

Jewish Prayers for Strength and Healing

Submitted by Rabbi Sonya Starr

1) A Day of Distress by Shmuel Ha Nagid

A Day of distress and anguish,
and I thin of your message.
You're fair,
and justice shapes your mouth and heart.
I remember your words which calmed me,
when trouble came near,
and hope for your view and deliverance.

In all of your goodness you'd sent your servant--
in bed, still a boy--
seraphs to greet me.

They sat alongsideme, and Micha'el spoke:
*Thus saith the Lord, who contends in your cause:
When you pass through the waters I will stay you,
and the rivers will not overwhelm you*

when your enemies come.

And Gabriel, too, his companion
beside your chariot,
heard of my fate and reported:
*When you wade through fire you will not be burned;
I will speak to the flame which will not harm you.*
These are words I've held like a sword.

Though I stand before swords, I count on your blade.

2) 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.

3)

May it be Your will that I lie down in
peace
And rise up in peace. Let not my
thoughts,
My dreams, or my daydreams disturb
me. Watch
Over my family and those I love.

O Guardian of Israel, who neither
slumbers nor
sleeps, I entrust my spirit to You.
Thus, as I
go to sleep, I put myself into Your
safekeeping.

Grant me a night of rest. Let the
healing
processes that You have placed in my
body go
about their work. May I awaken in the
morning,
refreshed and renewed to face a new
tomorrow.

We praise You, Adonai our G-d,
Ruler of the
Universe, who closes our eyes in
renewing sleep.

שְׁבִיחַ מִי

מוֹתֵינוּ לְאֵל הַבְּרָכָה מִקּוֹר אֲבוֹתֵינוּ שְׁבִיחַ מִי

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

4)

בוֹתֵינוּ לְאֵל הַבְּרָכָה מִקּוֹר אֲמוֹתֵינוּ שְׁבִיחַ מִי

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)

5) 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...

Suggestion for Sukkot and Other Holidays

Sukkot was supposed to be the happiest holiday of the year. The rabbis acknowledged that everyone might not be happy and that was acceptable. The book of Ecclesiastes was used to validate the many different emotions that we deal with during the holidays and other times of sadness and distress.