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

שְמַע יִשְׂרָאֵל; אָדֹנָי אֱלֹהֵינוּ אָדֹנָי-אֶחָד!
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

יִבְרָכֶנָה בְּנֶפֶשׁךָ
Yiva-rechi-cha A-do-nai v’yish-m’re-cha
May G-d bless you and keep watch over you.

יִשְׂמַח בְּפִי אֱלֹהֵיךָ
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.

יִשָּׁמַע בְּפִי אֱלֹהֵיךָ וֹשֵׁם לְךָ שָׁלוֹם.
May G-d’s presence be with you and grant you peace.
PRAYERS OF GRATITUDE

_**Shehecheyanu - a prayer for gratitude**_

שֵּׁהֲצֵּיָנֻу בִּי אֶלְהָנֻу מַלֵּךְ הָאָלָם

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

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 haling of the body and a healing of the spirit, and let us say: Amen

For a male who is ill:

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 haling of the body and a healing of the spirit, and let us say: Amen

For a female who is ill:

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 haling of the body and a healing of the spirit, and let us say: Amen
For a female who is ill

נשא ברכה אלמה, לעם ברכה ונעמת.
-now, beschit, halal.
then.

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.

U-fros a-lei-nu suk-kat sh’lo-me-cha
Spread over us a shelter of peace

--Cantor Debra Winston
Psalm 121

אַלְיוֹנָי אַלְיוֹנִים מֵאָלָיו נָפָל
Esa ei-nai el he-ha-rim mei-ayin ya-vo ez-ri
I lift up my eyes to the mountains;

אֶזְרִי מֵאֵימְנַן 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)  בּוֹשֵׁם ה’
e-lo-hei Yis-ra-el  אלهة ישראל
Mi-mi-ni Mi-cha-el  מִימִינוּ מיכָאֵל
U-mis-mo-li Gavriel  ע’משמאל גבריאל
U-mil-fa-nai U-ri-el  ע’מלפים אויריאל
U-mei-a-cho-rai R’fa-el  ע’מיאכורא רפאל
V’al ro-shi Sh’chi-nat El  ו’על ראש שכינה אל

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 Shechinah of G-d.
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