

Counting of the עֶמֶר, Omer, 2026

Day 21

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Psalms 119: 161 – 168

This is the third Sabbath rest of the Omer count. For twenty-one days the regimen to take the time to focus on the Holy One of Yisrael and His Word, has been extremely rewarding. Recognizing the value of a disciplined focus of reading and studying the recommended *verse* selections of the Scriptures, has heightened my interest in the Hebrew language and, to a certain extent, ignited within me, the desire to learn more of the original text. This morning, with the Hebrew letter *shin* (שׁ) as the stanza subtitle, two Hebrew words that a Messianic believer learns relatively early in his new walk is *Shabat Shalom*, meaning *Sabbath Peace*, or *Sabbath Completeness*, have been on my mind since entering the weekly rest last night. But before commenting on these and other thoughts, if you are led, please take the time to lift up your praise to the Holy One as you consider the following passages.

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.*

This is the 21st day of the counting of the Omer, and as I read and reread these *verses*, there are many beautiful things that pop out at me. Let me try and explain what I see today. The Elohim we serve, has created **ALL** things, including the air we breathe, the water that sustains life, along with all the other things we need to survive, things that are essential for life. But, what I love most about what Yahweh has given us, **IS**, He has given everyone a measure of **BELIEF** (faith, *Romans 12:3*), and that means, that **ALL** people **HAVE A CHOICE**, we all have a free will to choose our own path, we have the opportunity to choose to live by our own understanding, or turn our wills, our hearts, minds, souls and strength, our complete selves, over to Yahweh and let Him guide us through life.

Before becoming a believer, choosing to turn my will over to Yahweh, was **NOT** an option for me, for I thought to myself, who would turn over control of their lives to a stranger, I certainly wouldn't. Although I knew about Yahweh, and believed that such a being did exist, I had no idea who He was and what He did, or had done.

Why do you think Yahweh gave everyone a measure of **BELIEF** (faith)? Yahweh gave everyone a measure of **BELIEF** (faith), because **it is impossible** to live any kind of life without **BELIEF** (faith). Well, if we were without any **BELIEFS** (faith), then we could not get into a vehicle, because you could not trust other people to obey the traffic laws, you couldn't get on an

elevator for fear that it would fall, you couldn't walk into any building, including your own house, for fear that the walls, the floor or the ceiling would collapse at any moment, you couldn't eat anything for fear that it might poison you, etc. etc. etc. Let's face it, without **BELIEF** (faith), we could **NOT LIVE**, and therefore, we would all die. OK, I hope you can now see and understand why Yahweh gave everyone a measure of **BELIEF** (faith), **BUT** do you understand that **BELIEF** (faith), has both a positive and negative side. For example, **Fear IS belief**, belief that something horrible will happen to you, worry, is the same thing, **it is belief**, that something drastic is about to happen to you, or to someone you love, or to something you own etc. How we use our measure of **BELIEF** (faith), that Yahweh has so graciously given us, is up to us. We can choose to believe in ourselves, and do things our own way, based on our own wisdom and our own feelings, or, we can choose to place our **BELIEF** (faith) in Yahweh, and His Ways, His wisdom, and let Him guide us throughout our daily lives, it is entirely up to us.

However, the fact that you are reading these *verses*, tells me that you have at least begun to turn your **BELIEF** (faith) over to Yahweh, because, you are being obedient to Count the Omer. Today you are **fulfilling** two Commandments, first you are resting and delighting in Yahweh's Shabat, and secondly, you are being obedient in Counting the Omer, as Yahweh Commanded us to do. That is how one builds up their **BELIEF** (faith) system, so keep up the good work.

Psalms 119:161 – 168

Princes have persecuted me without a cause: but my heart stands in awe of Your Word (Torah). I rejoice at Your Word (Torah), as one that finds great spoil. I hate and abhor lying: but Your Torah (Law) do I love. Seven times a day do I praise You because of Your righteous Judgments (Torah). Great peace, have they who love Your Torah (Law): and nothing shall offend them. YHVH, I have hoped for your salvation, and done Your Commandments. My soul has kept Your Testimonies (Torah); and I love them exceedingly. I have kept Your Precepts (Torah) and Your Testimonies (Torah): for all my ways are before You.

Does your heart stand in awe of Yahweh's Word? Do you rejoice in Yahweh's Word, His Torah? Can you profess that you **LOVE YAHWEH's WORD**, His Torah **MORE** than yourself? Do you believe Yahweh, and every Word that proceeds forth from His mouth? Do you hate and abhor lying? Have you experienced the great peace spoken of by the Psalmist, when you love Yahweh's Torah? Can you honestly say, that your soul, your inner being, has kept the Words of the Torah of Yahweh **BECAUSE** you love His Precepts and Testimonies exceedingly? I know that these are a lot of questions to answer, so let me help you a little bit.

Today is the 21st day of counting the Omer, which means that it is a Shabat, called Yahweh's day of rest, the day that He has set aside and hallowed, and Commanded us to do the same, He commanded us to rest in Him on this Day. So, just think for a moment; **IF** you are keeping the Shabat, **and** counting the Omer, as we are Commanded to do by Yahweh, **THEN**, you can answer yes, to most of these questions, **IF** not all of them, because, your journey of loving surrendered obedience to the Words of Elohim, has begun. My advice to you, is that you continue obeying His Commands and see where it leads you; I can absolutely assure you, that you will be more than pleased with what you will find.

The words *Shabat Shalom* is the common greeting that echoes through the day of the week set aside to observe the weekly Shabat. Ever since Yahweh hallowed and sanctified the Shabat as His

Day of Rest, and Commanded us, in the wilderness of Sinay to **KEEP His** Shabbat, it has been categorically and unequivocally clear, that remembering or observing Yahweh's day of rest, is one of the Ten Commandments: *Exodus 20:8-11 Remember (Zachar, speak and act on behalf of) the Shabat day, to keep it **HOLY** (Kadosh, set apart). 9 Six days shall you labour, and do all your work: 10 **BUT** the seventh day is **the Shabbat of Yahweh your Elohim: in it, you shall NOT do any work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates: 11 For in six days Yahweh made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Yahweh blessed the Shabat day, and hallowed it.***

So without any quibbling, **IT IS** very obvious that anyone who willingly chooses to obey the Commandments of Yahweh, by setting aside a 24-hour period of time, from Friday evening, to Saturday evening, the time period that Elohim Himself **designated** as His Day of rest, to honour Him, honour our Creator, is without debate one of the **TOP TEN** things that a Believer can do, to testify, that he or she truly want to please our Heavenly Father. However, without digressing into the controversial disputes over what day, and all the other issues that the Judeo-Christian community argue about, suffice it to say, that a simple reading of Scriptures, indicates that the Holy One requires one day a week to focus on Him, and **HE HAS** designated which **DAY THAT IS TO BE**.

A little further along in the Torah, we are told that Yahweh's Shabbat is a **SIGN**, just like the wedding ring on my finger is a sign that I am married to my beautiful wife Janice, it is a sign that Janice and I are in Covenant with each other, in the same manner that the Shabat is a **SIGN** that we are in Covenant with Yahweh. *Exodus 31:17 It is a SIGN between Me and the children of Yisrael FOR EVER: for in six days Yahweh made heaven and earth, and on the seventh day He rested, and was refreshed.*

As we continue on in the Scriptures, we see in **Vayiqra (Leviticus) 23**, that the Shabat is listed as the first of Yahweh's appointed times (His Moeds, His Feasts) that the Holy One of Yisrael has set apart for His people Yisrael, to commune with Him. *Yahweh spoke again to Mosheh, saying, Speak to the sons of Yisrael and say to them, Yahweh's appointed times, which you shall proclaim as Holy Convocations; My appointed times are these: For six days work may be done, but on **THE SEVENTH DAY** there is a Shabat of **COMPLETE REST**, a Holy Convocation. You shall **NOT** do any work; it is a Shabat to Yahweh in all your dwellings" (Vayiqra, leviticus 23:1-3).*

By placing the Shabat at the beginning of the description of His Moeds, His Feasts, His appointed Times, it is evident that Yahweh places just as much importance on the Shabat, as He does on all of His Feasts.

As we continue on in the Holy Scriptures, we find that the Prophet Isaiah tells his listeners some other insightful things about the weekly Shabat. Not only does he say that the strangers who join themselves to Yisrael will be honouring the Shabat (*Isaiah 56:2-6*), but, he also declares some of the rewards of making the Shabat a delight. *Isaiah 58:13-14 IF you turn away your foot from the Shabat, from doing your pleasure on My Holy day says Yahweh; and call the Shabat a delight, the holy of Yahweh, honourable; and shall honour Him, **NOT** doing your own ways, **NOR** finding your own pleasure, **NOR** speaking your own words: Then, you shall delight yourself in Yahweh; and I will cause you to ride upon the high places of the earth, and feed you with the heritage of Ya'aqov, your father: for the mouth of Yahweh has spoken it.*

When you read these *verses* and consider some of your own experiences, you might determine, that what Isaiah has prophesied, has indeed occurred in your life. I know that both Janice and I, have experienced and continue to experience the love of Elohim in a very special way, on each Shabat. We truly have learned to make the Shabat a delight in our lives, and part of our joy, is the opportunity of sharing this delight with you, the willing servants of Yahweh, for I know, beyond a shadow of a doubt, that my heavenly Father is grinning from ear to ear, when He sees us, His children, celebrating the first of His Feasts, in the manner that He has Commanded us to do, and He will feed us with the heritage of our father Ya'aqov. For your information, the heritage of our father Ya'aqov, **IS** the Land of Yisrael, along with **ALL** of Yahweh's promises, and it is all a shadow picture of His everlasting kingdom here on earth.

I believe that keeping the Shabat as Yahweh has asked us to do, **IS THE DOORWAY** into a total loving intimate relationship with our heavenly Father, and that this intimate relationship **CANNOT** be fully achieved any other way. For **IT IS** by our obedience to the fourth Commandment, to honour and delight in Yahweh's Shabat, as we are doing today, that we show the whole world, that **WE**, are in Covenant with our heavenly Father, and that we truly love His Commandments exceedingly. We are also declaring in whom our hope of *salvation* is focused, and that is in our Saviour, Yeshua.

So as you celebrate this Shabat, while being ever diligent to count the Omer, and keep His Shabatot, two Commandments, that I have learned to delight in, remember, that these are the Creator of the universe's Commandments, and that He truly delights in the people that delight in and obey the Words of His inerrant and everlasting teaching and instructions, to **KEEP THEM**. Therefore know in your heart of hearts, that our heavenly Father is delighting in **YOU TODAY**. Amein

Your meditation project for today is to spend more time in the beautiful words of *Psalm 119:161-168* and try and understand what Yahweh is communicating to you through these beautiful words.

*161 Princes have persecuted me without a cause: **BUT** my heart stands in awe of **YOUR WORD**.*

In this context, the word *princes* means **leaders**, and can mean government **leaders**, as we have today. The Psalmist expresses his concern about the **leaders** of the day, persecuting him. Our situation is not very different today, except that instead of princes we have big brother government that piles on some of their ridiculous demands in the form of over taxation, mask mandates, vaccine passport mandates, a demand to accept and even applaud, Homosexuality, transgenderism, and much more, and these, are **burdens** that are very difficult for the majority of the population to cope with, and in some countries, like Australia, and now also in the UK, it is out and out persecution against their own people. However, no matter how difficult the situation is, that the Psalmist, finds himself in, he has made a heart felt conscious decision to turn to the Word of Yahweh. For the Psalmist knows that **IT IS IN** the Word of Yahweh, His inerrant and everlasting teaching and instructions, wherein is found the power to deliver us out of all our troubles, and that is exactly what the Psalmist is conveying to us through these words. *Psalm 118:8-9 It is better to **TRUST** in Yahweh than to put confidence in man. 9 It is better to **TRUST** in Yahweh than to put confidence in princes.*

162 I rejoice at Your Word, as one that finds great spoil.

Have you ever found something of value, or found something that you lost, something that was of

great value to you? Do you remember what it felt like when you found that item of value or the item that you had lost that was precious to you? Well, that feeling of euphoria, **IS** what the Psalmist is talking about. The joy of finally understanding the immense value that is found in obedience to the Words of Yahweh's inerrant and everlasting teaching and instructions, the study of the Words of our heavenly Father, is as great, **IF NOT A GREATER JOY**, than finding something of value, regardless of what it is, and that is the **JOY** that the Psalmist is talking about here in this *verse*.

163 I hate and abhor lying: but Your Torah (Law) do I love.

In Scripture the Torah is called the **TRUTH**, *Psalm 119:142 Your righteousness is an everlasting righteousness, and Your Torah (Law) is the TRUTH*. And here, in this *verse*, the Psalmist tells us that he hates **Lying**; well **IF** the Torah is **TRUTH**, and **Lying** is the opposite, then, that means that Lying **IS THE TRANSGRESSION OF THE TORAH**, and that is what the Psalmist is telling us here, he is saying that he **HATES** the fact that there are people out there that have willingly chosen to walk contrary to the Words of Yahweh's inerrant and everlasting teaching and instructions, the Words of His Torah of Life, he **HATES** the fact that some people, have chosen to reject the Words of Yahweh's Torah of Life. The Psalmist goes even further, when he says, that not only does he **HATE** and or abhor the Torah transgressions that people commit on a regular basis, **BUT** He loves the Words of Yahweh's Torah, because, when Yahweh's inerrant and everlasting teaching and instructions are obeyed with a Loving heart, it gives people Life.

164 Seven times a day do I praise You because of Your righteous Judgments.

In Scripture the number seven depicts completion, the finished work of Yahweh. He completed the creation of the world and then rested on the Seventh day, there are seven High Holy Feasts, ordained by Yahweh in the Scriptures. Therefore, the Psalmist is saying, he is completely devoted to Yahweh, and that his whole being, his reason for living **IS** Yahweh's righteous Judgements, the Words of His Torah of Life, and he will spend the rest of his life praising and worshiping Yahweh every day, for he knows that **IT IS** the Word of Yahweh that completes us.

165 Great peace have they which love Your Torah (Law): and nothing shall offend them.

Are you experiencing great peace in your life, great inner peace? **IF NOT**, then **maybe** it is time for you to take a look at how you view the Words of Yahweh's Torah of Life, are you keeping and obeying **ALL** the Words of the Father's Yahweh's inerrant and everlasting teaching and instructions, as He has commanded us to do? The Psalmist is quite adamant, when he says, that **they**, and he includes himself in that group, **they** that **LOVE** the Torah of Yahweh, **HAVE GREAT PEACE**. That means that **IF** anyone **IS NOT** experiencing that **GREAT PEACE**, in their lives, then according to the Psalmist, **they cannot fault the Torah**, **BUT** instead, **they** have to look at how **THEY** view the Torah, and then, make whatever adjustments in their lives that will indeed lead them to find that **GREAT PROMISED PEACE** that can only come from choosing to willingly obey the Words of Yahweh's Torah of Life. And I believe that one of the best places to begin to do this, is with Paul's words in *Philippians 4:6 Be anxious for nothing; but in everything by prayer and supplication with thanksgiving, let your requests be made known unto Yahweh. 7 And the PEACE of Yahweh, which passes all understanding, SHALL KEEP and guard your hearts and minds through Messiah Yeshua.*

In our search for **PEACE**, we **MUST** turn to our heavenly Father, *for Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom is no variableness,*

neither shadow of turning; and Shalom, peace, completeness, in every aspect of our lives, which is what the word Shalom means, IS one of the greatest gifts that our heavenly Father has given us. Try it, you'll love it!

166 Yahweh, I have hoped for Your salvation, and done Your Commandments.

Here the Psalmist turns to Yahweh and says, **I HAVE HOPED** in Your **SALVATION** and **DONE** your Commandments. In other words, I have followed the Words of Your inerrant and everlasting teaching and instructions, and I believe them with my whole heart, and my hope of **SALVATION IS** secure in my mind, for Your Word **IS TRUE** and everlasting, and what you have promised in Your Word, **WILL** indeed come to pass, therefore **I KNOW THAT MY SALVATION IS SECURE**.

167 My soul has KEPT Your Testimonies; and I love them exceedingly.

The Psalmist says: My soul, my innermost being has willingly chosen to be obedient to the Words of Your inerrant and everlasting teaching and instructions, Your Torah of Life, and, as I have followed and obeyed them over the years, and I have grown to love them with all of my heart and soul, and I will continue to love them, for **NOW** they are part of my being, part of my soul, part of who I am, a child of the Living Elohim. That is extremely good advice for all of us. Amein

168 I have kept Your Precepts and Your Testimonies: for all my Ways are before You.

Here the Psalmist confesses that he has indeed **KEPT ALL** the Words of Yahweh's inerrant and everlasting teaching and instructions, His Torah, His Directives for everlasting Life, and that it is evidenced by the life that he has led. In the statement *for all my ways are before You* is an understanding that Yahweh **IS** omniscient, therefore, the Psalmist is saying you can see for yourself Father, as You view my whole life, that I have diligently **KEPT** the Words of Your Torah, and rejoiced in it, and because of the instructions and wisdom contained in your Torah, I have grown to love the Words of Your inerrant and everlasting teaching and instructions, the Words of Your Torah of Life, with my whole heart. Thank you for Your **TRUTH**, Your Grace and your never-ending Mercy. Amein

Studying and keeping Torah together as a community.

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