

# Searching For Meaning Or Solace In A Time Of Illness Or Pain?

You do not need to be alone. Speak to your rabbi or spiritual advisor, or call us. Mishkan Miami, our chaplains and our community rabbis are committed to helping you and your family.

We are here to assist during times of physical illness, emotional pain or spiritual need. If you are experiencing a crisis and need a guiding hand, please contact us.



WEEKDAYS: 305.576.4000

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# Jewish PRAYERS FOR HEALING



A PROGRAM OF THE  
GREATER MIAMI JEWISH FEDERATION



Rabbinical Association  
of Greater Miami

Prepared by Mishkan Miami  
of the Greater Miami Jewish Federation  
in partnership with the  
Rabbinical Association of Greater Miami.  
For more than 40 years,  
we have provided comfort and care through  
visitation, religious services and pastoral care.

# From The Narrow Straits I Called To God... And God Answered Me With Expanses

Psalms 118:5

My Soul Comes From You...  
My Body Is Your Handiwork...  
Have Mercy Upon Your Creations...

(Selichot Liturgy)

When we suffer, we sometimes feel as if we are traveling along a lonely, deserted road. We may feel we are trapped in narrow straits — or are standing in the depth of the valley, and all we can see are the towering mountains that seem impossible to cross. Past and future are reduced to the present, and we are confronted by our own limitations.

It is at this time, and from this place, that turning to God can help. Our Jewish tradition tells us that the Divine Presence resides with those who are ill and suffering. Just as God heard the cries of His children suffering in Egypt, God hears our voices and is with us.

When we call out to God, we are empowered with a larger perspective. We realize that our own lives are part of a tapestry which is much greater and more mysterious than ourselves. In this realization we can experience the expanses that can be discovered in the midst of real challenges. We are empowered with courage, grace and dignity, knowing that we are not defined by our illness, but are ultimately creatures of the infinite God, Creator of everything that was, is and will be. We hope the prayers contained herein will help strengthen you in facing your challenge.



Shema - Confession of Jewish Faith

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד.  
כְּרוֹךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֶּתְךָ אֵת ה' אֱלֹהֶיךָ, כָּכָל לְבָבְךָ, וּכָכָל נַפְשְׁךָ, וּכָכָל מְאֹדְךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל לְבָבְךָ. וְשָׁנַנְתָּם  
לְבִנְיָךְ, וְדִבַּרְתָּ בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְךָ,  
וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין עֵינֶיךָ.  
וַיְכַתְּבָתָם עַל מְזוֹזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.

Hear, O Israel; the Lord our God is one Lord. And you shall love the Lord your God 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.



Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.  
Baruch shem k'vod malchuto l'olam vaed.  
V'ahav-ta eit Adonai Elohecha, b'chol l'vav'cha, u-v'chol nafsh'cha, u-v'chol m'odecha.  
V'hayu hadevarim ha-eleh asher anochi m'tsavcha hayom al l'vavecha.  
V'shinantam levanecha vancha, v'dibarta bam, b'shivt'cha b'veitecha, uvlecht'cha vaderech, u-v'shawch-b'cha uvkumecha.  
Ukshartam l'ot al yadecha v'hayu l'totafot bein einecha.  
Uchtavtam al m'zuzot beitecha u-visharecha.

El Na Refa Na Lah - "Please God. Heal Her. Please!"

When Miriam was punished with leprosy for speaking against Moses, Moses turned to God for mercy. He uttered the poignant words above. Moses understood that we all need to pray for each other. For thousands of years, Jews have always prayed not only for their own health and well-being, but also on behalf of others. The most famous prayer

is the Misheberach. Below is the traditional Hebrew text and an adapted English translation.

מִי שֶׁבִּרְךְ אֲבוֹתֵינוּ אֲבִרְהָם יִצְחָק וְיַעֲקֹב, מֶלֶךְ אֱהָרָן דָּוִד וְשְׁלֹמֹה, הוּא יְבָרְכְךָ אֵת הַחוֹלֵה־לָּךְ (פְּלוּגִי) בְּנוֹבֶת (פְּלוּגִית). בְּעֶבְרִית שְׁפִלוּגִי בְּנוֹבֶת פְּלוּגִי וְתֵן לְצַדִּיקָה בְּעֶבְרִית לָרָה. בְּשֹׁכֵר זֶה, הַקְדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלֶיךָ, לְהַחֲלִימוֹ/מָה וּלְרַפְּאוֹת/תָּה וּלְהַחֲזִיקוֹ/קָה וּלְהַחֲיוֹתוֹ/תָה, וְיִשְׁלַח לְוָלָהּ מְהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם, (לְרַמ"ח אֲבָרָיו, וְשֵׁס"ה גִּידָיו). בְּתוֹךְ שָׁאֵר חוֹלֵי יִשְׂרָאֵל, רְפוּאָת הַנֶּפֶשׁ, וְרְפוּאָת הַגּוּף, תִּשְׁתַּא בְּעִגְלָא וּבִזְמַן קָרִיב. וְנֹאמֵר אָמֵן.



May the One who blessed our ancestors — Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah — bless and heal the one who is ill:  
[name], son/daughter of [name]

May the Holy One, the fount of blessings, shower abundant mercies upon him/her, fulfilling his/her dreams of healing, strengthening him/her with the power of life.

Merciful One:  
restore him/her,  
heal him/her,  
strengthen him/her,  
enliven him/her.

Send him/her a complete healing from the heavenly realms, a healing of body and a healing of soul, together with all who are ill, soon, speedily, without delay; and let us say: Amen!

God! Listen To My Plea (Psalm 130)

A Song of Ascent.  
Out of the depths I cry 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  
...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.

I Fear No Evil (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 anoint my head with oil — my cup runs over.  
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.

Despair...And Hope: A Prayer for Patience (Psalm 13)

To the chief Musician, A Psalm of David:  
How long will You forget me, O Lord? Forever?  
How long will You hide Your face from me?  
How long shall I take counsel in my soul,  
having sorrow in my heart daily?  
How long shall my enemy be exalted over me?  
Look and answer me, O Lord my God!  
Lighten my eyes, lest I sleep the sleep of death.  
Lest my enemy say, I have prevailed against him;  
and those who trouble me rejoice when I am moved.  
But I have trusted in Your loving kindness —  
my heart shall rejoice in Your salvation.  
I will sing to the Lord, because He has dealt bountifully with me.



Prayer For The Soul

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּת בִּי טְהוֹרָה הִיא. אֶתָּה בְּרָאתָהּ, אֶתָּה יִצְרַתָּהּ, אֶתָּה נִפְחַתָּהּ בִּי, וְאֶתָּה מְשַׁמְרָהּ בְּקֶרְבִּי, וְאֶתָּה עֲתִיד לְטַלְהָ מִמֶּנִּי, וּלְהַחְזִירָהּ בִּי לְעֲתִיד לְבוֹא. כָּל זְמַן שֶׁהִנֵּשְׁמָה בְּקֶרְבִּי, מוֹדֶה אֲנִי לְפָנֶיךָ, ה' אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתֵי, רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשָׁמוֹת. כְּרוֹךְ אֶתָּה ה' הַמְחַיֵּר נְשָׁמוֹת לְפָגְרִים מֵתִים.

My God, the soul which You have placed within me is pure. You have created it, You will one day take it from me and restore it to me in time to come. So long as my soul is within me, I make acknowledgment before You, my God and God of all generations. Blessed are You, God who restores my soul each day that I may once again awaken.



Prayer For The Body

Blessed are You, our Eternal God, Creator of the Universe, who has made our bodies in wisdom, creating openings, arteries, glands and organs marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be difficult to stand before You. Wondrous Fashioner and Sustainer of life, Source of our health and our strength, we give You thanks and praise.



A Prayer To The Ultimate Physician

רְפָאנוּ, ה', וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנִנְשָׁעָה, כִּי תִהְלָתָנוּ אֶתָּה, וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכָל מַכּוֹתֵינוּ. כִּי אֵל מֶלֶךְ רוֹפֵא נֶאֱמָן וְרַחֲמָן אֶתָּה. כְּרוֹךְ אֶתָּה ה', רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

Heal us, O God, and we shall be healed; save us and we shall be saved, for You indeed are our praise. Lift us up and heal the wounds of our body and spirit, for You are the almighty King, and You are the faithful and merciful healer. Blessed are You, O God, who heals the sick of Your People Israel.