“Jewish Perspectives on Health and Healing”

Mi She’Berach – Jewish Prayer For Healing

May the One Who blessed our forefathers and foremothers, Abraham, Isaac, Jacob, Sara, Rebecca, Rachel and Leah, bless and heal those who are ill (insert the Hebrew name of the ill person followed by the Hebrew name of the ill person's mother) on behalf of the merit of our good deeds and the giving of tzedaka (charity/righteous giving). In the merit of this, may the Blessed Holy One be filled with mercy to strengthen him/her, to heal him/her, to vitalize him/her. May God speedily send him/her a complete recovery from Heaven to all his/her limbs and organs. May he/she be healed along with all others of the Jewish people requiring healing. May his/her recovery be immediate and complete. And let us say Amen.

Mi She’berach avoteinu
M’kor habracha l’imoteinu.

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’berach imoteinu
M’kor habracha l’avoteinu.

Bless those in need of healing with r’fuah shleima.
The renewal of body, the renewal of spirit, and let us say: Amen.

Words by Debbie Friedman, popular songwriter and singer, and member of the HUC-JIR faculty

May the One who blessed our Ancestors, Abraham, Isaac, Jacob, Sara, 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 or body and spirit, and let us say, Amen.

Translation by Rabbi Simkha Weintraub, LCSW