

Prayers for Healing & Hope



Hope • Comfort • Love
Delivered

Warmest wishes for healing & comfort!



Dear Friend,

During all seasons of our lives prayer is something that we will always have with us. At times we want to cry, and at times we want to give thanks, and often we just want to express our feelings.

No matter the language, a prayer is uniquely powerful when it emanates from the heart. We have included a few standard texts to help us formulate our thoughts towards the Ultimate healer and best listener,

G-d Almighty.

Our sages tell us that the Shechina, G-d's presence is at the head of the bed of one who is sick, listening directly to their prayers, understanding all languages and thoughts.

Modeh Ani

מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהִחַזְרַתְּ בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ

*Modeh Ani L'fanecha, Melech Chai V'kayam, Shehechezarta Bi Nishmati B'chemla,
Raba Emunasecha*

I offer thanks to You, living and eternal King, for You have mercifully
Restored my soul within me; Your faithfulness is great.

Beyado Afkid Ruchi

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן וְאֶעֱרֶה וְעַם רוּחִי גּוֹתְתִי, ה' לִי וְלֹא אִירָא

B'yado afkid ruchi, B'eis ishan v'airah. V'im ruchi g'viyasi, Adon-ai li v'lo ira.

Into His hand I entrust my spirit, when I sleep and when I awake. And with
my spirit, my body; G-d is with me, I shall not fear.

Eilecha Hashem Ekra

אֶלֶיךָ ה' אֶקְרָא; וְאֶל- ה', אֶתְחַנֵּן שְׁמַע-ה' וְחַנּוּנִי; ה' הִיָּה-עֹזֶר לִי

*Eilecha Adon-ai Ekra, v'el Adon-ai Eschanan, Sh'ma Adon-ai v'choneni, Adon-ai
heyeh ozer li*

To you, Hashem, I call, and to hashem I will plead. Hear, O Hashem, and have mercy
on me, be a help to me!

Al Tashlicheni

אֶל-תִּשְׁלִיכֵנִי לְעֵת זְקִנָּה כְּכֹלֹת כְּחֵי אֶל-תַּעֲזָבֵנִי

Al Tashlicheni L'eis Zikna Kicholos Kochei Al Ta'azvainei.

Do not cast me away at the time of old age;
when my strength fails, do not forsake me.

Sh'ma Yisrael

שמע ישראל ה' אלהינו ה' אחד

ברוך שם כבוד מלכותו לעולם ועד

ואהבת את ה' אלהיך בכל-לבבך ובכל-נפשך ובכל-מאדך: והיו הדברים האלה אשר אנכי מצוך היום על-לביבך: ושנתם לבניך ודברתם גם בשבתך וביתך ובדרכך ובשכבך ובקומך: וקשרתם לאות על-ידיך והיו לטטפת בין עיניך: וכתבתם על-מזוזות ביתך ובשעריך

Shema Yisrael Adon-ai Eloheinu Adonai Echad.

Say Silently: Baruch Sheim K'vod Malchuso L'olam Vaed.

V'ahavta Eis Adon-ai Elohecho B'chol L'avvcha Uvechol Nafshecha Uvechol M'odecha. V'hayu Hadevarim Haeileh Asher Anochi M'tzavcha Hayom Al L'vavecha. V'shinantam L'vanecha Ve'dibarta Bam, B'shivtecha B'veisecha U'velechtecha Vaderech U'veshachbecha U'vekumecha. U'keshartam L'os Al Yadecha V'hayu Letotafos Bein Einecha. U'chsavtam Al M'zuzos Beisecha Uvisharecha.

Hear, Israel: Hashem is our G-d, Hashem is One.

Say Silently: Blessed [is His] Name, Whose glorious kingdom is forever and ever. And you shall love Hashem your G-d with all your heart and with all your soul and with all your possessions. And these words which I command you today, shall be upon your heart. And you shall teach them sharply to your children. And you shall discuss them when you sit in your house, and when you travel on the road, and when you lie down and when you rise. And you shall bind them for a sign upon your hand, and they shall be for tefillin between your eyes. And you shall write them upon the doorposts of your house and upon your gateways.

Refaeni Hashem

רְפָאֵנוּ ה' וְנִרְפָּא הוֹשִׁיעֵנו וְנִשְׁעָה כִּי תִהְיֶה לָנוּ אֶתְּהָ וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכֹל מִכּוֹתֵינוּ

כִּי אֵל מְלֶכֶךְ רּוֹפֵא נְאֻמָּן וְרַחֲמָן אֶתְּהָ בְּרוּךְ אַתָּה ה' רּוֹפֵא חּוֹלֵי עַמּוֹ יִשְׂרָאֵל

R'faeinu Adon-ai v'neirafei, hoshieinu v'nivasheiah, ki t'hilateinu atah, v'haalei refuah sh'leimah l'chol makoseinu, ki Eil melech rofei neeman v'rachaman atah.

Baruch atah Adon-ai, rofei cholei amo Yisrael.

Heal us, Hashem, and we will be healed, deliver us and we will be delivered; for You are our praise. Grant a complete healing to all our affliction, because You are the Almighty, King, Who is a faithful and merciful Healer. Blessed are You, Hashem, Healer of the sick of His people Israel.

Prayer for Healing

Prior to taking medication (swallowed, applied, or injected) or undergoing any medical procedure, however minor, one should recite the following prayer each time. (even several times a day):

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵי שְׁיֵהָא עֵסֶק זֶה לִי לְרְפוּאָה כִּי רּוֹפֵא הַנֵּם אַתָּה

Yehei Ratzon Meifanecha Adon-ai Elohoyi Sheyihei Aisek eh Lee Lirefuah Kei Chinam Atah.

May it be Your will, Hashem, that this endeavor cure me, for You are a free healer.

After the procedure, or after taking the medication, recite:

בְּרוּךְ רּוֹפֵא חּוֹלִים

Baruch Rofei Cholim!

Blessed is He who heals the sick!

Psalm 121

שיר למעלות אשא עיני אל-ההרים מאין יבא עזרי: עזרי מעם ה' עשה שמים וארץ:
אל-יתן למוט רגלך אל-יגום שמרך: הנה לא-יגום ולא יישן שומר ישראל: ה' שמרך
ה' צלך על-יד מינד? מינד: יומם השמש לא-יכה וירח בלילה: ה' ישמרך מכל-רע ישמר
את-נפשך: ה' ישמר-צאתך ובואך מעתה ועד-עולם:

A song for ascents. I turn my eyes to the mountains; from where will my help come?
My help comes from the Lord, maker of heaven and earth. He will not let your foot
give way; your guardian will not slumber; See, the guardian of Israel neither slum-
bers nor sleeps! The Lord is your guardian, the Lord is your protection at your right
hand. By day the sun will not strike you, nor the moon by night. The Lord will guard
you from all harm; He will guard your life. The Lord will guard your going and coming
now and forever.

Psalm 130

שיר המעלות ממעמקים קראתיד ה' אדני שמעה בקולי תהינה אזניך קשבות לקול
תחנוני: אם-עונות תשמר-יה אדני מי יעמד: כי-עמד הסליחה למען תנא: קויתי ה
קותה נפשי ולך ברו הוהלתי: נפשי לאדני משמרים לבקר שמרים לבקר: יחל ישראל
אל-ה' כי-עס-הם החסד והרבה עמו פדות: והוא יפדה את-ישראל מכל עונותיו:

A song of ascents. Out of the depths I call You, O Lord. O Lord, listen to my cry; let
Your ears be attentive to my plea for mercy. If You keep account of sins, O Lord,
Lord, who will survive? Yours is the power to forgive so that You may be held in awe.
I look to the Lord; I look to Him; I await His word. I am more eager for the Lord than
watchmen for the morning, watchmen for the morning. O Israel, wait for the Lord;
for with the Lord is steadfast love and great power to redeem. It is He who will
redeem Israel from all their iniquities.

Misheberach

מי שברך אבותינו אברהם יצחק ויעקב משה ואהרן דוד ושלמה הוא בברך את
החולה פב"פ, בשכר זה הקדוש ברוך הוא ימלא רחמים עליו להחלימו ולרפאתו
ולהחזיקו ולהחיותו, וישלח לו מהרה רפואה שלמה מן השמים בתוך שאר חולי
ישראל, רפואת הנפש ורפואת הגוף, השגא בעגלא ובזמן קריב. ונאמר אמן

*Mishabeirach Avoseinu Avraham Yitzchak V'Yaakov Moshe Aaron David U'Shlo
mo Hu Yivareich Virapeh Es Hacholeh (Patients Name) Ben/Bas (Mother's Name)
Bsechar Zeh Hakadosh Baruch Hu Yimaleh Rachamim Alav (Aleha) L'hachlimo
(L'hachlima) U'Irafaso U'lihachazikom Ulihachayosam, Vishlach Lo Meheirah
Refuah Shelaima Min Hashamayim, Besoch Shaare Cholei Yisrael, Refuas
Hanefesh Refuas Hagoof Hashta Bagalah Uvizman Kariv, Vnomar Amen!*

May the one who blessed our ancestors, Abraham, Isaac, and Jacob, Moses and
Aaron, David and Solomon bless (Patient's First Name) son/daughter of (Mother's
Name), may the Holy One, Blessed Be He, be filled with mercy for him, to heal him
and to strengthen him and to enliven him, and quickly send him a complete healing
from heaven to his limbs and organs, among the other sick of Israel, a healing of the
spirit and a healing of the body. Now, speedily, and in a time soon to come, and let
us say, Amen

Prayer of Thanks

הודו לה' כי טוב: פי לעולם תסוד
Hodu L'Adon-ai ki tov; Ki le'olam chasdo.

○ give thanks to the Lord, for He is good; for His mercy endures forever.

BCGW MEIR L'OLAM HOSPITAL PANTRIES:

Holy Cross Hospital

Second floor inside cafeteria

Adventist HealthCare

*Shady Grove Medical Center
3rd floor opposite elevators
near the Evergreen Family Lounge*

Children's National Medical Center

*3rd floor near the Cardiac Care Unit
and across from the chapel*

Children's Inn at NIH

*Kosher cabinet and fridge/freezer located
in the CD kitchen. Ask staff for codes*

Adventist HealthCare White Oak Medical Center

*Second floor of the hospital behind the
information desk wall outside of the ICU*



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Bikur Cholim of Greater Washington

provides many services to those facing medical challenges.
Please contact us to see how we can help you!

12320 Parklawn Drive Rockville, MD 20852
(202) 331-4481 | info@bikurcholingw.org

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Please treat this holy pamphlet respectfully, and wrap before discarding.