Jewish Prayers & Reflections on Healing

Supporting you in times of illness and loss

A Program Administered by JCFS
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/laah
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
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’mar

Sh’mar Yis-ra-el, A-do-nai E-lo-hei-nu,
A-do-nai E-chad.
Ba-ruch Shem k’vod mal-chu-to
I’o-lam va’ed.

Hear, O Israel: Ado-nai is our God,
Ado-nai is One.
Blessed is God’s glorious kingdom
forever and ever.
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.

From Flashes to Heaven:
New Psalms for Healing and Praise.
©1998 by Debbie Perlman.
1 A song of ascents.
   From out of the depths I call You, O God.

2 Ado-nai, hear my voice,
   may Your ears hearken to the sound
   of my pleas.

3 If You would preserve iniquities, O God,
   Ado-nai, who could survive?

4 But with You there is forgiveness,
   therefore You are revered.

5 I put hope in Ado-nai, my soul hopes,
   and for the word of Ado-nai I expectantly
   wait.

6 My soul yearns for Ado-nai among those
   who watch for the dawn,
   those who watch for the dawn.

7 Let Israel hope for Ado-nai,
   for with Ado-nai is kindness and
   abundant redemption.

8 And God shall redeem Israel
   from all its iniquities.
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.

Psalm 121

1  A Song of Ascents.
   I lift up my eyes to the mountains:
   from where will my help come?

2  My help comes from Ado-nai, 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  Ado-nai is your keeper; Ado-nai is your
   shade upon your right hand.

6  The sun will not harm you by day,
   nor the moon by night.

7  Ado-nai will keep you from all evil;
   God will keep your soul.

8  Ado-nai will guard your going out and
   coming in, from this time on and forever.
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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A Prayer 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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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.


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

From Psalm 71:9
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.

If you are ill, bereaved, or caring for a loved one, or if you work with people facing life’s most difficult transitions, the Jewish Healing Network of Chicago offers the comfort of human connection, the spiritual support of Jewish tradition, and a sense of community. We recognize that there are multiple components of health: the body, the mind and the spirit. Our services and programs are designed to provide support and assistance to members of the Jewish community when they need it most.

Each year, JHNC helps over 1,000 individuals and their families cope with illness, addiction and loss. Your generous gift to the endowment fund of the Jewish Healing Network* ensures that now and in the future we are here for people when they need us most. Please call Stacey Shor at 312-673-3212.

For more information, please call:
Jewish Healing Network of Chicago

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