

מי שברך לחולה

מי שְׁבֵרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב, מֹשֶׁה אַהֲרֹן דָּוִד וְשְׁלֹמֹה, הוּא יְבָרַךְ אֶת הַחֹלֶה (פְּלוֹנִי) בֶּן (פְּלוֹנִית) הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלָיו, לְהַחֲלִימוֹ וּלְרַפְּאוֹתוֹ וּלְהַחֲזִיקוֹ וּלְהַחֲיוֹתוֹ, וְיִשְׁלַח לוֹ מְהֵרָה רְפוּאָה שְׁלֵמָה רְפוּאָת הַנֶּפֶשׁ, וּרְפוּאָת הַגּוּף, הַשְׂתָּא בְּעֵגְלָא וּבְזִמְן קָרִיב. וְנֹאמֵר אָמֵן.

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The one who blessed our ancestors Abraham, Isaac, and Jacob, Moses, Aaron, David and Solomon, bless this sick person _____ who is the son/daughter of _____. May the Holy one, blessed be He/She fill him/her with compassion, heal him/her, treat him/her, make him/her strong and allow him/her to live. Please send a complete healing, a healing of the soul and a healing of the body from heavens quickly, this year soon, for this time. And let us all say amen.

Other Prayers:

יְהוָה שְׁמְעָה תַפְלָתִי וְשׁוּעָתִי אֱלֹהִי תִבְּרָא: ג אֵל־תִּסְתֵּר פָּנֶיךָ | מִמֶּנִּי
בְּיוֹם צָר לִי הִטָּה־אֵלַי אָזְנְךָ בְּיוֹם אֶקְרָא מִהֵרָה עֲנֵנִי:

Adonai, hear my prayer, let my cry come before You. Do not hide Your face from me in my time of trouble. Turn Your ear to me when I cry, answer me speedily! (Psalm 102:2-3)

PSALM 130:1-2

מִמַּעַמְקִים קָרָאתִיךָ יְהוָה

[אֵלַי שָׁמַע קוֹלִי

שְׁמְעָה תִּחְנוּנֵי (2x)]

Mi-ma-a-ma-kim k'-ra-ti-cha Yah
E-li, shim-ah ko-li; shim-ah ta-cha-nu-nai (2x)

Out of the depths I call You. O G-d; My G-d, Lishen to my voice; Listen to my cries.

A LITANY FOR HEALING

When Miriam was sick her brother Moses prayed: "O G-d, pray, heal her please!" We join in this responsive prayer based on Moses' words:

We pray for those who are now ill.

Source of Life, we pray: Heal them.

We pray for those whose bodies, holy proof of Your creative goodness, are violated by illness and the pain of illness.

Encourage them.

Grant strength and compassion to families and friends who give their loving care and support, and help them to overcome despair.

Strengthen them.

Grant wisdom to those who probe the deepest complexities of Your world as they labor in the search for treatment and cures.

Inspire them.

Grant clarity of vision and strength of purpose to the leaders of our institutions and our government. May they be moved to act with justice and compassion and find the courage to overcome fear and hatred.

Guide them.

Grant insight to us, tht we may understand that whenever death comes, we must accept it -- but that before it comes, we must resist it, by prolonging life and by making our life worthy as long as it is lived.

Bless and heal us all.

מי שְׁבִירָךְ

מי שְׁבִירָךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

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

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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 r'fu-a sh'lei-ma
The renewal of body
The renewal of spirit
And let us say, Amen
(Debbie Freedman)

FREE WILL by Rabbi Aviva Bass

I cannot choose the day of my death, but I decide the way of my life
I do not know if I will get up tomorrow, but I can stand to be counted today
My hands may weaken in time, but for now I can still write a loving message
I may never find the cure for cancer, but I must search for a healing word for a friend
My voice may someday falter, but today I may speak kindly to another human being
I may lose my ability to walk, but now I must dance to the rhythm of life
Blindness may someday fill my eyes, but I can look for G-d in all I see today
I may become hard of hearing, but let me not harden my heart
I do not know when I will last draw breath, but let this exhalation be a song of praise

BIRTH IS A BEGINNING BY Alvin fine

Birth is a beginning
And death a destination.
And life is a journey:
From childhood to maturity
And youth to age;
From innocence to awareness
And ignorance to knowing;
From foolishness to discretion
 And then perhaps to wisdom;

From weakness to strength
Or strength to weakness-
And, often back again;
From health to sickness
 And back, we pray, to health again;
From offense to forgiveness,
From loneliness to love,
From joy to gratitude,
From pain to compassion,
And grief to understanding-
 From fear to faith;
From defeat to defeat to defeat-
Until, looking backward or ahead,
We see that victory lies
Not at some high place along the way,
But in having made the journey, stage by stage,
 A sacred pilgrimage.
Birth is a beginning
And death a destination
But life is a journey,
A sacred pilgrimage-
 To life everlasting.

HOPE

The last word has not been spoken,
The last sentence has not been written,
The final verdict is not in.
It is never too late
To change my mind,
My direction,
To say no to the past
And yes to the future,
To offer remorse,
to ask and give forgiveness.
It is never too late
To start over again,
To feel again
To love again
To hope again...

Prayer for Healing

—Rebbe Nachman of Breslov, 18th Century Jewish Mystic

God of wholeness,
God of healing,
Hear our words,
Accept our prayers; Send a special blessing
O healing
To (name) son/daughter of
(mother's name),
among all those of Your children
who are in need of
Your healing blessing.

Prayer for the visitor

Prayer can be used to gather our strength and to focus before or after a visit.

Blessing for Bikkur Cholim Volunteers

An original prayer composed for the closing the 14th Annual Bikur Cholim Conference, NYC, by Rabbi Sara O'Donnell Adler, MetroWest Jewish Health and Healing Center. November 18, 2001

Eloheinu V'Elohei Avoteinu V'Imoteinu,
God of our ancestors,
We are grateful to You for having given us
The opportunity to gather today in peace and safety—
To explore, share and nurture our ideas and our dreams
Of caring for a broken world.

We thank You for wisdom, for the experiences of others,
And for the anticipation of greeting new challenges.
We thank You for giving us the mitzvah of bikkur cholim,
For giving us hands for reaching and hearts for listening.

We thank You for giving us eyes that gaze into others' souls,
And we thank You for the presence of Your Shechinah
That hovers in the many places we visit.

Elohei HaShamayim, Most High G-d,
Shine forth Your blessing to the community
Of caregivers gathered here today.

Give us courage and renewed energy
During these challenging times
To do our holy work of caring in good faith.

Make us worthy to look upon every sufferer
With clear eyes and open hearts. May we be
Agents of compassion, representatives of hope,
Messengers of laughter and light.

May our own lives be blessed with wellness and security
So that we may continue to bring to others the gift of ourselves.

And let us say: Amen.

We offer these several prayers from Rabbi Nachman of Breslov to inspire you as you continue to search your heart for effective means of communicating.

Effective Words
—Rabbi Nachman of Breslov, 18th Century Jewish Mystic

G-d of wisdom,
Teach me the right words.
Teach me the very words

That will touch the hearts
And souls of others.
When a friend needs
My understanding ear,
Teach me the words to say
That will strengthen,
That will encourage,
That will express
Only my love
And concern

Effective Silence

—Rabbi Nachman of Breslov, 18th Century Jewish Mystic

Teach me, Dear G-d,
That often
The most effective words
Are no words at all.
Teach me how and when
To communicate
With that most potent gift
Of silence