

Sample Prayers for the Jewish Faith

To my Creator I pray.

I pray for the strength you have given to those who champion the cause of life and goodness. I pray for the hope you provided an exiled people to believe that the darkness is only temporary. I pray for the comfort you have shown to those in need.

Like David I call to you from the depths. I look to you for guidance. I seek your light through this darkness. I pray that your attribute of mercy has not been overstated. I pray that your love for me is everlasting.

I know that the night will end, I ask you for the strength to see the light in the darkness. Let your light guide me to live another day and may I feel your love and your closeness more tomorrow.

May the words of my mouth and the meditations of my heart reach your compassion and your mercy, and may my prayer be heard.

Amen.

**Contributed by Rabbi Ben Goldstein, Temple Alijah*

https://theactionalliance.org/sites/default/files/sample_prayers_v3_sm.pdf

LITANY FOR HEALING*

When Miriam was sick her brother Moses prayed: "O G-d, pray, heal her please!" We join in this responsive prayer based on Moses' words: We pray for those who are now ill.

Source of Life, we pray: Heal them.

We pray for those whose bodies, holy proof of Your creative goodness, are violated by illness and the pain of illness.

Encourage them.

Grant strength and compassion to families and friends who give their loving care and support, and help them to overcome despair.

Strengthen them.

Grant wisdom to those who probe the deepest complexities of Your world as they labor in the search for treatment and cures.

Inspire them.

Grant clarity of vision and strength of purpose to the leaders of our institutions and our government. May they be moved to act with justice and compassion and find the courage to overcome fear and hatred.

Guide them.

Grant insight to us, that we may understand that whenever death comes, we must accept it -- but that before it comes, we must resist it, by prolonging life and by making our life worthy as long as it is lived.

Bless and heal us all.

*Contributed by Rabbi Sonya Starr

http://www.mentalhealthministries.net/resources/worship_resources/jewish_prayers/jewish_prayers_strength_healing.pdf