

# Counting of the עֹמֶר Omer, 2026

## Day 19

by Marc Gravelle

[marc@bondservantsofyeshua.ca](mailto:marc@bondservantsofyeshua.ca)

### *Psalms 119: 145 – 152*

This morning, the selected *verses* are a reminder to me, of the pleasure that one can derive out of spending time in the Scriptures. Just imagine trying to get an audition with the Queen of England or with the Pope, or with any other dignitary for that matter, and how much red tape, you would have to go through, and how much protocol teaching, you would be subjected to, before even meeting with them. And here I am, speaking to the Creator of the universe, and I can do it anytime I want, because, He is not only the Creator of all things, He is also my Father, and as such, He always has time for His obedient *sons and daughters*, who have chosen to willingly obey the Words of His Torah of Life. Over the years, I know that many men and women, who have chosen to surrender their hearts, minds, souls and strength to Yahweh, have pursued a dialogue with the Creator, as I am trying to do this morning, therefore, the Psalmist reminds us, that speaking to Yahweh and anticipating responses, are things that are *normal* for those who are seeking Yahweh's face, His presence. But before commenting on those realities, perhaps you can take the time, to count the Omer, by reflecting on the following Psalm selections. For I am convinced, that **IF** we speak the Words of Yahweh's Scripture back to Him, back to the Creator of the universe, and then, remain silent for a period of time, and truly listen with our hearts, I am sure that we will hear or sense the Word of Elohim responding to us.

### *Psalm 1:1-6*

*1 Blessed is the man that does **NOT** walk in the counsel of the ungodly, **NOR** stands in the way of Sinners, **NOR** sits in the seat of the scornful. 2 But his delight, **IS** in the Torah of Yahweh, in His Torah, does he meditate day and night. 3 And he shall be like a tree planted by the rivers of water; a tree that brings forth his fruit in its season; his leaf also shall **NOT** wither; and whatsoever he does shall prosper. 4 The ungodly are **NOT** so: **BUT** are like the chaff which the wind drives away. 5 Therefore the ungodly, shall **NOT** stand in the **judgment**, nor sinners in the congregation of the righteous. 6 For Yahweh knows the way of the righteous: **BUT** the way of the ungodly, shall perish.*

What I would like to talk to you about today, is the *standard* by which Yahweh **judges** the peoples of the earth. I have been a business man for most of my adult life, and as such, I have undertaken many projects. One of those projects was building an apartment block on Broadway, near where it is crossed by Fraser Street, in Vancouver. We hired an architect who drafted up some plans, which I thought were excellent. We submitted those plans to the City of Vancouver's building department, and, after they had reviewed the plans for what seemed to be an eternity, they came back to us with the answer that the plans and design were not acceptable. When I went to meet with the head of the department, to inquire as to what it is they wanted us to change in the plans, so that we could comply with, and meet their standards, this is the answer that I received from the head of the building department. And I quote, *we do not know what we want, have your architect draft up new plans and submit them to us again, and if we like them we will approve them.*

Needless to say, both my architect and I were perplexed, **NOT** because we were not capable of redesigning the apartment block, **BUT BECAUSE** we had no idea at all what they wanted. Well it took us another four tries and about four months, before they finally approved our design. The reason I bring this up, is to ask you a question, **HOW** would you like Yahweh to judge you, in that same manner, by whatever whim, He has on any given day? Well, I am sure that any sane person would have said, **NO**, I would not want Yahweh to judge me in that manner. Therefore, I thank Yahweh that that **IS NOT THE CASE**, with Him. We can **TRUST** and **RELY** on Yahweh, because **HE DOES NOT CHANGE**. He has set the **STANDARD** by which He wants **ALL** of us to live, and that **STANDARD** my friends **IS** the Words of His Torah of Life, and Like Yahweh, the Words of His Torah are also **ETERNAL**, so that the rules that applied to Adam, to all the patriarchs, to the Prophets, to the Apostles, and Yes, they even applied to Messiah our Saviour, and thank Yahweh, they apply to **ALL** of us, also. We have to understand that Yahweh's Directives for everlasting Life, the Words of His Torah, **HAVE NOT CHANGED AT ALL**, **NOR will the Words of His Torah, His eternal Word, EVER CHANGE**, and please remember, that Messiah Himself said, that **NOT even one Jot or Tittle of the Words of the Father's Torah** of Life, has, or will ever change, which means that from the beginning of time, to the present time, that you and I are now living in, there **ARE NO CHANGES** to any of the Words of Yahweh's Torah of Life, therefore we can **TRUST** Yahweh and His Word, because they **DO NOT** change. Amein

### ***Psalms 119: 145 – 152***

*Consider my affliction, and deliver me: for I do not forget Your Torah (Law). Plead my cause, and deliver me: quicken me according to Your Word (Torah). Salvation is far from the wicked: for they do NOT seek Your Statutes (Torah). Great are Your tender mercies, O Yahweh: quicken me according to Your Judgments (Torah). Many are my persecutors and my enemies; yet do I not decline from Your Testimonies (Torah). I beheld the transgressors, and was grieved; because they did NOT keep Your Word (Torah). Consider how I love Your Precepts (Torah): quicken me, O Yahweh, according to Your lovingkindness. Your Word (Torah) is TRUE from the beginning: and every one of Your righteous Judgments (Torah) endures FOR EVER.*

As I read these verses, I find myself questioning my own commitment to believing and obeying the Words of my heavenly Father. **CAN I TRULY SAY** in my heart, that I never forget His Word, and that **IT IS** constantly before me, **CAN I SAY** that I seek His Statutes with all my heart, **CAN I SAY** that I do not decline from Yahweh's Testimonies, **CAN I SAY** that I truly love all of Yahweh's Precepts, **DO I REALLY BELIEVE** that **ALL** of His Word **IS TRUE**, and that the Words of His Torah, His inerrant and everlasting teaching and instructions will indeed endure **FOREVER?**

What about you, have you ever asked yourself any, or all of these questions? As we go through these next 30 plus days of counting the Omer, do you think that you will be able to answer **YES** to some of these questions?

When I read Yahweh's Word, **IT ALWAYS MAKES ME CONTEMPLATE AND THINK ABOUT MY OWN BEHAVIOUR**, and how I measure up to the Word of Yahweh. Sometimes I think I am doing pretty good, then, something happens, that puts me down a peg or two, and makes me realize that I have such a long way to go, in order to claim any type of **righteousness**. However, I am not discouraged, because of what Yahweh has shown us in the Scriptures. Yahweh has shown you and I, that even though we make many mistakes, as all of the Patriarchs did, we can still count on Him to

return us back to the right Path, **HIS PATH OF RIGHTEOUSNESS**, when we turn to Him with surrendered contrite hearts that are willing to be obedient to the Words of His Torah of Life.

For example, when I read, of the many errors that David made in his life, and realize that Yahweh still called David, **a man after His Own Heart**, despite all of his mistakes, and yet, with Mosheh, who was also placed in a position of leadership, Yahweh had no tolerance for Mosheh's mistake of hitting the rock twice, rather than speaking to it, as Yahweh had Commanded him to do. I have to ask myself, what does that tell me? I believe that it tells me, and everyone of us, of both the **GRACE**, and the **SEVERITY** of Yahweh. Yahweh was very tolerant with David, even though he was a leader of the people of Yisrael, because he was **NOT a priest, nor a teacher of the Word of Elohim, BUT**, Mosheh was the manifest image of Yahweh here on earth, a man to whom Yahweh chose to give the Words of His Torah of Life to, which means that for Mosheh, there was absolutely **NO ROOM** for error, afforded to him.

The next thing that came to mind **IS**, have you ever really cried out to Yahweh for something or for someone? I know that I have, and more than once. If and when you did cry out to Him, do you think He heard you? As for me, at the time that I did cry onto Yahweh, I didn't think that He heard me, because I did not get the outcome that I wanted, and this has happened more than once in my life. Now that I understand His Word a little better, I can see that He was indeed there at my side all along, protecting me from my worst enemy, **myself**.

The English words *save me* are translated from the one Hebrew word, Hoshiyeiniy, הוֹשִׁיעֵנִי, meaning *do not let me perish, keep me alive*, and it is derived from the word, Yeshuah יְשׁוּעָה, meaning, salvation, which is from the word יִשׁוּעַ, Yeshua, which is the name of our Saviour.

By themselves, these are just words in a Psalm, but **IF** you put them together with the rest of the Scripture, which is the only way to truly understand the Word of Yahweh, we can decipher Yahweh's intention, and the meaning of the message that He is giving us through the Psalmist. Here, in these *verses*, when the Psalmist uses the Hebrew word Hoshiyeiniy, הוֹשִׁיעֵנִי, he is telling us that Yeshua, the Words of the Living Torah made flesh, **IS** the One that answers us, and He assures us in Scripture that He **WILL NEVER** leave us nor forsake us, and, therefore, when we cry onto Him, He will hear us (He will Shema) and answer us, but only **WHEN** we make a commitment to willingly and lovingly obey the Words of our heavenly Father's Torah of Life, His inerrant and everlasting teaching and instruction, which He has laid out for us, and then, **WHEN** we do cry onto Him, because we are afraid, or need His help, He will hear us, comfort us, and revive us. How will He do all of that? Is this something that David the Psalmist just dreamt up, and decided to put it in the Psalm, or did He get His inspiration from Yahweh and His beautiful Scriptures?

Let me quote you a few *verses* that shows us the **GUARANTEE** that Yahweh has given us, when we willingly choose to surrender our hearts, minds, souls and strength to Him in loving obedience to the Words of His Torah of Life.

Let's start with:

*Deuteronomy 6:4* where it says: *Hear, O Yisrael: Yahweh our Elohim, Yahweh is One.*

There is no mistaking the meaning of this *verse*. Mosheh is telling us, that our heavenly Father, His

Son, His Holy Spirit and whatever other form that Yahweh chooses to manifest Himself to us in, they are all **ONE** and the same entity, they are simply different attributes of our heavenly Father. What follows is our heavenly Father's promises, and before you start reading, please understand that it is imperative that you believe that Yahweh does **NOT CHANGE**, and therefore it means that His Word **NEVER CHANGES, BECAUSE, IT TOO, IS ETERNAL.**

*Genesis 28:15 And, behold, I am with you, and will keep you in all places where you go, and I will bring you again into this land; for **I WILL NOT LEAVE YOU**, until I have done that which I have spoken to you of.*

*Deuteronomy 4:31 (For Yahweh your Elohim is a merciful Elohim;) **HE WILL NOT FORSAKE YOU**, neither destroy you, nor forget the covenant of your fathers which He swore unto them.*

*Deuteronomy 31:8 And Yahweh, it is He that does go before you; **HE WILL BE WITH YOU**, He will **NOT fail** you, **NEITHER FORSAKE YOU**: fear **NOT**, neither be dismayed.*

*Joshua 1:5 There shall not any man be able to stand before you all the days of your life: as I was with Mosheh, so I will be with you: I will **NOT fail** you, **NOR FORSAKE YOU**.*

*1Samuel 12:22 For Yahweh **WILL NOT FORSAKE** His people **for His great Name's sake**: because it has pleased Yahweh to make you His people.*

*Psalms 94:14 For Yahweh **WILL NOT CAST OFF HIS PEOPLE, NEITHER WILL HE FORSAKE HIS INHERITANCE**.*

*Proverbs 4:2 For I give **YOU GOOD DOCTRINE, DO NOT FORSAKE MY TORAH**.*

*Proverbs 28:4 They that **FORSAKE THE TORAH, actually PRAISE THE WICKED**: **BUT** the people who **KEEP THE TORAH**, actually contend with the wicked that **FORSAKE** the Torah.*

*Isaiah 41:17 When the poor and needy seek water, and there is none, and their tongue fails for thirst, I Yahweh will hear them, I the Elohim of Yisrael **WILL NOT FORSAKE THEM**.*

*John 14:18 **I WILL NOT LEAVE YOU COMFORTLESS**: I will come to you.*

*Hebrews 13:5 Let your conversation be without covetousness; and be content with such things as you have: for He has said, **I WILL NEVER LEAVE YOU, NOR FORSAKE YOU**.*

Now, I would like you to re-read the *verses* of *Psalm 119:145-152* with the understanding that our heavenly Father has **PROMISED us**, that He would **NEVER EVER LEAVE NOR FORSAKE US**. And, I am sure, that it **WILL** give you a sense of **SHALOM**, a sense of utter calmness, a sense of absolute freedom. Our heavenly Father has **PROMISED us**, that He will be at the side of His Torah obedient children **forever**. He has also promised that **IF** we obey His Commandments, *No weapons formed against us will prosper*; He has told us **NOT to Fear** when He said, **IF Yahweh is for you, THEN, who can be against you**.

Can you actually see, that all of our heavenly Father wants, **IS** to protect **ALL** of His children, and today, as you count the Omer, please understand that **YOU, YES YOU, ARE HIS CHILD**, and that He will do all that He can to protect you from the world, however He will **NOT** protect you from yourself, **IF** you willingly choose to turn away from Him and the Words of His inerrant and everlasting teaching and instructions, His Directives for everlasting Life. *Proverbs 28:4 They THAT FORSAKE THE TORAH actually praise the wicked: but the people that keep the Torah, actually contend with them that forsake the Torah.*

Your meditation project for today is to spend more time in the beautiful words of *Psalm 119:137-144* and try and understand what Yahweh is communicating to you through these beautiful words.

*145 I cried with my whole heart; hear me, (shemah), O Yahweh, I will KEEP Your Statutes.*

Have you ever wanted something so badly, that you desired it, with your whole heart and soul? Well this is what the Psalmist is trying to convey to us here, in this *verse*. He is crying onto Yahweh with his whole heart, but, what the Psalmist is doing, **IS** much more than just the shedding of tears; the type of crying that the Psalmist is doing, is an emotional upheaval, that is generated from the deepest recesses of his being, and there are no words that can explain that type of crying. **IT IS** part of one's soul; **IT IS** a desire that transcends even human life, a longing that can only be filled supernaturally by our heavenly Father. The Psalmist wants this so much, that he asks Yahweh to **Shema** his words. The word *Shema* means *to hear, listen, pay very close attention to, understand, believe, follow, obey and DO* what I have asked You to do. And without getting an answer back, the Psalmist says that he will **KEEP**, Shamar, guard Yahweh's Statutes, His inerrant and everlasting teaching and instructions, the Words of His Torah of Life.

Why does the Psalmist make that commitment? He does it, because He knows, in his heart, that Yahweh will indeed hear, *Shema* his prayer, because Yahweh searches the hearts of men, and as you can see by the text, the Psalmist's heart is fully surrendered to Yahweh in loving surrendered obedience to all the Words of His Torah of Life, and, because of what it says in *Proverbs 28:9 He that turns away his ear from hearing (shemah) the Torah (Law), even his prayer shall be abomination.*

*146 I cried unto You; save me, and I shall KEEP Your Testimonies.*

Here the Psalmist reiterates his deep seated desire for Yahweh to *Shema* his words, but this time, he goes even further, and asks Yahweh to help him, and the word translated as **save me**, is the Hebrew word, *Hoshiyenyi, הוֹשִׁיעֵנִי*, and since the Psalmist knows that Yahweh will indeed help him, because Yahweh has said so in His Word, the Psalmist commits himself to **KEEP**, guard, Yahweh's

Testimonies, His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, for the Psalmist knows that they are **LIFE to him**. As we continue to go through *Psalm 119*, we can see more and more, that the Psalmist is drawing closer and closer to Yahweh and learning to **TRUST** Him more and more.

*147 I prevented (anticipated, hastened) the dawning of the morning, and cried: I hoped in Your Word.*

Here again the Psalmist exposes his heart felt desire to draw nearer to Yahweh and as we see, he again cries onto Yahweh, because he understands, that embedded in the Word of Yahweh **IS hope, comfort, truth, pleasure, joy and salvation** and that all of these attributes are released through obedience to the Words of Yahweh's inerrant and everlasting teaching and instructions, His Torah of Life, therefore the Psalmist cannot wait for morning to come, so that he can awaken and begin his meditation on, and in, the Word of Yahweh. It is as **IF** sleeping, for the Psalmist, is something that **is keeping him away** from meditating in and on Yahweh's Word, therefore, he wants to **hasten** the arrival of the morning, so that he can awaken and get **right back** to meditating on Yahweh's Words.

*148 Mine eyes prevented (anticipate, even hasten) the night watches, that I might meditate in Your Word.*

Throughout all of these *verses*, the Psalmist expresses a certain urgency in meditating on the Word of Yahweh and praying to Him with a surrendered obedient heart. Like most of us, the Psalmist has to work during the day, and here, he says, he is trying to **hasten** time along, so that he can get back to meditating on Yahweh's Word and spend time praying and worshiping him. That begs the question, have **YOU**, ever longed to have time alone with Yahweh, have you ever wished that your work day would soon be over, so that you could have some alone time with Yahweh. Well, this is what the Psalmist is feeling and expressing to us. He just can't wait to spend more time alone with Yahweh, and meditate on Yahweh's Word. That my friends is a very deep seated love for the Word of Yahweh, and for Yahweh Himself, and I believe that it is a discipline that we should all learn to develop in our daily lives.

*149 Hear my voice according unto Your lovingkindness: O Yahweh, quicken me according to Your judgment.*

Here the Psalmists understands that Yahweh is extremely merciful, but he also understands, and knows, that he, the Psalmist, is a sinner, even though he tries not to be. Therefore he asks Yahweh to Shema his voice, listen to his supplication, to his prayer, according to Yahweh's established loving kindness. The kindness that Yahweh displays to all of mankind, **IS** far beyond the kindness of man, it transcends **ALL** human forgiveness, for while we were yet sinners, He went to the cross for each and every one of us, to take our place and be crucified in our stead. That my friends **IS** the ultimate act of love and kindness. His Word says that **ALL SINNERS DESERVE TO DIE, BUT** instead of dying for our Sins, our transgressions of the Words of His Torah of Life, we are set free **BY His SACRIFICE, IF and WHEN** we repent from our Sins, our transgressions, and then allow Yahweh/Messiah to teach us, through the Father's Holy Spirit (*Ezekiel 36:27*) to learn **how** to keep Yahweh's Judgements, His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, in the manner that He has prescribed. The Psalmists asks Yahweh, to quicken him, in other words, make me live by and through Your Commandments.

150 They draw nigh that follow after mischief: they are far from Your Torah (Law).

Here in *verse 150*, we see that those that have decided **NOT** to **KEEP nor OBEY** the Word of Yahweh, His Torah of Life, are drawing near to the Psalmist and it makes him feel very uncomfortable. Why does the Psalmist feel uncomfortable when these people approach him? He feels very uncomfortable because of his great love for the Word of Yahweh, and, it distresses him, to see how these people can so easily discard **IT** as yesterday's trash, and how they abuse Yahweh's good graces. The word mischief used in this *verse*, is a very bad translation, because it conveys something that a little child would do rather than the atrocities that the Psalmist is trying to convey. The word mischief is translated from the Hebrew word Zemah, זָמָה, which means, *depravity, prostitution, heinous crimes, lewdness, wickedness*, in other words, **IT IS** describing total, rebellion and disobedience against every aspect of the Words of Yahweh's Torah of Life. They are doing the exact opposite of what Yahweh has instructed all of us to do, in the Words of His inerrant and everlasting teaching and instructions for Life, they are constantly transgressing the Words His Torah of Life, they are very **FAR** away from Yahweh's directives for everlasting Life, His Torah, they **DO NOT, NOR DO THEY WANT TO** follow His Directives for everlasting Life, that Yahweh has so graciously given to the whole world, His Torah of Life. *Romans 8:7-8 Because the carnal mind is enmity against Elohim: for it is NOT SUBJECT to the Torah (Law) of Elohim, neither indeed can be. 8 So then, they that are in the flesh, they that transgress the Torah on a regular daily basis, CANNOT PLEASE ELOHIM.*

151 You are near, O Yahweh; and all Your Commandments are **TRUTH** (Torah).

The words *you are near* are the single Hebrew word, Qarov, קָרַב, and from this word, we get the word Qorban, קָרְבָן, which means *to draw near to, offering*, and in the case of the Qorban offering, which is one of the sacrifices found in *Leviticus 1:2*, **IT IS** a sacrifice that we give in order **TO DRAW NEAR TO YAHWEH**. Here the Psalmist uses this same word, the word Qorban to indicate to us, that in this case, **IT IS** Yahweh that **IS** drawing near to us. Now I want you to be able to picture this in your minds eye, Yahweh of Hosts, the Creator of the universe, the Elohim of **ALL** things, **WANTS TO, AND DOES, DRAW NEAR TO ALL** who willingly and lovingly choose to surrender their wills to His Will, in loving surrendered obedience to Words of His Torah of Life. **WHY** does Yahweh do that, **WHY** does He draw near to those who want to be near to Him and surrender their wills to His? It is because of His great love for all of mankind, and Yahweh not only wants to draw near to us, He wants us to draw near to Him, and accept and receive **ALL** the benefits that He has to offer, through His directives for Life, His inerrant and everlasting teaching and instructions, the Words of His Torah of Life. Why does Yahweh want us to obey the Words of His Torah? He wants us to obey the Words of His Torah, first of all, because it **IS** the absolute **TRUTH**, and embedded in this **TRUTH**, embedded in **ALL** of His Commandments, are **ALL** of His blessings and life eternal for all those who willingly and lovingly choose to take hold of it, by choosing to obey and do His Torah from a surrendered contrite obedient heart, and because, He does **NOT** want even one of us to perish.

The Psalmist makes it quite clear that **ALL** of Yahweh's Commandments **ARE TRUTH**. Furthermore the Psalmist does **NOT** make a distinction between the so called moral and ceremonial laws like many of the church fathers have done, for these are merely **MAN MADE** separations, **BUT** the Psalmist emphatically states that **ALL of YAHWEH's COMMANDMENTS ARE TRUTH**, and I truly believe that we are to do the same. Amein

152 Concerning Your **Testimonies**, I have known of old that You have founded them **FOR EVER**.

Here again the Psalmist is instructing **ALL** people that have an ear to hear, that the Word of Yahweh, His inerrant Word, **IS** everlasting. The word *old*, used in this *verse* is the Hebrew word Qedem, קִדְמָה, which means, *ancient, east, long ago, eternity*, and therefore the Psalmist realizes and is conveying to the readers of the Psalms, that Yahweh's Testimonies are His Ancient Path of **RIGHTEOUSNESS** and that they will stand forever, for eternity. There is simply **NO ROOM FOR DOUBT** in the Psalmist's mind, **AND THERE SHOULD BE NO ROOM WHATSOEVER FOR ANY DOUBT IN OUR MINDS EITHER**, for the Word of Yahweh, His instructions on how we, His children, are to live, have been established from the beginning of time and **THEY WILL NEVER CHANGE**, for what Yahweh does and says, **IS, AND ALWAYS WILL BE, PERFECTION**, without any hint of error, and there **IS NEVER ANY NEED TO CHANGE WHAT IS ALREADY PERFECT**.

On this 19<sup>th</sup> day of Counting the Omer I wish you **Happy contending**.

*Studying and keeping Torah together as a community.*

*Have a great Elohim blessed week and may Yahweh bless your every thought, and your every deed. Until we meet again, שְׁלוֹם עֲלֵיכֶם, Shalom Aleykem. Amein!*