

A JEWISH PRAYER FOR HEALING

Merciful God, we pray to you for the recovery of all who are facing illness or pain. We join our prayers with all who love them. Grant them renewed strength and courage. Strengthen in them the healing powers You have placed within us all. Guide the hearts and hands of those who are entrusted with their care. Help all of us who share the anxiety of this illness to be brave and hopeful. Inspire us with courage and faith. Grant your blessings to all who call upon you.

Oh God, who blessed our ancestors, Abraham, Isaac, and Jacob; Sarah, Rebekkah, Leah, and Rachel, send your blessings to all who are ill. Have mercy on them, and graciously restore their health and strength. Grant them a *r'fu-ah sh'lei-mah*, a complete recovery. May healing come speedily.

May the knowledge of Your love and ours give added hope to them and to their dear ones. May they find even greater strength because our prayers are linked to theirs.

When pain and fatigue are my companions, let there be room in my heart for strength.

When days and nights are filled with darkness, let the light of courage find its place.

Help me to endure the suffering and dissolve the fear, renew within me the calm spirit of trust and peace.

Ba-ruch a-tah A-do-nai, ro-feh ha-cho-lim. We praise You, Eternal God, the Source of healing and health.