

Counting of the *Omer*/Sheaf

Psalm	Subject	Weeks	
Psalm 119:1-8	Torah of HaShem		“You shall count seven full weeks from the day after the Sabbath, from the day that you brought the sheaf of the wave offering. You shall count fifty days to the day after the seventh Sabbath. Then you shall present a grain offering of new grain to the LORD.” (Lev. 23:15-16)
Psalm 119:9-16	Obedience to the Torah of YHVH		
Psalm 119:17-24	Happiness in the Torah of YHVH		
Psalm 119:25-32	Determination to obey the Torah of ADONAI		
Psalm 119:33-40	Prayer for Understanding		
Psalm 119:41-48	Trusting the Torah of HaShem		
Psalm 119:49-56	Confidence in the Torah of ADONAI	One Week	
Psalm 119:57-64	Devotion to the Torah of YHVH		
Psalm 119:65-72	Value of the <i>Torah</i> of HaShem		
Psalm 119:73-80	Justice of the <i>Torah</i> of YHVH		
Psalm 119:81-88	Prayer for Deliverance		חג הקציר <i>Chag haKatzir</i> Feast of the Harvest or חג שבועות or חג שבועות <i>Chag Shavu'ot</i> /Feast of Weeks (a.k.a. Πεντηκοστή or Πεντηκοστής <i>Pentecost</i> or <i>Pentecostes</i> /Fiftieth [day]): Exo. 23:16, 34:22; Lev. 23:17-22; Num. 28:26-31; Deut. 16:10; Ruth; Acts 2:1, 20:16; 1 Cor. 16:8.
Psalm 119:89-96	Faith in the <i>Torah</i> of ADONAI		
Psalm 119:97-104	Love for the <i>Torah</i> of ADONAI		
Psalm 119:105-112	Light from the <i>Torah</i> of ADONAI	Two Weeks	
Psalm 119:113-120	Safety in the <i>Torah</i> of ADONAI		
Psalm 119:121-128	Obedience to the <i>Torah</i> of ADONAI		
Psalm 119:129-136	Desire to Obey the <i>Torah</i> of ADONAI		
Psalm 119:137-144	Justice of the <i>Torah</i> of YHVH		
Psalm 119:145-152	Prayer for Deliverance		
Psalm 119:153-160	Plea for Salvation		
Psalm 119:161-168	Dedication to the <i>Torah</i> of the LORD	Three Weeks	
Psalm 119:169-176	Prayer for Help		
Psalm 1:1-6	True Happiness		The Ten Words were spoken to Israel during the same month as <i>Shavu'ot</i> (Exo. 19:1) and it is traditionally thought of as the anniversary of the giving of the <i>Torah</i> to Israel. Y'shua taught His disciples over a forty day period after being resurrected on First Fruits (Acts 1:1-11). In Jerusalem the Holy Spirit filled the disciples on this day (Acts 2).
Psalm 11:1-7	Confidence in the LORD		
Psalm 15:1-5	What the LORD Requires		
Psalm 19:7:14	Torah of the LORD		
Psalm 15:4-10	Prayer for Guidance		
Psalm 63:1-8	Longing for <i>El</i> (GOD)	Four Weeks	
Psalm 67:1-7	Song of Thanksgiving		
Psalm 78:1-16	<i>El</i> (GOD) and His People - 1		
Psalm 78:17-31	<i>El</i> (GOD) and His People - 2		
Psalm 78:32-39	<i>El</i> (GOD) and His People - 3		
Psalm 78:40-55	<i>El</i> (GOD) and His People - 4		
Psalm 78:56-72	<i>El</i> (GOD) and His People - 5		
Psalm 93:1-5	The LORD is King	Five Weeks	
Psalm 94:12-23	ADONAI <i>El</i> the Judge		
Psalm 95:1-7	Song of Praise		
Psalm 96:1-13	The LORD the Supreme King		
Psalm 98:1-9	YHVH the Ruler of the World		
Psalm 99:1-9	ADONAI the Supreme King		
Psalm 103:1-22	The Love of <i>Elohim</i>		
Psalm 105:1-11	ADONAI and His People	Six Weeks	
Psalm 106:1-5	ADONAI's Goodness		
Psalm 111:1-10	Praise ADONAI		
Psalm 112:1-10	Happiness of the Righteous		
Psalm 128:1-6	The Reward of Obedience		
Psalm 130:1-8	Prayer for Help		
Psalm 148:1-14	Call for the Universe to Praise ADONAI		
Psalm 138:1-8	Prayer for Thanksgiving	Seven Weeks	
Psalm 150:1-6	Praise ADONAI	<i>Chag Shavu'ot</i>	

asleep. For since by a man came death, by a man also came the resurrection of the dead. For as in Adam all die, so also in Christ all will be made alive. But each in his own order: Christ the first fruits, after that those who are Christ's at His coming, then comes the end, when He hands over the kingdom to the God and Father, when He has abolished all rule and all authority and power. For He must reign until He has put all His enemies under His feet. The last enemy that will be abolished is death. For HE HAS PUT ALL THINGS IN SUBJECTION UNDER HIS FEET [Psalm 8:6].”