

# מִי שְׁבִירַח

## *Mi Shebeirach*

This prayer usually comes toward the end of the service near the Mourner's Kaddish.

Mi Shebeirach means may the one who blessed.

This is a prayer for healing that we say for those who are in need of some extra special thoughts or physical or emotional healing. You can say this prayer for someone who is sick, in the hospital, has broken a bone, has recently lost a loved one, or is even just having a tough week.

מִי שְׁבִירַח אֲבוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ

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

מִי שְׁבִירַח אֲמוֹתֵינוּ מִקּוֹר הַבְּרָכָה לְאַבוֹתֵינוּ

Bless those in need with healing,  
With *r'fu-ah shleima*  
The renewal of body, the renewal of spirit  
And let us say: Amen

*Mi shebeirach avoteinu*  
*M'kor habracha l'imoteinu.*

*Mi shebeirach imoteinu*  
*M'kor habracha la'avoteinu*