

Fertility prayer

Throughout the year we read about the fertility struggles of our foremothers and forefathers. It is important to remember that Sarah, Rebecca, Rachel and Hannah are not the only ones to struggle with infertility. We should not forget those among us who are enduring these same challenges today.

We are blessed to live in communities that are flourishing and growing, but especially in the moments when we celebrate children and families, we must remember those who are still struggling to build and create their own families. This prayer is an opportunity to acknowledge this struggle and embrace these women and men, to show them that they are not alone.

This prayer can be included and said on any occasion.

יהי רצון מלפניך ה' א-להינו וא-להי אבותינו, שומע תפלה, שמע תפלתנו, וברך את כל חשוכי היקדים. פקדם לטובה, ויולידו ברחמיך בנים ובנות, זרעא חיא וקומא.

עין נושאים הם לך לשמים, לב שופכים נכהך כמים. חזקם ואמצם, וגמלם חסדים טובים, ושלח להם רפואה שלמה ותן להם שלות הנפש.

וכשם שפקדת את שרה, רבקה, רחל וְחַנָּה, ושמעת לקול הצדיקים והצדקניות בשועם אליך, כן תשמע לקול תחנונתנו. מלא משאלותינו לטובה, וקבל ברחמים וברצון את תפלתנו. וכן יהי רצון, ונאמר אמן.

May it be Your will God, our Lord and the Lord of our forefathers, who answers prayers, hear our prayers and bless all those who struggle to have children. Remember them for good and with Your mercy they shall have sons and daughters, and grant them enduring offspring.

They lift up their eyes to You in heaven, they pour forth their hearts before You as water. Strengthen them and give them courage, grant them abundant kindness, heal them and help them find peace.

As you remembered Sarah, Rebecca, Rachel and Hannah, and You have heard the voices of the righteous men and women when they beseeched You, so too please listen to our outcry (to help the men and women of our community). Fulfill our wishes for good and accept with Your mercy and desire our prayers. And so may it be Your will, and let us say Amen.

הגוסס העברי של התפילה נערך בידי ר"ר יעל לוין
 The Hebrew prayer was edited by Dr. Yael Levine.