

## BLESSINGS AND PRAYERS FOR HEALING

*Compiled for use by The Jewish Chaplaincy at Stanford University Medical Center*

### GENERAL BLESSINGS

What I wish for you is...

What I hope for you is...

What I admire about you is...

May you be blessed with ...

#### **Shema - a prayer of affirmation**

שמע ישראל: יי אלהינום יי אחד.

**Sh'ma Yis-ra-el, A-do-nai Eh-lo-hei-nu, A-do-nai-E-chad!**

Hear, O Israel: the Eternal is our G-d, the Eternal is One!

#### **Yivarechicha -the priestly blessing**

יברכך יי וישמרך

**Yiva-rechi-cha A-do-nai v'yish-m're-cha**

May G-d bless you and keep watch over you.

יאר יי פניו אליך ויחנך

**Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka**

May the light of G-d's presence shine upon you and be gracious to you.

ישא יי פניו אליך וישם לך שלום

**Yi-sa A-do-nai pa-nav ei-le-cha v'ya-seim l'cha sha-lom.**

May G-d's presence be with you and grant you peace.

## PRAYERS OF GRATITUDE

### Shehecheyanu - a prayer for gratitude

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהַחַיִּינוּ וְקִיְמָנוּ וְהִנְיַעְנוּ לְזִמְנֵי הַזֶּה

**Ba-ruch A-tah A-do-nai E-lo-hei-nu Me-lech Ha-olam  
she-he-che-ya-nu, v'kiy'ma-nu, v'hi-gi-ya-nu laz'man ha-zeh.**

We give thanks to You, Eternal our G-d, Ruler of the universe,  
for giving us life, for sustaining us, and for enabling us to reach this season.

### Protect Us, Bless Us, Give Thanks

Creator of miracles, mercy and life,  
Protect us from danger, keep us from harm.  
Creator of wonders, compassion and hope,  
Bless us with healing, surround us with love.

#### **Ki tov selah**

Give thanks for all that is good  
May G-d who is gracious, be gracious to you,  
Protect you and bless you and care for you.  
For all you are, and all you hope to be,  
We give thanks for all that is good.

## PRAYERS FOR HEALING

בְּרוּךְ אַתָּה יי רופא תחולים

**Ba-ruch A-tah A-do-nai, ro-fei ha-cho-lim**

We praise You, O G-d, healer of the sick.

### El Na - G-d heal us

El na r'fa na la

El na r'fa na lo

Please G-d heal her!

Please G-d heal him!

## Mishebeirach, Prayers for Healing

### 1 Traditional

May the One who blessed our ancestors, Sarah and Abraham, Rebecca and Isaac, Leah, Rachel, and Jacob, bless \_\_\_\_\_ son/daughter of \_\_\_\_\_ and \_\_\_\_\_ along with all the ill among us. Grant insight to those who bring healing; courage and faith to those who are sick; love and strength to us and all who love them. May they and we soon know a time of complete healing, a healing of the body and a healing of the spirit, and let us say: Amen

**For a male who is ill:**

מי שברך אבותינו ואמותינו, אברהם יצחק ויעקוב,  
שרה, רבקה, רחל, ולאה,  
הוא יברך וירפא את תחולה \_\_\_\_\_ בן \_\_\_\_\_  
הקדוש ברוך הוא ימלא רחמים עליו, להתזיקו ולרפאותו,  
וישלח לו מהרה רפואה שלמה לכל אבריו וגידי בתוך  
שאר חולי ישראל רפואת הנפש ורפואת הגוף (שבת היא  
מלועזק / יום טוב הוא מלועזק / ורפואה קרובה לבוא)  
השתא בעגלא ובזמן קריב, ונאמר אמן.

## For a female who is ill

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ, אֲבָרְהֵם יִצְחָק וַיַּעֲקֹב,  
שָׁרָה, רֵבֶקָה, רָחֵל, וְלֵאָה,  
בֵּת \_\_\_\_\_.

הוא ימלא רחמים עליה, לתחזיקה ולרפאותה, הוא יברך וירפא את החולה  
הקדוש ברוך  
וישלח לה מהרה רפואה שלמה לכל אבריה וגידיה בתוך  
שאר חולי ישראל רפואת הנפש ורפואת הגוף (שבת היא  
מלועזק / יום טוב הוא מלועזק / ורפואה קרוכה לבוא)  
השתא בעגלא ובזמן קריב, ונאמר אמן.

## 2 Alternate Translation

Source of Mercy, spread Your shelter of peace over all the ill among us and watch with special care over \_\_\_\_\_. Help us as we seek ways of healing; share Your kindness with us, that the bonds of love and caring be increased; and grant courage and hope to the sick and the well together. Reveal Your compassion and Your blessing upon all who are ill and comfort them. Speedily and soon, let us see together a day of complete healing, a healing of body and a healing of spirit, and let us say: Amen.

--from "Service of Healing," Ruach Ami, San Francisco

## 3 Alternate Translation

O G-d, You are gracious and merciful. You extend Your protection and tender love to all Your creatures; You heal the sick, help the injured and sustain all that live. Accept, we pray, our humble petition on behalf of \_\_\_\_\_ who is confined to his/her bed of pain and illness.

O G-d, sustain his/her spirit, relieve his/her pain, strengthen his/her faith. Send him/her Your healing; may he/she recover speedily. May he/she be restored to health, happiness, and to the fullness of life. May he/she witness to Your everlasting mercy and love, for You, O G-d, are a faithful and merciful healer. Amen.

## **4 Alternate**

*Music by Debbie Friedman*

*Lyrics by Debbie Friedman and Drorah Setel*

### **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 r'fu-a sh'lei-ma  
The renewal of body, the renewal of spirit  
And let us say, Amen.

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## **PRAYERS FOR GUIDANCE STRENGTH**

### **Guide my Steps**

Guide my steps and help me find my way;  
I need your shelter now,  
Rock me in Your arms and guide my steps,  
And help me make each day  
A song of praise to You.  
Rock me in Your arms and guide my steps.

**וּפְרֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ**

**U-fros a-lei-nu suk-kat sh'lo-me-cha**

Spread over us a shelter of peace

*--Cantor Debra Winston*

## Psalm 121

אָשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין יבֹא עֲזָרִי

**Esa ei-nai el he-ha-rim mei-ayin ya-vo ez-ri**

I lift up my eyes to the mountains;

עֲזָרִי מֵעַם יְיָ עֲשֵׂה שָׁמַיִם וָאָרֶץ

**Ez-ri mei-im os-eih sha-ma-yim va-a-retz**

What is the source of my help?

My help comes from Adonai, Maker of heaven and earth.

G-d will not allow your foot to slip;

your Protector will not slumber.

Behold, the Protector of Israel neither slumbers nor sleeps.

G-d is your Guardian;

G-d is your protection at your right hand.

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

G-d will guard you from all harm;

G-d will guard your soul.

your going and your coming

now and forever.

## Psalm 23 Modern Translation

G-d is my shepherd, I shall not want.

G-d makes me lie down in green pastures,

Leads me beside still waters, and restores my soul.

You lead me in right paths for the sake of Your Name.

Even when I walk in the valley of the shadow of death

I shall fear no evil, for You are with me;

Your rod and Your staff—they comfort me.

You have set a table before me in the presence of my enemies;

You have anointed my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life,

And I shall dwell in the house of G-d forever.

## PRAYERS FOR PROTECTION

### Angel Blessing

B'shem A-do-nai (Ha'shem)  
e-lo-hei Yis-ra-el  
Mi-mi-ni Mi-cha-el  
U-mis-mo-li Gavriel  
U-mil-fa-nai U-ri-el  
U-mei-a-cho-rai R'fa-el  
V'al ro-shi Sh'chi-nat El

בְּשֵׁם יי  
אֱלֹהֵי יִשְׂרָאֵל  
מִיְמִינֵי מִיכָאֵל  
וּמִשְׂמֹאלֵי גַבְרִיאֵל  
וּמִלְפָנֵי אֱוִרִיאֵל  
וּמֵאַחֲרֵי רַפָּאֵל  
וְעַל רֹאשֵׁי שְׁכִינַת אֵל

In the name of Adonai:  
May the angel Michael be at your right  
And the angel Gabriel be at your left  
And in front of you the angel Uriel  
And behind you the angel Rafael  
And above your head the Shechinah (Divine Presence).

### *Alternate Translation*

In the name of the One  
The G-d of all Israel.  
And on your right is Michael  
On your left Gabriel  
Before you now is Uriel  
Behind you Rafael  
Upon your head, upon your head,  
The Shechinat of G-d.

## T'filat Haderech - The Traveler's Prayer

יְהי רָצוֹן מִלְּפָנֶיךָ הַי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמֹתֵינוּ  
שֶׁתּוֹלִיכֵנוּ לְשָׁלוֹם לְהִגִּיעַ לְמַחֲזֵז חֶפְצֵנוּ  
לְחַיִּים וְלְשִׂמְחָה וְלְשָׁלוֹם  
וְנִשְׁמֹר צִאתֵנוּ וּבואֵנוּ  
וְתִצְּלֵנוּ מִכָּל צָרָה  
וְתִשְׁלַח בְּרָכָה בְּכָל מַעֲשֵׂי יָדֵינוּ  
וּמַעֲשֵׂינוּ יִכְבְּדוּ אֶת שְׁמֹךָ  
בְּרוּךְ אַתָּה יי שׁוֹמֵר יִשְׂרָאֵל לְעַד

May it be your will, our G-d and G-d of our ancestors, that you lead us in peace and help us reach our destination safely, joyfully, peacefully. May You protect us on our leaving and on our return, and rescue us from any harm, and may You bless the work of our hands, and may our deeds merit honor for you. Praise to You, Adonai, Protector of Israel.

### **BLESSINGS FOR CAREGIVERS**

Thank you, G-d, for the skill, care and concern of the many about me who have dedicated themselves to health and healing. It is they who had had to respond to my calls for help; they who will be with me throughout the difficult times ahead. Grant wisdom, patience and understanding to them. Bless the work of their hands and their heart that their labors may not be in vain. As Your helpers, may they find the way to restore me and others to a life renewed. May I and they feel the comfort of your presence.

*--Gates of Healing*

## A PRAYER FOR VISITORS TO RECITE

Source of Healing of the Universe,  
in whose hands are the issues  
of life and health,

Grant complete healing  
to \_\_\_\_\_,  
along with all those who suffer.

Impart Your wisdom  
to those who care for the sick.

To the family  
of \_\_\_\_\_,  
give strength enough for each day.

To us,  
the members of his/her community,  
grant understanding  
and a caring heart,

So that we may be there when he/she needs us.

Return him/her to us, we pray,  
sound in body and whole in spirit,  
in perfect health,

To do your will.

*–Rabbi Avis D. Miller, Adas Israel Congregation, Washington, D.C.  
Give Me Your Hand*