

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



THE JEWISH CONNECTION
FOR SPIRITUAL SUPPORT

**Mishkan
Miami** 

A PROGRAM OF THE
GREATER MIAMI JEWISH FEDERATION

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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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 הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל
לְבָבְךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ, וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלַחְתְּךָ בַדֶּרֶךְ וּבְשֹׁכֶכְךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ,
וְהָיָה לְטֹטְפוֹת בֵּין עֵינֶיךָ, וּכְתַבְתָּם עַל מְזוֹזוֹת 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.



Patient's Prayers for Healing





תְּהִילִים פְּרָק קכ"א

שִׁיר לַמַּעֲלוֹת :

אֲשָׂא עֵינַי אֶל הַהָרִים מֵאֵן יָבֹא עֲזָרִי.
עֲזָרִי מֵעַם יְקוֹק עֲשֵׂה שָׁמַיִם וָאָרֶץ.
אֵל יִתֵּן לְמוֹט רִגְלֶךָ אֵל יְנִים שׁוֹמְרֶךָ.
הִנֵּה לֹא יָנִים וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.
יְקוֹק שׁוֹמְרֶךָ יְקוֹק צִלְךָ עַל יַד יְמִינֶךָ.
יוֹמָם הַשֶּׁמֶשׁ לֹא יַכְּכָה וַיְרַח בְּלִילֶךָ.
יְקוֹק יִשְׁמְרֶךָ מִכָּל רָע יִשְׁמֵר אֶת גַּפְשֶׁךָ.
יְקוֹק יִשְׁמֵר צֵאתְךָ וּבואֶךָ 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 פֶקֶד קֹל

שִׁיר הַמַּעֲלֹת: מִפְּעַמְקַיִם
קָרָאתִיךָ יְקוֹק. אֲדֹנָי
שְׁמַעָה בְּקוֹלִי, תִּהְיֶינָה
אָזְנוֹךָ קְשׁוּבוֹת לְקוֹל
תַּחֲנוּנָי: אִם עֲוֹנוֹת תִּשְׁמַר
קָה, אֲדֹנָי מִי יַעֲמֵד: כִּי עַמְּךָ
הִסְלִיחָה לְמַעַן תִּתְּרָא: קוֹיָתִי
יְקוֹק קוֹיָתָה נַפְשִׁי, וְלִדְבָרוֹ
הוֹחֵלֵתִי: נַפְשִׁי לְאֲדֹנָי
מְשֻׁמְרִים לְבַקֵּר שׁוֹמְרִים
לְבַקֵּר: יַחַל יִשְׂרָאֵל אֶל
יְקוֹק כִּי עִם יְקוֹק הַחֶסֶד
וְהַרְבֵּה עִמּוֹ פְדוּת: וְהוּא יִפְדֶּה
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 פְּרָק ו

מִזְמוֹר לְדָוִד:
יְקוֹק אֵל בְּאַפְּךָ תוֹכִיחֵנִי וְאֵל בְּחַמְתְּךָ תִּסְרֹגֵנִי.
חַנְּנֵי יְקוֹק כִּי אִמְלִל אָנֹכִי: רַפְּאֵנִי יְקוֹק כִּי גִבְהַלְתִּי עַצְמִי.
וּנְפֹשִׁי גִבְהַלָּה מְאֹד וְאַתָּה יְקוֹק עַד מְתִי.
שׁוּבָה יְקוֹק חֲלֹצָה נַפְשִׁי הוֹשִׁיעֵנִי לְמַעַן חֲסִדְךָ.
כִּי אֵין בַּמָּוֶת זְכוּר בְּשֵׂאוֹל מִי יוֹדֵה לָךְ.
יִגְעֹתִי בְּאַנְחָתִי, אִשְׁחָה בְּכֹל לִילָה מִסֹּתִי בְּדַמְעֹתַי עֲרֹשִׁי
אִמְסָה.
עֲשֵׂשֶׁה מִפְּעַם עֵינַי עֲתָקָה בְּכֹל צוֹרְרִי.
סוּדוֹ מִפְּנֵי כָּל פְּעֻלֵי אֹיֵךְ כִּי שָׁמַע יְקוֹק קוֹל בְּכִי.
שָׁמַע יְקוֹק תַּחֲנֻנָּתִי יְקוֹק תִּפְלֹתַי יִקָּח.
יִבְשׁוּ וַיִּבְהַלּוּ מְאֹד כָּל אוֹיְבֵי יֹשְׁבֵי יְבֵשׁוּ רִגְעוּ.

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.



תְּהִילִים פֶּרֶק פו

תִּפְלֶה לְדָוִד:
הִטָּה יְקוֹק אֲזַנְךָ עֲנֵנִי כִּי עֵינַי וְאִבְיוֹן אֲנִי.
שְׁמְרָה נַפְשִׁי כִּי חָסִיד אֲנִי:
הוֹשִׁיעַ עַבְדְּךָ אֲתֶה אֱלֹהֵי הַפְּטִיחַ אֵלַיךְ.
חַנּוּנֵי אֲדֹנָי כִּי אֵלַיךְ אֶקְרָא כָּל הַיּוֹם.
שׁוּמַח נַפְשׁ עַבְדְּךָ כִּי אֵלַיךְ אֲדֹנָי נַפְשִׁי אֲשׂא.
כִּי אֲתֶה אֲדֹנָי טוֹב וְסֶלֶח וְרַב חֶסֶד לְכָל קְרֹאֵיךְ.
הֲאִזְיֶנָּה יְקוֹק תִּפְלֹתַי וְהִקְשִׁיבָה בְּקוֹל תַּחֲנֻנּוֹתַי.
בַּיּוֹם צָרָתִי אֶקְרָאָךְ כִּי תֵעָנֵנִי.
אִין כְּמוֹךָ בְּאֱלֹהִים אֲדֹנָי וְאִין כְּמַעֲשֶׂיךָ.
כָּל גּוֹיִם אֲשֶׁר עָשִׂיתָ יְבוֹאוּ וְיִשְׁתַּחֲוּוּ לְפָנֶיךָ אֲדֹנָי וַיִּכְבְּדוּ
לְשִׁמְךָ.
כִּי גָדוֹל אֲתֶה, וְעָשִׂיהַ נִפְלְאוֹת אֲתֶה אֱלֹהִים לְבַדְּךָ.
הוֹדֵנִי יְקוֹק הַרְפֹּךְ אֶהְיֶךָ בְּאַמְתְּךָ
וַיַּחַד לִבְבִּי לִירְאָה שְׁמֶךָ.
אוֹדֶךָ אֲדֹנָי אֱלֹהֵי כָּל לִבְבִּי וְאִנְכַבְּדָה שְׁמֶךָ לְעוֹלָם.
כִּי חֶסֶדְךָ גָּדוֹל עָלַי וְהִצַּלְתָּ נַפְשִׁי מִשְׂאוֹל תַּחֲתֶיךָ.
אֱלֹהִים, יָדִים קִמּוּ עָלַי וְעַדַת עֲרִיצִים בְּקִשׁוֹ נַפְשִׁי
וְלֹא שְׁמוֹךְ לָנֶגְדָם.
וְאֲתֶה אֲדֹנָי קָל רַחוּם וְחַנּוּן אַרְךָ אֲפִים וְרַב חֶסֶד וְאַמֶּת.
פְּנֵה אֵלַי וְחַנּוּנֵי תְנֵה עִזְךָ לְעַבְדְּךָ וְהוֹשִׁיעַה לִּבִּי אֲמִתְךָ.
עֲשֵׂה עִמִּי אוֹת לְטוֹבָה: וִירְאוּ שׁוֹנְאֵי וַיִּבְשׂוּ כִּי אֲתֶה
יְקוֹק עֲזָרְתֵנִי וְנַחַמְתֵּנִי.

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



אָבִינוּ מֶלְכֵנוּ. שְׁלַח רְפוּאָה שְׁלֵמָה לְחֹלֵי 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.

בְּרוּךְ 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*





תְּהִי לִּי כַגֵּן

מִזְמוֹר לְדָוִד: יְקוֹק רֹעִי לֹא אֶחְסֵד
בְּנֵאוֹת הַשָּׂא יִרְבִּיעֵנִי עַל מִי מְנַחֹת וַיְנַחֲלֵנִי
נַפְשִׁי יִשׁוּבָב, וַיְנַחֲנִי בְּמַעְגְלֵי צֶדֶק לְמַעַן שְׂמוֹ
גַם כִּי אֵלֶךְ בְּגִיא עֲלֻמוֹת לֹא אִירָא רֹעַ כִּי אֲתֵה עִפְדֵי
שִׁבְטְךָ וַיִּמְשַׁעַנְתֶּךָ הַיְהִי וַיְנַחֲמֵנִי
תִּעְוֹד לְפָנַי שִׁלְחַן נֶגֶד צִדְרֵי. הַשְׁנֵת בְּשֶׁמֶן רֹאשִׁי פֹסֵי רוּחַ
אֶךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל יְמֵי חַיֵּי וְשִׁבְתִּי בְּבֵית יְקוֹק
לְאֹדְךָ יְמִים

Psalm 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 יְקוּק וְאֲרַפָּא הַדְּשִׁיעֵנִי
וְאֲשַׁעֵה כִּי תִזְלַתִּי אֶתְּךָ. יְיָ
רְצוֹן מִלְּפָנֶיךָ יְקוּק אֱלֹהֵי יֵאֱלֹהֵי
אֲבוֹתַי שְׁתַּשְׁלַח לִי מִהֵרָה רְפוּאָה
שְׁלֵמָה מִן־הַשָּׁמַיִם רְפוּאָת הַגֶּפֶשׁ
וּרְפוּאָת הַגּוּף. בְּרוּךְ אַתָּה דּוֹפֵא
נְאֻמָּן וְרַחֲמָן 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.

בְּעַת אֲשֶׁן וְאֶעֱרָה.
יְקוּק לִי וְלֹא אֶרְאֵ.

בְּיָדוֹ אֶפְקִיד רוּחִי,
וְעַם רוּחִי גֹזֵלִי,

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



רְפוּגָה שֶׁל עוֹלָם.
אֲנִי תַפְלִיתִי לָךְ יְקוּק עֵת רְצוֹן. וְאֹמֵר לִיקוּק מַחְסֵי
וּמַצּוּדוֹתַי אֲבֹטָה בּוֹ. וּפְרֹב חֶסֶדְךָ עֲנִית לִי בְּאֵמֶת
יְשׁוּעָךְ. מִמַּצּוּדוֹתַי וּמֵאֲרֻזֵי חַיִּי שׁוֹדְעֵתַי אֵלֶיךָ
וְהִתְרַפְּאֵנִי. מִשְׂאֵל נַפְשִׁי חִינֵי מִיַּרְדֵי בּוֹר
וְלַמּוֹת לֹא גִתְּנֵנִי, כִּי רָגַע בְּאִפּוֹ חַיִּים בְּרַעְיוֹנוֹ, בְּעַרְבֵי יְלִין בְּכִי
וְלִבְקָר רִנָּה, לְכֵן שׁוֹמַח לְבִי וַיְגַל כְּבוֹדִי. בְּרוּךְ
אַתָּה הוֹפֵא פֶל בְּשׂוֹר.

אֲבִינוּ מִלְפָּנֶיךָ חֲנֻנִי וְעֲשֵׂה עִמִּי צְדָקָה וְחֶסֶד
וְטוֹהַר לְבִי לְלֶכֶת לְפָנֶיךָ. בְּרַחֵם אֵב עַל בְּנֵים כּוֹן
שׁוֹמְעֵת קוֹלִי. שְׁמְרֵנִי כְּאִשׁוּזֵן בֵּת עֵץ בְּצֵל כְּנָפֶיךָ
תְּסַתְּרֵנִי וְאֲנִי עֲלֶיךָ בְּטוֹחֵתִי יְקוּק אֲמַרְתִּי אֵלֶיךָ
אַתָּה. כְּשֵׁם שִׁשְׁלֹחַת לִי בְּרַכַת רְפוּאָתְךָ כּוֹן
תִּשְׁלַח רְפוּאָה שְׁלֵמָה לְכָל חוֹלֵי עַמְּךָ. יְהִי
לְרַעְיוֹן אֲמִרֵי פִי וְהִגִּיזוּ לְבִי לְפָנֶיךָ יְקוּק עִירִי
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

תְּהִילִים פֶּרֶק ל

מִזְמוֹר לְדָוִד: אֲרוּמְמֶךָ יְהוָה כִּי
דָּלִיתָנִי, וְלֹא שִׁמַּחְתָּ אֵיבֵי לִי. יְהוָה
אֱלֹהֵי, שִׁוְעָתִי אֵלֶיךָ וַתִּרְפָּאֵנִי. יְהוָה, הֶעֱלִיתָ מִן שְׂאוֹל
נַפְשִׁי, חִייתָנִי מִיַּדֵּי בָר. זָמְרוּ לַיהוָה חֲסִידָיו וַהֲוֹדוּ
לְזִכְרֵ קְדוּשׁוֹ. כִּי רָגַע בְּאָפֹ, חַיִּים בְּרָצוֹנִי בְּעֶרְבַי יִלֵּן
כִּי וּלְבַקֵּר רִגְוָה. וְאֲנִי אֲמַרְתִּי בְּשִׁלּוֹי בַּל אֲמוּט
לְעוֹלָם. יְהוָה, בְּרָצוֹנֶךָ הֶעֱמַדְתָּהּ לְהוֹרִי עַד הַסְתַּרְתָּ
פְּנֶיךָ הָיִיתִי גִבְהָל. אֵלֶיךָ יְהוָה אֶקְרָא, וְאֵל אֲדַבֵּר
אֶתְחַנֵּן. מַה בָּצַע בְּדַמִּי בְּרַדְתִּי אֵל שָׁחַת הַיּוֹדֵךְ עֶפֶר
הַיֹּגֵד אֲמִתְּךָ. שָׁמַע יְהוָה וַחֲנִנֵי יְהוָה הֲיִה עֵזֶר לִי.
הַפְּכַת מַסְפְּדֵי לְמַחֹל לִי פִתְחֹת שִׁקִּי וַתִּאֲרָגֵנִי
שִׁמַּחְתָּה. לִמְעַן יִזְמְרְךָ כְּבוֹד וְלֹא יִהְיֶה, יְהוָה אֱלֹהֵי
לְעוֹלָם אָמֵן.

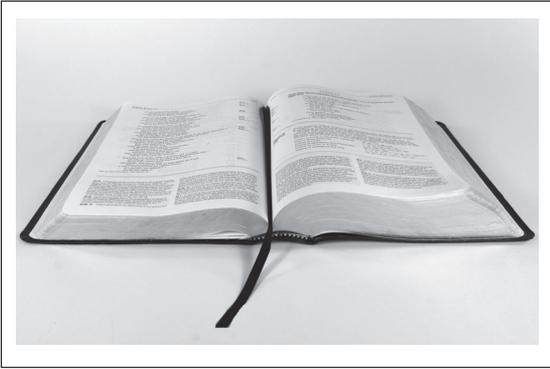
Psalm 30

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*





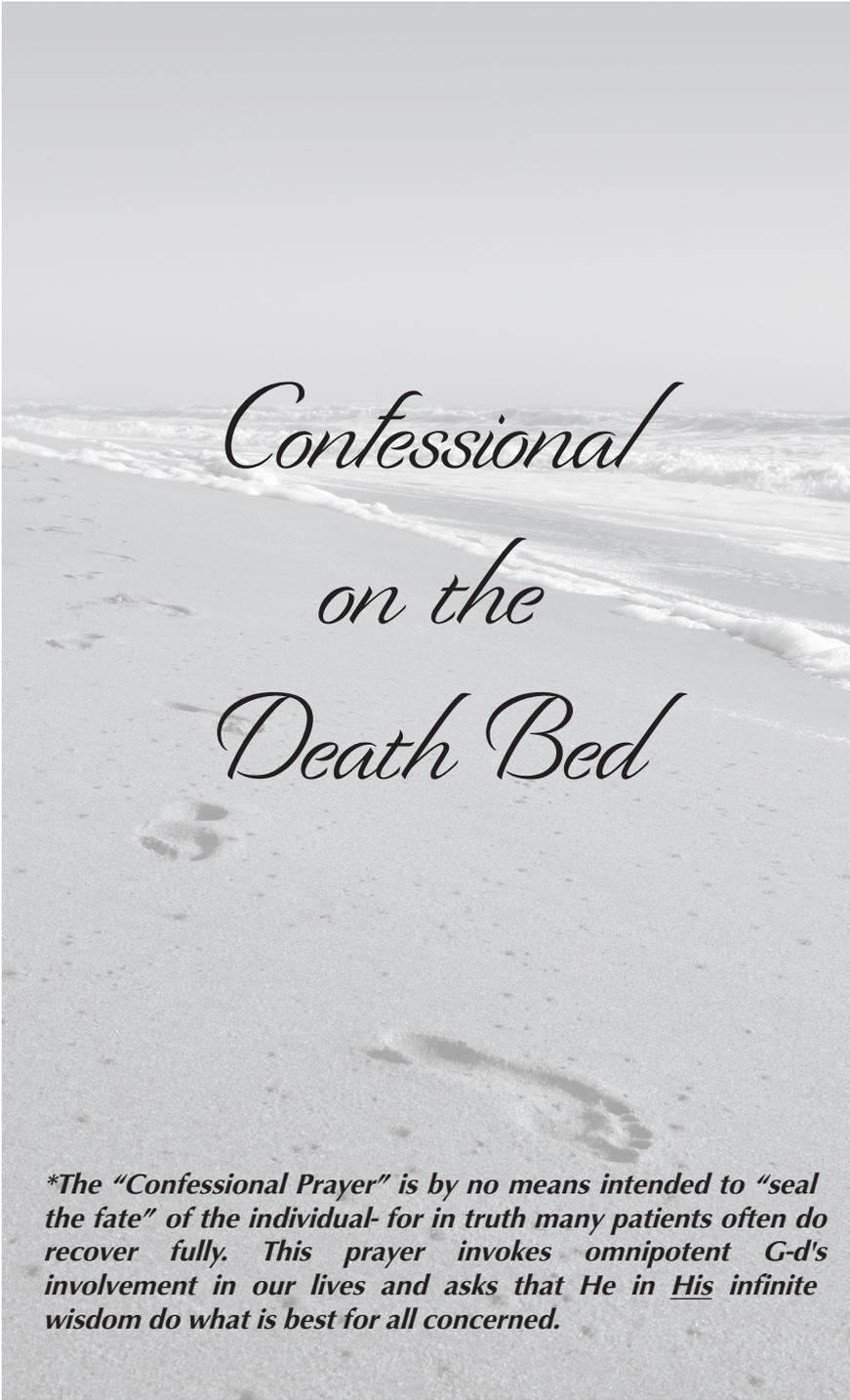
מי שִׁפְרָךְ אֲבוֹתֵינוּ אֲבָרְחָם יַעֲזֹק וַיַּעֲקֹב, מִשָּׁה אֲהָרֹן וְיִדְד וְשִׁלְמָה.
הוּא יְבָרֵךְ וַיְרַפֵּא
הַקְדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים
עָלֶיךָ, לְהַחֲלִימֵךְ וּלְרַפְּאוֹתְךָ
וּלְהַחַיֶּיךָ וּלְהַחֲיוֹתְךָ, וַיִּשְׁלַח לְךָ
מִהַרְהָרָה רְפוּאָה שְׁלֵמָה מִן
הַשָּׁמַיִם, בְּתוֹךְ שְׂאֵד חוֹלֵי יִשְׂרָאֵל,
רְפוּאָת הַנֶּפֶשׁ, וּרְפוּאָת הַגּוּף,
הַשְׂתֵּא, בְּעִגְלָא וּבְזִמְן קָרִיב. וְנֹאמֵר: 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 לְפָנֶיךָ יְקוֹק אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי שֶׁרַפּוּאֹתַי
וּמִתַּתִּי בְיָדְךָ. יְהִי רָצוֹן מִלְּפָנֶיךָ שֶׁתַּרְפְּאֵנִי רַפּוּאָה שְׁלֵמָה.
וְאִם הַמּוֹת כְּלָה וּגְחֹרֶץ יַעֲמֶךָ אֶקְחֵנִי מִיָּדְךָ בְּאַהֲבָה.
וְהִתְהִי מִיַּתְתִּי כְּפָרָה עַל כָּל חַטָּאִים וְעוֹנוֹת וּפְשָׁעִים שֶׁחָטָאתִי
וְשֶׁפָּשַׁעְתִּי לְפָנֶיךָ. וְתִשְׁפִּיעַ לִי מֵרַב טוֹב הַצָּפוֹן לְעַד־יְקִים.
וְתוֹדִיעֵנִי אֲרַח חַיִּים שִׁבְעַ שְׁמַחוֹת אֶת פָּנֶיךָ גְּעִימוֹת
בְּיַמֶּיךָ נְצַח.

אָבִי יְתוּמִים וְדָן אֱלֻמְנוֹת. הֲגַן בְּעַד קְרוֹבֵי הַיְקָרִים
אֲשֶׁר גִּפְשִׁי קְשׁוּרָה בְּגַפְשָׁם. בְּיָדְךָ אִפְקִיד רוּחִי פְּדִיתָה
אוֹתִי, יְקוֹק קַל אֲמַת. אָמֵן וְאָמֵן.

ה' גָּתַן זֶה לָקַח יְהִי שֵׁם ה' מְבוֹרָךְ יַעֲתֶה וְעַד עוֹלָם
שִׁמְעֵ יִשְׂרָאֵל יְקוֹק, אֱלֹהֵינוּ, יְקוֹק אֶחָד

בְּרַךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וְעַד

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 יְהוָה וְיִשְׁמְרֶכָּךְ.

May the Lord bless you
and watch over you.

יְאִיר יְהוָה יְהוָה פְּנֵי אֱלֹהֶיךָ וְיִחַנְּךָ.

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

יְשֵׁא יְהוָה יְהוָה פְּנֵי אֱלֹהֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם.

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

Prayer Requests

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

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.

