

Mount Sinai

M E D I C A L C E N T E R

Prayer Book

A Collection of Prayers & Meditations
for Those Undergoing Medical Treatment



Mount Sinai

M E D I C A L C E N T E R

This prayer book is published in memory of Rabbi Simeon Schreiber z”l, who originally commissioned its publication.

Rabbi Schreiber was a pillar of healing and compassion in our Jewish community. He was the founder, director, and lead chaplain of Visiting Chaplain Services, Inc., a not-for-profit agency providing comfort and support to anyone in spiritual or emotional distress. He was the Senior Staff Chaplain at Mt. Sinai Medical Center in Miami Beach, FL and Chaplain of the Bal Harbour Police Department. He wrote two pragmatic and spiritual guides — *A Caring Presence: Bringing the Gift of Hope, Comfort and Courage: Guidelines for Visiting Hospital Patients, the Homebound Elderly, and Shiva/Bereaved Families* and *From Mourning to Morning: A Comprehensive Guide to Mourning, Grieving and Bereavement*. He was a staff member of Mishkan Miami: The Jewish Connection for Spiritual Support — a program of the Greater Miami Jewish Federation, where he mentored and inspired many.

Rabbi Schreiber was a master chaplain. In his chaplaincy work, he provided a caring, listening presence to all. If there was one teaching he always focused upon, it was the idea that doing good for another means not what feels good to you, but what feels good to that person. For that to happen, one needs to be silent and listen to the soul of the one present. He recognized others’ needs on their own terms. In his life, he did this with thousands of people. An hour visit could be transformative because in that moment he was ready to lend a listening ear. He was a ray of light, bringing hope, comfort and support to all visited.

May each of us learn the compassion embodied by Rabbi Simeon Schreiber. He is dearly missed.

Rabbi Frederick L. Klein

Director, Mishkan Miami: The Jewish Connection for Spiritual Support

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Shema

Declaration of Jewish Faith

שְׁמַע יִשְׂרָאֵל יְהוָה, אֱלֹהֵינוּ, יְהוָה אֶחָד
יְהוָה שֵׁם כְּבוֹד מְלִכּוּתוֹ לְעוֹלָם וָעֶד.

וְאַהֲבַת אֵת יְהוָה אֱלֹהֶיךָ, כָּל לְבָבְךָ, וְכָל נַפְשְׁךָ, וְכָל
מְאֹדְךָ. וְהָיָה חֻדְבָּרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל
לְבָבְךָ: וְשִׁנַּנְתָּם לְבִנְיָךְ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלַחְתְּךָ בַדֶּרֶךְ וּבְשֹׁכֶכְךָ, וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל יָדְךָ,
וְהָיָה לְטַטְפֹּת בֵּין עֵינֶיךָ, וּכְתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

Hear, O'Israel; The Lord our G-d the Lord is One. And you shall love the Lord your G-d with all your heart, and with all your soul, and with all your might. And these words, which I command you this day, shall be in your heart. And you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be as frontlets between your eyes. And you shall write them upon the posts of your house, and on your gates.



Patients' Prayers for Healing





תְּהִלִּים פֶּרֶק קכא

שִׁיר לַמַּעֲלוֹת :

אֶשָּׂא עֵינַי אֶל הַהָרִים מֵאֵן יָבֹא עֲזָרִי.
 עֲזָרִי מֵעַם יְקֹוֹק עֲשֵׂה שָׁמַיִם וָאָרֶץ.
 אֵל יִתֵּן לַמּוֹט רִגְלֶךָ אֵל יְנִים שִׁמְרֶךָ.
 הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.
 יְקֹוֹק שִׁמְרֶךָ יְקֹוֹק צִלְךָ עַל יָד יְמִינֶךָ.
 יוֹמָם הַשֶּׁמֶשׁ לֹא יַכְכָּה וְיָרֵחַ בַּלַּיְלָה.
 יְקֹוֹק יִשְׁמְרֶךָ מִכָּל רָע וְיִשְׁמְרֶךָ אֶת גַּפְשֶׁךָ.
 יְקֹוֹק יִשְׁמְרֶךָ צֵאתְךָ וּבֹאֶךָ מֵעַתָּה וְעַד עוֹלָם.

Psalm 121

A Song of Ascents.

I raise my eyes to the mountains, from where will come my help?

My help is from HASHEM, maker of heaven and earth.

He will not allow your foot to falter; your guardian will not slumber.

Behold, He neither slumbers nor sleeps - the Guardian of Israel.

HASHEM is your guardian; HASHEM is your shade at your right hand.

By day the sun will not harm you, nor the moon by night.

HASHEM will protect you from every evil; He will guard your soul.

HASEHM will guard your departure and your arrival, from this time until eternity.



תְּהִי לִי פָּדָה קָל

שִׁיר הַמַּעֲלֹת: מִמַּעַמְקִים
 קָרָאתִיךָ יְקוֹק. אֲדֹנִי
 שְׁמָעָה בְּקוֹלִי, תִּהְיֶינָה
 אָזְנוֹךָ קְשׁוּבוֹת לְקוֹל
 תַּחֲנוּנָי: אִם עֲוֹנוֹת תִּשְׁמָר
 קָה, אֲדֹנִי מִי יַעֲמֵד: כִּי עַמְּךָ
 חִסְלִיחָה לְמַעַן תִּתְּרָא: קוֹיִתִּי
 יְקוֹק קוֹיִתָּה נַפְשִׁי, וְלִדְבָרֶךָ
 הוֹחֵלֶתִי: נַפְשִׁי לֹאֲדֹנִי
 מְשֻׁמְרִים לְפָקֶד שׁוֹמְרִים
 לְפָקֶד: יַחַל יִשְׂרָאֵל אֵל
 יְקוֹק כִּי עִם יְקוֹק חֶסֶד
 וְהַדְּבָרָה עִמּוֹ פְּדוּת: וְהוּא יַפְּדֶה
 אֶת יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו

Psalm 130

A Song of Ascents.

Out of the depths have I cried to You, O'Lord.

Lord, hear my voice!

- let Your ears be attentive to the voice of my supplications.

If You, Lord, should mark iniquities, O'Lord, who could stand?

...But there is forgiveness with You, that You may be feared.

I wait for the Lord, my soul waits, and in His word I hope.

My soul waits for the Lord more than those who watch for the morning...for those who watch for the morning.

Therefore O'Israel hope in the Lord,

for with the Lord there is loving kindness,

and with Him bountiful redemption.

He shall redeem Israel from all their iniquities.

תְּהִילִים פֶּסֶק ו

מִזְמוֹר לְדָוִד:

יְהוָה אֵל בְּאַפִּי תִזְכֵּינִי וְאֵל בְּחַמְתְּךָ תִּסְרֵנִי.
חַנּוּנִי יְהוָה כִּי אֶמְלֹל אָנֹכִי: רַפְּאֵנִי יְהוָה כִּי גִבְהֹלִי עֲצָמַי.
וְנַפְשִׁי גִבְהֹלָה מְאֹד וְאַתָּה יְהוָה עַד מָתַי.
שׁוּבָה יְהוָה חֲלָצָה נַפְשִׁי הוֹשִׁיעֵנִי לְמַעַן חֲסֹדְךָ.
כִּי אֵין בַּמָּוֶת זְכָרְךָ בְּשִׂאוֹל מִי יוֹדֵה לָךְ.
יִגְעֹתַי בְּאַנְחָתִי, אֲשׁוּחָה בְּכָל לַיְלָה מִטָּתִי בְּדַמְעֹתַי עֲרֹשִׁי
אֶמְסָה.

עֲשֵׂשֶׁה מִפֶּעַם עֵינַי עֲתִיקָה בְּכָל צוּרְרִי.
סוּדוֹ מִפְּנֵי כָל פֹּעֲלֵי אֵין כִּי שָׁמַע יְהוָה קוֹל בְּכִי.
שָׁמַע יְהוָה תַּחֲנֻנֹתַי יְהוָה תִּפְלֹתַי יִקָּח.
יִבְשׁוּ יוֹפְהֹלִי מְאֹד כָּל אוֹיְבֵי יוֹשְׁבֵי יִבְשׁוּ רִגְעִי.

Psalm 6

A Psalm of David.

HASHEM, do not rebuke me in Your anger, nor chastise me in Your rage.

Favor me, HASHEM, for I am feeble; heal me, HASHEM, for my bones shudder with terror.

My soul is utterly terrified, and You, HASHEM, how long?

Desist, HASHEM, release my soul, save me as befits Your kindness.

For there is no mention of You in death, in the grave who will praise You?

I am wearied with my sigh, every night I drench my bed, with my tears I soak my couch.

My eye is dimmed because of anger, aged by all my tormentors.

Depart from me, all evildoers, for HASHEM has heard the sound of my weeping.

HASHEM has heard my plea, HASHEM will accept my prayer.

Let all my foes be shamed and utterly confounded, they will regret and be instantly shamed.



תהילים פרק פו

תַּפְלָה לַדָּוִד:

הִטָּה יְקוֹק אֲזַנְךָ עֲנֵנִי כִּי עָנִי וְאֶבְיוֹן אָנִי.

שְׁמְרָה נַפְשִׁי כִּי חֹסֶד אָנִי:

הוֹשִׁיעַ עַבְדְּךָ אֱלֹהֵי הַבּוֹטֵחַ אֱלֹהֶיךָ.

חַנּוּנִי אֲדֹנִי כִּי אֱלֹהֶיךָ אֶקְרָא כָּל הַיּוֹם.

שְׁמִיחַ נַפְשׁ עַבְדְּךָ כִּי אֱלֹהֶיךָ אֲדֹנִי נַפְשִׁי אֲשׂא.

כִּי אֱלֹהֵי אֲדֹנִי טוֹב וְסֶלָה וְרַב חֶסֶד לְכָל קְרֹאֶיךָ.

הֶאֱזִינָה יְקוֹק תַּפְלֹתַי וְהִקְשִׁיבָה בְּקוֹל יַתְחַנְנוּתִי.

בְּיוֹם צָרָתִי, אֶקְרָאֲךָ כִּי תִעַנֵּנִי.

אִין כְּמוֹךָ בָּאֱלֹקִים אֲדֹנִי וְאִין כְּמַעֲשֶׂיךָ.

כָּל גּוֹיִם אֲשֶׁר עָשִׂיתָ יְבוֹאוּ וְיִשְׁתַּחֲוּוּ לְפָנֶיךָ אֲדֹנִי וַיִּכְבְּדוּ

לְשִׁמְךָ.

כִּי גָדוֹל אֱלֹהֵי, וְעָשִׂה נִפְלְאוֹת אֱלֹהֵי אֱלֹקִים לְבָדְךָ.

הוֹרֵנִי יְקוֹק דֶּרֶכְךָ אֶחָדְךָ בְּאַמִּתְּךָ

וַיַּחַד לִבִּי לִירְאָה שְׁמֶךָ.

אֲזַדְּךָ אֲדֹנִי אֱלֹהֵי כָּל לִבִּי וְאֶכְבְּדָה שְׁמֶךָ לְעוֹלָם.

כִּי חֲסִדְךָ גָּדוֹל עָלַי וְהַעֲלֵתָ נַפְשִׁי מִשְׁאוֹל תַּחְתִּיתָהּ.

אֱלֹקִים, יָדִים קִמּוּ עָלַי וַעֲדַת עֲרִיצִים בָּקְשׁוּ נַפְשִׁי

וְלֹא שָׁמוֹךְ לְנַגְתָּם.

וְאֱלֹהֵי אֲדֹנִי קָל רַחוּם וְחַנּוּן אַרְךָ אֲפִים וְרַב חֶסֶד וְאַמִּת.

פָּנָה אֵלַי וְחַנּוּנִי תִּנֵּה עֵצְךָ לְעַבְדְּךָ וְהוֹשִׁיעָה לִּי אֱמִתְךָ.

עֲשֵׂה עִמִּי אוֹת לְטוֹבָה: וְיִרְאוּ שִׁנְאֵי וַיִּבְשׁוּ כִּי אֱלֹהֵי

יְקוֹק עֲזָרְתָנִי וְנִחַמְתָּנִי.

Psalm 86

A Prayer of David.

HASHEM, incline Your ear, answer me, for I am poor and destitute.

Guard my soul, for I am devout; save Your servant who trusts You, O'You, my G-d.

Show me favor, O'my Lord, for to You do I call all the time.

Gladden the soul of Your servant, for to You, my Lord, I lift up my soul.

For You, my Lord, are good and forgiving; and abundantly kind to all who call upon You.

Listen, HASHEM, to my prayer, and heed the sound of my supplications.

On the day of my distress I call upon You, for You will answer me.

There is none like You among the (forces which are mistakenly considered) gods, my Lord, and there is nothing like Your works.

All the nations, which You have made, will come and bow down before You, my Lord, and will give honor to Your name.

For You are great and work wonders; You alone, O'G-d.

Teach me, HASHEM, Your way, that I may travel in Your truth...unite my heart to fear Your name.

I will thank You, my Lord, my G-d, with all my heart, and I will give honor to Your name forever.

For Your kindness toward me is great, and You have rescued my soul from the nethermost depth.

O'G-d, transgressors have risen up against me, a company of ruthless men has sought my soul; and they have not set You before them. But You, my Lord, are a merciful G-d... compassionate, slow to anger, abundant in kindness and truth.

Turn to me and show me favor; give Your might to Your servant, and save the son of Your handmaid.

Display for me a sign for good; so that my enemies may see it and be ashamed, for You, HASHEM, will have helped and consoled me.

Meditations for Healing



אֲבִינוּ מֶלֶכְנוּ. שְׁלַח רְפוּאָה שְׁלֵמָה לְחַוְלֵי עַמְךָ



Our Father, our King! send a perfect healing to the sick of Thy people.

Send me, O'G-d, Thy healing, that I may speedily recover from the illness that has come upon me. Sustain my spirit, relieve my pain and restore me to perfect health, happiness and usefulness. Instill into my body Thy healing balm that I may continue to be able to bear testimony to Thy everlasting mercy and love, "for Thou O'Lord, art a faithful and merciful healer."

Amen



In sickness I turn to Thee, O'G-d, as a child turns to his parent for comfort and help. Deepen my faith in Thy merciful providence. Strengthen the wondrous power of healing which Thou hast planted within me. Guide my physicians that they may speed my recovery. Comfort my dear ones, lighten their burden, renew their strength.

May I recover from my sickness strengthened with a deeper faith in Thee and greater love for my fellowmen. May I gain from my illness truer appreciation of its blessings and fuller sympathy for others who are in pain.

בָּרוּךְ אַתָּה יְיָ שׁוֹמֵעַ תְּפִלָּת
עַמּוֹ יִשְׂרָאֵל בְּרַחֲמִים

Blessed are You, O'Lord, who hears the prayers of His people Israel with compassion.

Amen

Prayers to be Recited Before Surgery





תהילים פרק כג

מִזְמוֹר לְדָוִד: יְקוֹק רֹעִי לֹא אֶחָסֵד
 בְּנֵאוֹת הָשָׂא יִרְבִּיצֵנִי עַל מִי מְנוּחֹת יְנַהֲלֵנִי
 נַפְשִׁי יִשׁוּבָב, יְנַחֲנִי בְּמַעְגְלֵי צֶדֶק לִמְעַן שְׁמוֹ
 גַּם כִּי אֵלֶךְ בְּגִיא עֲלֻמוֹת לֹא אִירָא רֹעַ כִּי אֲתֵּה עִמָּדִי
 שִׁבְטְךָ וּמִשְׁעֶנֶתְךָ הִפָּה יְנַחֲמֵנִי
 תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן נֶגֶד צָרָרִי. הַשְׁנֵתָ בַּשָּׂמֶן רִאשֵׁי רִיחֵה
 אֶךְ טוֹב וַחֲסֵד יְרַדְּפוּנִי כָּל יְמֵי חַיִּי וְשִׁבְתִּי בְּבֵית יְקוֹק
 לְאֻלֵּךְ יָמִים

Psalms 23

A Psalm of David.

The Lord is my Shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in the paths of righteousness for His Name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me -

Your rod and Your staff comfort me.

You prepare a table before me in the presence of my enemies.

You anointed my head with oil - my cup overflows.

Surely goodness and loving kindness shall follow me all the days of my life;

...and I will dwell in the house of the Lord forever.

Heal Me



רְפְּאֵנִי יְקוֹק וְאֲרַפָּא הַשְׁיִיעֵנִי
וְאִשְׁעֵה כִּי תִחַלְתִּי אֶתְּהָ. יְיָ
רָצוֹן מִלְּפָנֶיךָ יְקוֹק אֱלֹהֵי יִאֱלֹהֵי
אֲבוֹתַי שְׁתַּשְׁלַח לִי מִהֲרָה רְפוּאָה
שְׁלֵמָה מִן־הַשָּׁמַיִם רְפוּאָה הַגָּפֶשׁ
וּרְפוּאָה הַגּוּף. בְּרוּךְ אַתָּה הוֹפֵא
נַאמֵן וְרַחֲמֵן לְכָל־בָּשָׂר.

Heal me, HASHEM, and I will be healed,
save me, and I will be saved, for You are my praise.
May it be Your will HASHEM, my G-d, and G-d of my fathers, to send
me speedily a complete healing from Heaven, healing for my soul and
for my body. Blessed are You faithful and merciful Healer of all flesh.

בְּעֵת אִישׁוֹן וְאִעִירָה.
יְקוֹק לִי וְלֹא אִירָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,
וְעַם רוּחִי גּוֹיָתִי,

Into His hand I place my soul, both when I sleep and when I awake.
And with my soul, shall my body remain, HASHEM is with me, I shall
not fear.

Meditation



O'G-d-in Your hands rest the souls of all mankind and the spirit of every living being. And...in Your hands too...is the knowledge and the power to make great, to strengthen and to cure all of Your creations. Nothing is unknown to You and nothing is impossible for You to accomplish through the grace of Your divine glory. Therefore, may it be thy will O'trustworthy G-d, merciful Father and Healer of all illness, to send healing, cure, and remedy to me Your cherished and beloved child for I am soon to undergo both delicate and critical surgery.

Please Lord...place Your grace onto the hands of the surgeons, nurses and medical team that will be performing this surgery. For they are truly Your messengers of healing - and only through Your kindness are they able to accomplish their task. May You bless the fruits of their labor with accomplishment and success.

Grant, O'Lord - strength, courage and peace of mind to my family and all who love me. Renew my strength like that of an eagle... and send me and all who are ill — a complete and lasting cure — blessed with peace, life, length of days and love of you dear Lord.

Amen

Authored by Rabbi Simeon Schreiber

Prayers During Recovery



Master of



רְפוּתָו שֶׁל עוֹלָם.
אֲנִי תַפְלִיתִי לְךָ יְקוֹק עֵת רָצוֹן. וְאֹמֵר לִיקוֹק מַחְסִי
וּמַצִּידוֹתֵי אֲבִטָּח בּוֹ. וּפְרֹב חֲסִדְךָ עֲנִית לִי בַּאֲמֶת
יִשְׁעֶךָ. מִמַּצִּיקוֹתַי וּמֵאֶרֶז חַיִּי שְׂוַעֲתִי אֵלֶיךָ
וְתִרְפָּאֲנִי. מִשְׁאֵל נַפְשִׁי חַיְיָ מִיַּרְדֵּי בֹר
וְלַמּוֹת לֹא גִתַּנְנִי, כִּי רָגַע בְּאִפּוֹ חַיִּים בְּרַעְיוֹנוֹ, בְּעֶרֶב יְלִין בְּכִי
וְלִבְקָר רִנָּה, לֵכֵן שִׁמַּח לְבִי וַיְגִל כְּבוֹדִי. בְּרוּךְ
אַתָּה רוֹפֵא כָּל בָּשָׂר.

אֲבִינוּ מְלִכֵּנוּ חַנּוּנִי וְעֹשֶׂה עִמִּי צְדָקָה וְחֶסֶד
וְטוֹהַר לְבִי לִלְכֹּת לִפְנֶיךָ. בְּרַחֵם אֵב עַל בָּנִים כֵּן
שְׂמַעַת קוֹלִי. שְׁמַרְנִי כְּאִשׁוֹן בֵּת עֵץ בְּצֵל כְּנֶסֶךְ
תַּסְתַּרְנִי וְאֲנִי עֲלֶיךָ בְּטוֹחָתִי יְקוֹק אֲמַרְתִּי אֵלֶי
אַתָּה. כְּשֵׁם שֶׁשִּׁלַּחְתָּ לִּי בְּרִכַּת רְפוּאָתְךָ כֵּן
תִּשְׁלַח רְפוּאָה שְׂלֵמָה לְכָל חוֹלֵי עַמְּךָ. יְהִיו
לְרַעְיוֹן אֲמִרֵי פִי וְהִגִּינוּ לְבִי לִפְנֶיךָ יְקוֹק עֲזִירִי
וְגֹאֲלִי. אָמֵן.

the Universe

O'G-d, you who are great. mighty, and revered, in the abundance of Your loving kindness I come before you to render thanks for the benefits You have bestowed upon me. In my distress I called upon You, and You have answered me; from my bed of pain I cried to You, and You have heard the voice of my supplication. You have sorely chastened me, O'Lord, but You have not given me over unto death. In Your love and pity you have brought up my soul from the grave. For Your anger is but for a moment; Your favor is for a lifetime. Weeping may tarry for the night, but joy comes in the morning. Yes, the living shall praise You, as I do this day, and my soul that You have redeemed shall tell Your wonder unto the children of men. Blessed art You, the faithful physician unto all flesh.

O'G-d, merciful, and gracious, who dispenses kindness to the undeserving, I am indeed unworthy of all the mercies You have shown unto me. Purify my heart, that I may walk in the way of the upright before You; and continue Your help unto your



servant. Restore me to perfect health, and with bodily vigor bless me. Remove from me all sorrow and care, preserve me from all evil, and guide me with Your counsel.

Let the words of my mouth and the meditation of my heart be acceptable before You; O'Lord, my Rock and my redeemer.

Amen

תְּהִלִּים פֶּרֶק ל

מִזְמוֹר לְדָוִד: אֲרוּמָמְךָ יְקוֹק בִּי
דָּלִיתָנִי, וְלֹא שִׁמַּחְתָּ אֹיְבֵי לִי. יְקוֹק
אֱלֹהֵי, שִׁוְעָתִי אֱלֹהֵי וַתִּרְפְּאֵנִי. יְקוֹק, הֶעֱלִיתָ מִן שְׂאוֹל
נַפְשִׁי, חִייתָנִי מִיַּדִּי בָדָד. זָמַרְתָּ לִּי יְקוֹק חֲסִידָיו וַתְּהַדֹּד
לְזָכֹר קִדְשׁוֹ. כִּי רָגַע בְּאָפּוֹ, חַיִּים בְּרָצוֹנִי בַּעֲרֵב יָלִין
בְּכִי וּלְבַקֵּר רָגַהּ. וְאֲנִי אֲמַרְתִּי בְּשִׁלּוֹי כֹּל אֲמוֹט
לְעוֹלָם. יְקוֹק, בְּרָצוֹנְךָ הֶעֱמַדְתָּה לְהַדְרִי עַד הַסְתַּרְתָּ
פָּנֶיךָ הָיִיתִי גִבְהָל. אֱלֹהֵי יְקוֹק אֶקְרָא, וְאֵל אֲדַנִּי
אֶתְחַנֵּן. מֶה בָּצַע בְּדָמִי בְּרַדְתִּי אֶל שַׁחַת הַיּוֹדֶךָ עֶפֶר
הִיגִיד אֲמִתְּךָ. שָׁמַע יְקוֹק וַחֲנִנִי יְקוֹק הֵיחָה עֵזֶר לִי.
הִפְכָּתָּ מִסָּפְדִּי לְמַחֹל לִי פִתַּחְתָּ שִׁקִּי וַתִּאֲדָרְנִי
שִׁמַּחְתָּהּ. לִמְעַן יִזְמְרְךָ כְּבוֹד וְלֹא יִדָּם, יְקוֹק אֱלֹהֵי
לְעוֹלָם אֲוֹדְךָ.

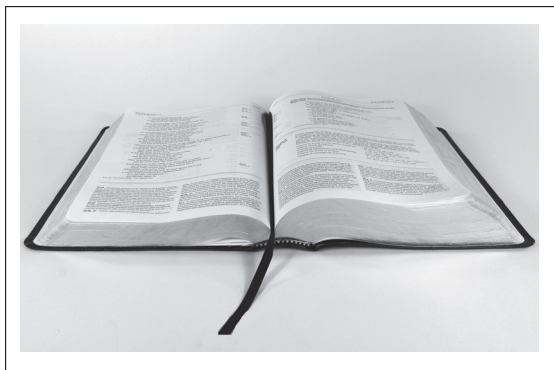
Psalm 30

A psalm of David.

I will exhalt You, HASHEM, for You have drawn me up, and not let my foes rejoice over me. HASHEM, my G-d, I cried out to You and You healed me. HASHEM, You have raised up my soul from the lower world, You have preserved me from my descent to the pit. Sing to HASHEM, His devout ones, and give thanks to His holy Name. For His anger endures but a moment; life results from His favor. In the evening one lies down weeping, but with dawn - a cry of joy! I had said in my serenity, "I would never falter". But, HASHEM, all is through your favor - You supported my greatness with might; should You but conceal Your face, I would be confounded. To You, HASHEM, I would call and to my Lord I would appeal. What gain is there in my death, in my descent to the pit? Will the dust acknowledge You? Will it declare your truth? Hear, HASHEM, and favor me; HASHEM, be my helper! You have changed my lament into dancing, You undid my sackcloth and girded me with gladness. So that my soul might sing to You and not be stilled, HASHEM my G-d, forever will I thank You.

*Prayer for Healing
to be Recited
by Family*





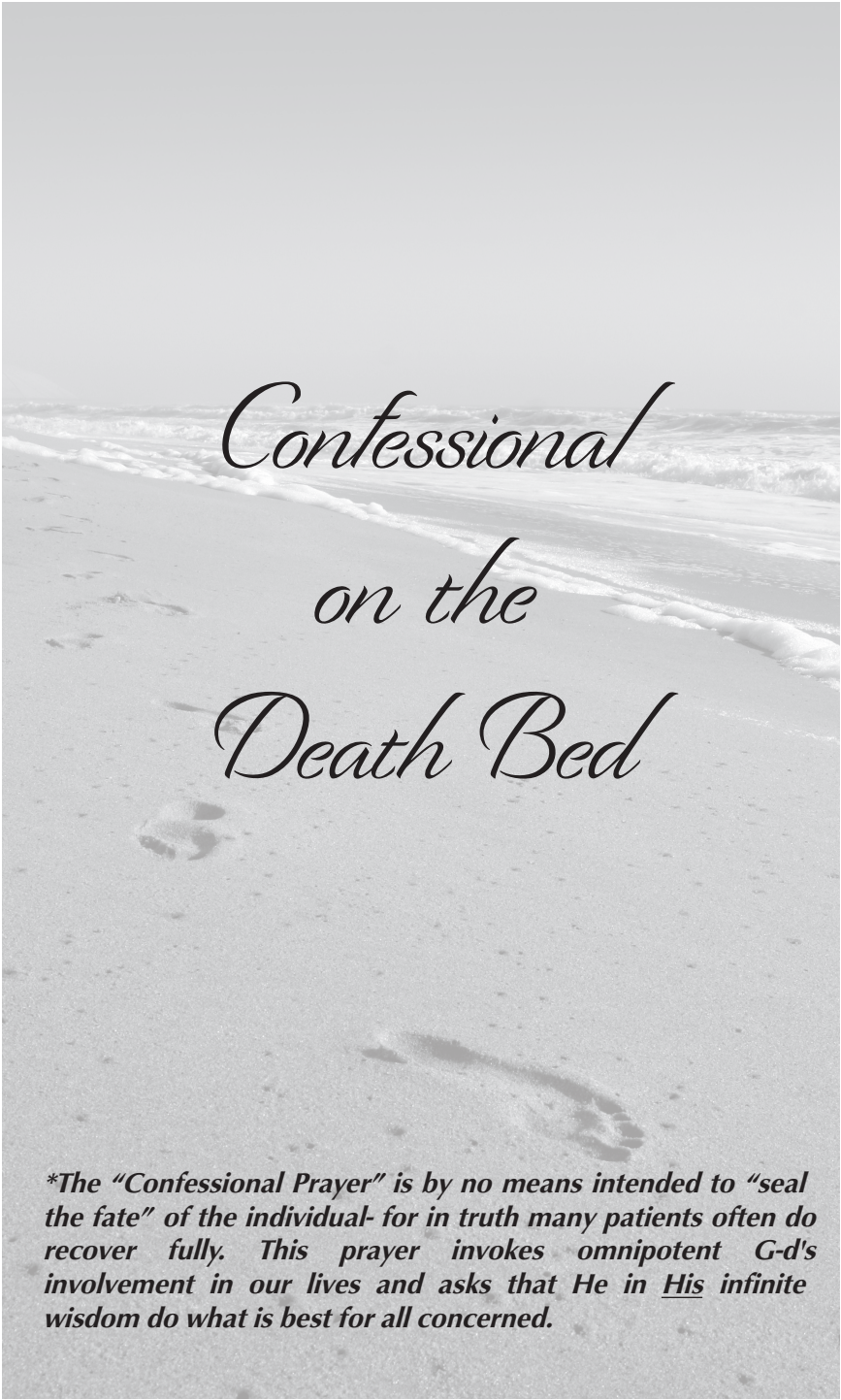
מִי שִׁפְרָךְ אֲבוֹתֵינוּ אֲבֹרָהִם יַעֲקֹב וְיִצְחָק, מִשָּׁה אֱהֲרֹן וְיִד וְשִׁלְמָה.
 הוּא יְבָרֶךְ וְיִרְפָּא
 הַקֹּדֶשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים
 עָלֶיךָ, לְהַחֲלִימֵךְ וּלְרַפְּאוֹתֵךְ
 וּלְהַחֲזִיקֵךְ וּלְהַחְיִיתֵךְ, וְיִשְׁלַח לְךָ
 מִהֲרָה רְפוּאָה שְׁלֵמָה מִן
 הַשָּׁמַיִם, כְּתוּךְ שְׂאֵר חוּלֵי יִשְׂרָאֵל,
 רְפוּאָת הַנֶּפֶשׁ, וּרְפוּאָת הַגּוּף,
 הַשְׂתַּא, בְּעֶגְלָא וּבְזֶמֶן קָרִיב. וְנֹאמַר: אָמֵן.

May G-d who blessed our ancestors Abraham,
 Isaac and Jacob - Sarah, Rebecca, Rachael and
 Leah, bless and
 heal _____

(patient name)

on whose behalf I offer these prayers. May the Lord
 G-d, King of the Universe, be merciful, kind and
 compassionate unto you, and in His abundant love
 send healing, comfort, strength and sustenance
 to your body and soul. May He grant a complete
 and speedy recovery from His dwelling place on
 high to all His children who are ill and in need of
 His blessings and grace. A healing of spirit and a
 healing of body now and forevermore.

Amen



Confessional on the Death Bed

**The "Confessional Prayer" is by no means intended to "seal the fate" of the individual- for in truth many patients often do recover fully. This prayer invokes omnipotent G-d's involvement in our lives and asks that He in His infinite wisdom do what is best for all concerned.*

מוֹדָה אֲנִי לַפִּנֵּיךָ יְקוֹק אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי שֶׁרְפוּאָתִי
וּמִיתָתִי בְיָדְךָ. יְהִי רָצוֹן מִלִּפְנֵיךָ שֶׁתִּרְפְּאֵנִי רְפוּאָה שְׁלֵמָה.
וְאִם הַמּוֹת כָּלָה וּנְחֻרְץ מֵעַמְךָ אֶקְחֵנִי מִיָּדְךָ בְּאַהֲבָה.
וְהִנֵּה מִיתָתִי כִּפְרוּהָ עַל כָּל חַטָּאִים וְעוֹנוֹת וּפְשָׁעִים שֶׁחָטָאתִי
וְשִׁפְשַׁעְתִּי לַפִּנֵּיךָ. וְתִשְׁפִּיעַ לִי מִרַב טוֹב הַצָּפוֹן לְעַד־יָקִים.
וְתִזְדַּיְעֵנִי אֶרֶח חַיִּים שׁוֹבַע שְׂמֵחוֹת אֶת פָּנֶיךָ גְּעִימוֹת
בִּימִינְךָ נֹצֵחַ.

אֲבִי יִתְּנֵנִי וְדָן אֶלְמָנוּת. הִגֵּן בְּעַד קְרוֹבֵי הַיָּקָרִים
אֲשֶׁר נִפְשֵׁי קְשׁוּרָה בְּנַפְשָׁם. בְּיָדְךָ אֶפְקִיד רוּחִי פְּדִיתָהּ
אוֹתִי, יְקוֹק קֵל אֲמֵת. אָמֵן וְאָמֵן.

ה' גָּתָן וְה' לָקַח יְהִי שֵׁם ה' מְבוֹרָךְ מֵעַתָּה וְעַד עוֹלָם
שִׁמְעֵה יִשְׂרָאֵל יְקוֹק, אֱלֹהֵינוּ, יְקוֹק אֶחָד

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

יְקוֹק הוּא הָאֱלֹהִים



My G-d and G-d of my ancestors - to You I turn at this moment of despair. I acknowledge that the gift of life is in Your hands. And though I earnestly pray for healing, I know that I am but mortal. Dear G-d, if in Your wisdom my life must soon come to an end — Let me die, I pray, in peace. I confess that in my lifetime I have transgressed with sins and errors in judgment. But I also ask that You remember the good that I have done. May these acts of goodness, Dear G-d, give meaning to my life. May you O'Lord forgive my transgressions so that in death I am granted atonement and purity. I pray-G-d of mercy-that as now I forgive all who have wronged me that they, in turn, grant me forgiveness as well.

Guardian of the bereaved — please protect my family and loved ones from excessive hurt and sorrow. Let them know that we will always be united, for our souls are surely entwined in eternal and mutual love. Shelter me, Dear G-d, under your protective wings as I place my soul into Your hands.

“The Lord gives and the Lord taketh away, May G-d’s name be praised forever.”

Amen

Priestly Blessing

יְבָרֶכֶךָ יְקוֹק וַיִּשְׁמְרֶכָּ.

May the Lord bless you
and watch over you.

יְאֵר יְקוֹק פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.

May the Lord shine
His countenance upon you
and be gracious unto you.

יֵשׂא יְקוֹק פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

May the Lord look upon you
with love and grant you peace.

Prayer Requests

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

[illegible]

Mount Sinai

M E D I C A L C E N T E R

msmc.com

For all your spiritual needs, please reach out
to our Staff Chaplain, Rabbi Mendel Levy, at
305-922-9595.

