

A Prayer for Healing

Strengthen me, Holy One,
on my journey through illness;
Steady my steps on this difficult path.
Bring me through signposts
of remedies and therapies,
Secure in Your guidance
as I face these changes
You are my Strength and my Hope,
The Author of my healing.
You are my Promise and my Courage,
Guiding my helpers as I move toward healing.

Guard the encouragement
of simple improvements,
Every day praising Your loving concern.
Make me Your partner, Divine Physician,
Restoring me for Your Name's sake.
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Mi Shebeirach

The song

*Mi she-bei-rach a-vo-tei-nu,
M'kor ha-bra-cha l'i-mo-tei-nu:*
May the Source of strength
Who blessed the ones before us,
Help us find the courage
To make our lives a blessing,
And let us say, Amen.

*Mi she-bei-rach i-mo-tei-nu,
M'kor ha-bra-cha l'a-vo-tei-nu:*
Bless those in need of healing
With *refu-ah sh'lei-ma*,
The renewal of body,
The renewal of spirit,
And let us say: Amen.

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Sh'ma

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד.

*Sh'ma Yis-ra-el, A-do-nai E-lo-hei-nu,
A-do-nai E-chad.
Ba-ruch Shem k'vod mal-chu-to
l'o-lam va'ed.*

Hear, O Israel: the Lord is our God,
the Lord is One.
Blessed is God's glorious kingdom
forever and ever.

Letting Go

Dear God,
help me grow old with dignity and wisdom.
As the twilight years cast their shadow
upon me, help my mind remain clear—
at peace with the world and with itself.

Let me learn to let go
of my bonds with this world—
of my need for honor and status;
of my attraction to physical indulgences;
of my envy of others;
of my regrets over all that might have been.

Ageless Aging

Teach me, God,
to live out my days focused on
all that is meaningful in life.
As unaccountable aches and pains
multiply, as memory and retention fade,

Teach me to relate to my physical existence
with an ever-expanding recognition
of its transient nature;

Teach me to relate to my soul
with an ever-expanding awareness
of her eternal nature and ageless worth.

*Prayers from The Gentle Weapon: Prayers for Everyday
and Not-so-Everyday Moments ©1999
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community. We embrace diversity. Our commitment to inclusivity is woven
throughout our services, programs and welcoming workplace.*

Jewish Prayers & Reflections on Healing



Mi Shebeirach

The traditional prayer for healing

*Mi she-bei-rach a-vo-tei-nu,
Av-ra-ham, Yitz-chak, v'Ya-a-kov,
v'i-mo-tei-nu Sa-rah, Riv-kah,
Ra-chel, v'Le-ah, Hu yi-va-rech vi-ra-pei
et ha-cho-leh/ha-cho-lah
---- ben/bat ----
Ha-Ka-dosh Ba-ruch Hu
yi-ma-lei ra-cha-mim a-lav/a-lei-hah,
l'ha-cha-li-mo/l'ha-cha-li-mah
u-l'rap-o-to/u-l'rap-o-tah,
l'ha-cha-zi-ko/l'ha-cha-zi-kah
u-l'ha-cha-yo-to/u-l'ha-cha-yo-tah
V'yish-lach lo/lah
bim-hei-ra r'fu-ah sh'lei-mah,
r'fu-at ha-ne-fesh u-r'fu-at ha-guf,
b'toch sh'ar cho-lei Yis-ra-el,
hash-tah ba-a-ga-lah u-viz-man ka-riv,
v'no-mar, Am-en!*

May the One who blessed our ancestors
Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah,
bless and heal the one
who is ill: ---- son/daughter of ----.
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 realm, a healing of body and a healing of
soul, together with all who are ill soon, speedily, without delay;
and let us say: Amen!
Translation by National Center for Jewish Healing.

In My Loneliness

There are often times, O God, when I feel alone, and yet I know in my heart that I am never alone. You are always there waiting for me to speak to You of my desires, hopes and dreams.

Yet how seldom do I reach out to You to voice my gratitude for all that is beautiful in my life... all the gifts of my life. Love, family, friendship, have come from You.

But the greatest gift of all is Your presence, which time and again has given me strength, faith and courage.

Now, in the midst of doubt and confusion, I need to know that You are beside me in the depth of my being. With You there, I know I am not alone – ever.

My Friend, my strength, my God.

A Prayer Before Surgery

I am scared, God. I feel vulnerable. I don't like feeling helpless.

I am worried. So before my surgery I pray:

I place my body and soul in Your hands. Please watch over me, God, in the operating room. Stay beside me. Never leave me.

Strengthen my will to live. Enlighten my doctors and nurses with the skill, wisdom and insight to mend and cure me properly. Let this procedure go smoothly without complication.

Watch over my loved ones who are worrying about me now. Remind me that I am resilient.

That I can and will grow stronger each day. Bless me, God, with Your healing power, protect me from all harm, shield me from pain. And when I wake, God, give me the courage and passion to fight for the sacred treasure You have granted me: my life. Amen.

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Psalm 130

א שִׁיר הַמַּעֲלוֹת :
מִמַּעַמְקִים קָרָאתִיךָ יְהוָה.

ב אֲדָ-נִי, שְׁמָעָה בְּקוֹלִי
תְּהִינָה אֲזִנֶיךָ קְשׁוּבוֹת לְקוֹל תַּחֲנוּנָי.

ג אִם-עֲוֹנוֹת תִּשְׁמַר-יְהוָה אֲדָ-נִי מִי יַעֲמֹד.

ד כִּי-עֲמַךְ הִסְלִיחָה לְמַעַן תִּזְכָּר.

ה קוֹיִתִי יְהוָה, קוֹתֵה נַפְשִׁי ; וְלִדְבָרוֹ
הוֹחֵלֵתִי.

ו נַפְשִׁי לֹא-דָ-נִי מִשְׁמָרִים לְבַקֵּר, שְׁמָרִים
לְבַקֵּר.

ז יַחַל יִשְׂרָאֵל אֶל-יְהוָה : כִּי-עַם-יְהוָה-נָה
הַחֲסִיד ; וְהִרְבָּה עִמּוֹ פְדוּת.

ח וְהוּא יַפְדֶּה אֶת-יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו.

- 1 A song of ascents.
From out of the depths I call You, O God.
- 2 God, hear my voice,
may Your ears hearken to the sound
of my pleas.
- 3 If You would preserve iniquities, O God, who could survive?
- 4 But with You there is forgiveness,
therefore You are revered.
- 5 I put hope in God, my soul hopes,
and for the word of God I expectantly wait.
- 6 My soul yearns for God among those who watch for the dawn,
those who watch for the dawn.
- 7 Let Israel hope for God,
for with God is kindness and
abundant redemption.
- 8 And God shall redeem Israel
from all its iniquities.

Psalm 121

א שִׁיר לַמַּעֲלוֹת, אֲשָׁא עֵינַי אֶל הַהָרִים,
מֵאֵין זָבָא עֲזָרִי.

ב עֲזָרִי מֵעַם יְהוָה, עֲשֵׂה שְׂמִים וְאָרֶץ.

ג אֶל-יְתֵן לְמוֹט רִגְלֶךָ, אֶל-יָנוּם שְׁמֶרְךָ.

ד הִנֵּה לֹא-יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.

ה יְהוָה-נָה שְׁמֶרְךָ, יְהוָה צִלְךָ עַל-יַד יְמִינֶךָ.

ו יוֹמָם הַשֶּׁמֶשׁ לֹא-יִכָּבֵה, וְיָרַח בַּלַּיְלָה.

ז יְהוָה יִשְׁמְרֶךָ מִכָּל-רָע, יִשְׁמַר אֶת-נַפְשֶׁךָ.

ח יְהוָה יִשְׁמַר צִאתְךָ וּבואְךָ,
מֵעַתָּה וְעַד-עוֹלָם.

- 1 A Song of Ascents.
I lift up my eyes to the mountains:
from where will my help come?
- 2 My help comes from God, maker
of heaven and earth.
- 3 God will not allow your foot to falter;
your Guardian will not slumber.
- 4 Behold, the Guardian of Israel neither
slumbers nor sleeps.
- 5 God is your keeper; God is your shade upon
your right hand.
- 6 The sun will not harm you by day,
nor the moon by night.
- 7 God will keep you from all evil;
God will keep your soul.
- 8 God will guard your going out and coming in,
from this time on and forever.

**אֶל-תִּשְׁלִיכֵנִי לְעֵת זְקָנָה ;
בְּכָלוֹת כַּחֲסִי, אֶל-תַּעֲזֹבֵנִי.**

Do not cast me off in time of old age; when
my strength fails, do not forsake me.

From Psalm 71:9

The Long Days

My God and God of all generations,
in my great need I pour out my heart to You.
The long days and weeks of suffering
are hard to endure.

In my struggle, I reach out for the help that
only You can give. Let me feel that You are near, and that
Your care enfolds me. Rouse in me
the strength to overcome my weakness, and brighten my
spirit with the assurance of Your love.

Make me grateful for the care and concern
that are expended on my behalf. Help me to sustain the
hopes of my dear ones, as they
strive to strengthen and encourage me.

May the healing power You have placed within me give me
strength to recover, so that I may proclaim with all my being:

I shall not die, but live and declare the works of God.
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When One is Undergoing a Long & Draining Treatment

I'm tired, God. My doctors say that this
treatment will help me, but it is sapping me of my strength.
I'm sick of feeling sick, God.
Sometimes I want to give up. But most of the time I just
want to get better.

I love being outdoors and breathing fresh air.
I love the sun and the rain. I love the sky at night. I love my
family and friends.

I love life, God. I love it more now than ever
before. Please, God, let me keep it. Help me
to bear the stench of medicines and
hospitals. Give me the stamina to stare down this disease
and conquer it.

Fill me with strength, God, and I will fight
for my life. Fill me with health, God, that I
may live. Amen.

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