking concerning the reign of Elohim."

ACTS 1:3 | TS2009

Forty often reminds us of testing, wilderness, learning, and preparation. As you reach Day 40, look back over this counting journey so far. What has changed in you, even in a small way? What has Yahuah helped you endure, notice, or understand? Write a short reflection of remembrance and gratitude.



Day 41

Friday, June 19

Nearing the Harvest

> ***"Pass on, pass on through the gates! Prepare the way for the people. Build up, build up the highway! Remove the stones, lift up a banner for the peoples!"***
>
> YESHAYAHU 62:10 | TS2009

As the count draws closer to Shavuot, pause and notice where Yahuah has been growing something in you. What fruit do you see beginning to form — even quietly? Write about one area where you sense growth, and thank Yahuah for the work He is doing in its season.



Day 42

Saturday, June 20 · Shabbat

Sixth Shabbat Rest

"Let us be glad and rejoice and give Him praise, for the marriage of the Lamb has come, and His wife has made herself ready."

REVELATION 19:7 | TS2009

As the sixth of seven Shabbats during this Omer counting season arrives, take time to rest and reflect. What has Yahuah carried you through this week? Where did He give strength, patience, wisdom, or shalom? Write a simple reflection of gratitude and let your heart settle before Him.

ASSEMBLY OF YAHUAH

THE FINAL WEEK

Sinai, Shavuot, and Drawing Near

You have reached the final seven days of the count. Shavuot is drawing near, and this week invites you to prepare your heart with reverence, gratitude, and expectation.

At Sinai, Yahuah met His people in a powerful way. He gave them His Torah and showed them that they were called to be His covenant people. The mountain shook, the people trembled, and Mosheh drew near to hear what Yahuah would speak.

At Shavuot in Acts 2, Yahuah again moved powerfully among His people. The Ruach was poured out, and the message of the Kingdom went forth with boldness. What began at Sinai was not forgotten — Yahuah was still calling His people near, writing His ways on hearts and empowering them to walk in obedience.

As the final week begins, do not rush through these last days. Draw near to Yahuah. Ask Him to prepare your heart, deepen your love for His Word, and help you receive what He desires to give. Shavuot is almost here, and He is faithful to meet with His people.

> ***"And it shall be in the last days, says Elohim, that I shall pour out of My Spirit on all flesh. And your sons and your daughters shall prophesy, your young men shall see visions, your old men shall dream dreams."***
>
> ACTS 2:17 | TS2009

Day 43 Sunday, June 21

Preparing to Receive

"In the third month after the children of Yisra'el had gone out of the land of Mitsrayim, on this day they came into the Wilderness of Sinai. And they departed from Rephidim, and came to the Wilderness of Sinai, and camped in the wilderness. So Yisra'el camped there before the mountain."

SHEMOTH 19:1–2 | TS2009

Shavuot is drawing near. As you prepare your heart, what do you want to be ready to receive from Yahuah — instruction, correction, encouragement, wisdom, renewal, or deeper understanding? Write a prayer asking Him to prepare you with humility and expectation.

ASSEMBLY OF YAHUAH

Day 44 Monday, June 22

Listening Well

"And he took the Book of the Covenant and read in the hearing of the people. And they said, "All that Yahuah has spoken we shall do and obey."

SHEMOTH 24:7 | TS2009

Sometimes preparation begins with listening. Is there something Yahuah has been gently bringing to your attention during this count? A scripture, a pattern, a lesson, or a quiet reminder? Write about what you have been hearing, and ask Him to help you listen with a willing heart.



Day 45 Tuesday, June 23

A Willing Yes

"And it shall be after this that I pour out My Spirit on all flesh. And your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions."

YO'EL 2:28 | TS2009

Yahuah does not ask for a perfect performance; He desires a faithful heart. Where is He inviting you to give Him a willing yes? It may be in obedience, patience, forgiveness, service, or trust. Write about that invitation and ask Him to help you respond with sincerity.



Day 46 Wednesday, June 24

Gathered at the Mountain

> ***"But you shall receive power when the Set-Apart Spirit has come upon you, and you shall be My witnesses in Yerushalayim, and in all Yehuḏah and Shomeron, and to the end of the earth."***
>
> ACTS 1:8 | TS2009

Before Yisra'el received instruction at Sinai, they were gathered and prepared. As Shavuot approaches, consider what it means to come before Yahuah with reverence. What helps your heart become quiet, attentive, and ready? Write one way you can prepare to meet with Him more intentionally.



Day 47

Thursday, June 25

Written on the Heart

"And I shall ask the Father, and He shall give you another Helper, to stay with you forever — the Spirit of the Truth, whom the world is unable to receive, because it does not see Him or know Him. But you know Him, for He stays with you and shall be in you."

YOHANAN 14:16–17 | TS2009

Yahuah's desire is not only that we know His words, but that His ways are written on our hearts. What truth from this counting season do you want to carry beyond Shavuot? Write it down, and ask Yahuah to help it become part of how you live, think, and walk.



Day 48

Friday, June 26

Almost There

"And when the Day of the Festival of Weeks had come, they were all with one mind in one place. And suddenly there came a sound from the heaven, as of a rushing mighty wind, and it filled all the house where they were sitting."

ACTS 2:1–2 | TS2009

You are almost at the end of the count. Look back with kindness and honesty. What has this journey taught you about consistency, grace, waiting, or daily faithfulness? Write one lesson you want to remember, and thank Yahuah for helping you continue one day at a time.

ASSEMBLY OF YAHUAH

Day 49

Saturday, June 27 · Shabbat

Seventh Shabbat Rest

"And from the morrow after the Sabbath, from the day that you brought the sheaf of the wave offering, you shall count for yourselves: seven completed Sabbaths. Until the morrow after the seventh Sabbath you count fifty days, then you shall bring a new grain offering to Yahuah."

WAYYIQRA / LEVITICUS 23:15–16 | TS2009

As the seventh Shabbat of the Omer counting season arrives, pause before the final day. Seven weeks have passed. What has Yahuah shown you through this journey from First Fruits toward Shavuot? Write a reflection of gratitude, remembering His patience, His instruction, and His faithfulness.



DAY 50 · JUNE 28, 2026

Shavuot: The Count Is Complete. The Harvest Has Come.

The count is complete. Fifty days have passed from First Fruits to Shavuot, from the beginning of the barley harvest to the celebration of the wheat harvest. Today is a day to pause, remember, and rejoice before Yahuah.

Shavuot is the Feast of Weeks. It reminds us of Yahuah giving His Torah at Sinai, and it also points us to the outpouring of the Ruach HaQodesh in Yerushalayim. It is a day connected to covenant, harvest, thanksgiving, and joy.

This is not only a day for reflection. It is a day for rejoicing. Deḇarim 16 reminds Yahuah's people to rejoice before Him with their households, their community, and those in need. Shavuot is a feast to celebrate what Yahuah has done and to give thanks for His provision.

As this count closes, look back with gratitude. What has Yahuah taught you? How has He strengthened you? What fruit has begun to grow? Bring your thanks before Him, celebrate His faithfulness, and ask Him to help you walk forward in His Word, His Spirit, and His ways.

"And when the Day of the Festival of Weeks had come, they were all with one mind in one place. And suddenly there came a sound from the heaven, as of a rushing mighty wind, and it filled all the house where they were sitting."

ACTS 2:1–2 | TS2009

Day 50 Sunday, June 28 · Shavuot

Shavuot

"And when the Day of the Festival of Weeks had come, they were all with one mind in one place."

MA'ASEI / ACTS 2:1 | TS2009

Today marks the fiftieth day — Shavuot. This is a time to remember Yahuah's instruction, His covenant, and the outpouring of His Spirit. As you complete the count, what are you bringing before Him in gratitude? Write a prayer of thanksgiving, asking Him to help you walk forward in His Word, His Spirit, and His ways.



Yahuah bless you and guard you; Yahuah make His face shine upon you, and show favor unto you; Yahuah lift up His face upon you, and give you shalom.

—Bemidbar / Numbers 6:24–26

Continue Learning About the Omer

As you complete this journal, we invite you to keep studying the meaning of the count from First Fruits to Shavuot. Scan the QR code below to read articles on Counting the Omer.

assemblyofyahuah.com**/counting**