


Healing

The Mi Sheberakh prayer is one of the central Jewish prayers for those who are facing the challenge of illness. The pray includes pleas for both physical and spiritual healing within the community of others facing illness. Traditionally, the Mi Sheberakh is said in synagogue when the Torah is read. In mode  Sheberakh is often said by professional health caregivers, patients, and loved ones at various times during treatment and recovery from illness of ε

Mi Sheberakh

Avoteinu: Avraham, Yitzhak,
v'Yaakov, v'Imoteinu: Sarah, Rivka, Rachel
v'Leah, Hu yivarekh virapei et
haholeh/haholah _____ ben/bat _____
HaKadosh Barukh Hu yimalei rahamim
alav/aleha, l'hahalimo/l'hahlimah, u-
l'rap'oto/u-l'rap'otah, l'hahaziko/l'hazikah, u-
l'hay-oto/u-l'hay-otah.
V'yishlah lo/lah bim-hera r'fuah shlemah, r'fu-
at hanefesh u-r'fu-at hagoof,
b'tokh sh'ar holei Yisrael v'holei yoshvei
tevel,
hashta ba'agalah u-vizman kariv,
v'no-mar, Amen!

An English Translation

May the One who blessed our ancestors -- Patriarchs Abraham, Isaac, and Jacob, Matriarchs Sarah, Rebecca, Rachel, and Leah bless and heal the one who is ill: _____ son/daughter of _____.

May the Holy Blessed One overflow with compassion upon him/her, to restore him/her, to heal him/her, to strengthen him/her, to enliven him/her.

The One will send him/her, speedily, a complete healing -- healing of the soul and healing of the body along with all the ill, among the people of Israel and all humankind, soon, speedily, without delay, and let us all say: Amen!

גוֹתֵינוּ אֲבֹתֵינוּ וְאִמּוֹתֵינוּ שָׂרָה רֵבֵקָה רָחֵל
יִצְחָק אִתְּךָ כָּל אֱלֹהִים שְׂעִלֵנוּ הַיּוֹם לְכַבוֹד הַמִּקְדָּשׁ וְלְכַבוֹד
בְּבוֹד הַרְגֵל (on a festival): בְּשִׂכְרֵי זֶה הַקָּדוֹשׁ בְּרוּךְ הוּא יְהִי
שָׁלֵם אֲרָה וְצוּקָה וּמְכֻלֵּי גִּזְעַ וּמַחֲלָה וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה
: וְיִיְהִי וְיִבְרַכֶּם (on a festival): לְהַגִּיל עִם כָּל
יְהוּדָה וְאֶחָיוֹתֵיהֶם וְנֹאמְרֵי אָמֵן: