



Children's National.

Chaplaincy Services



## **Jewish Prayers**

*Traditional, and from Jewish Prayers of Hope and Healing by Alden Solovy*

**These comforting words can be said on behalf of those who are ill. Whether friends or loved ones are struggling with physical, emotional or spiritual challenges, this prayer speaks to our desire for their healing.**

*Mi Shebeirach avoteinu v'imoteinu,  
Avraham Yitzchak v'Yaakov,  
Sarah, Rivkah, Rachel v'Lei-ah,  
hu y'vareich et [name] ben/bat [parents]  
baavur she-alah/she-altah  
lich'vod HaMakom, lich'vod haTorah.  
Bis'char zeh HaKadosh Baruch Hu  
yishm'reihu/yishm'rehah  
v'yatzileihu/v'yatzilehah  
mikol tzarah v'tzukah umikol nega umachalah,  
v'yishlach b'rachah v'hatzlachah  
v'chol maaseh yadav/yadeha,  
im kol Yisrael. V'nomar: Amen.*

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless [name] son/daughter of [parents], since he/she has come up to the Torah in honor of God and Torah. May he/she merit from the Holy One of Blessing protection, rescue from any trouble or distress, and from any illness, minor or serious; may God send blessing and success in his/her every endeavor, together with all Israel, and let us say, Amen.

*Mi Shebeirach avoteinu v'imoteinu,  
Avraham, Yitzchak v'Yaakov, Sarah, Rivkah,  
Rachel v'Lei-ah, hu y'vareich et hacholim  
[names]. HaKadosh Baruch Hu yimalei  
rachamim aleihem, l'hachalimam ul'rapotam  
ul'hachazikam, v'yishlach lahem m'heirah  
r'fuah, r'fuah shleimah min hashamayim,  
r'fuat hanefesh ur'fuat haguf, hashta  
baagala uviz'man kariv. V'nomar: Amen.*

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill [names]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.



## **Prayers by Alden Solovy**

### *Jewish Prayers of Hope and Healing*

*God of love,  
Cast the light of health and well-being on me [and on my  
family] [on \_\_\_\_\_(name)  
And all who are injured, infirm or insecure.  
We yearn for Your healing hand.  
Bless us with healing of body,  
Healing of soul,  
And healing of spirit.  
Grant all in need a full and complete recovery.*

*Blessed are You, Adonai our  
God, Source of life.  
Baruch atah Adonai Eloheinu, m'kor chayim*

*Radiance and awe,  
Splendor and wonder,  
The energy of being surrounds me,  
Flowing day by day  
From the holy realms.*

*Let me invite these gifts of holiness  
Into my hands, into my body, into the core of my being.*

*Let me invite the energy of life  
Into my limbs, into my chest, into my heart.*

*Let me invite this well of healing  
Into my breath, into my blood, into my spirit.*

*God of old,  
Healer and Guide,  
You have blessed my life,  
Days of hope and yearning.  
Bless me with Your healing power.  
Lead me back to  
A life of wholeness and peace.*



## FOR ENDURANCE

*My body is a mystery [our bodies are a mystery],  
So strong, so fragile.  
It can suffer great pain,  
Endure to reach triumph,  
But a small moment can bring collapse and death.*

*My body is a mystery [our bodies are a mystery],  
A gift of intricacy and beauty.  
Powerful,  
Endowed with the ability to take light and air and food  
And turn the into energy and action.*

*What, then, is my life? [our life?]  
How, then, will I [we] use this gift?*

*I will thank You for Your kindness and abundance.  
I will treasure the moments of strength and vigor.  
I will surrender to moments of weakness and distress.*

*God, who provides sustenance and health,  
You are the Source of life.*

## On Recurrent Pain

*God of old,  
My pain has diminished,  
The trouble has eased,  
This grief has for now faded.  
Thank You for these moments of relief  
After the hours of affliction,  
These moments of quiet inside me,  
These times of rest.  
Thank you for those who have  
Dedicated themselves to my care.  
Thank You for the chance to regain  
A sense of wholeness, a sense of calm, a sense of peace.*

*Ancient One, Well of healing,  
Grant healing power to my physicians and my medications.  
Grant comfort and healing to all who suffer.  
Grant me the strength to endure when pain returns.*

*Blessed are You, Adonai our God, Ruler of the universe, Who gives  
strength to the weary.*

*Baruch atah Adonai Eoheinu melech ha'olam, hanotein laya'eif  
ko'ach*

