

# #Pause4Prayer prayers



## Mi Shebeirach - מי שברך

A "mi sheberach" is a public prayer or blessing for an individual or group, most often recited in synagogue when the Torah is being read, but not limited to that setting. Because it is not an officially mandated prayer, there is a lot of room for creativity regarding whom to bless or how they can be blessed. Thus, there are mi sheberachs for just about any person in need of some divine goodness—most notably those requiring healing.

May He who blessed our fathers,  
Abraham, Isaac  
and Jacob, Moses and Aaron, David and  
Solomon,  
heal (patient's Jewish name) the son/  
daughter of (mother's Jewish name),  
because (your Jewish name) the son/  
daughter of (your father's Jewish name)

מי שברך אבותינו אברהם יצחק  
ויעקב, משה ואהרן,  
דוד ושלמה, הוא ירפא את (patient's)  
(Jewish name)  
בן\בת (mother's Jewish name) בעבור  
(your Jewish name) ש

*For a male, continue:*

pledged charity, for his sake. In this merit may the Holy One, blessed be He, be filled with mercy for him, to restore him to health and to cure him, to strengthen him and to invigorate him. And may He hasten to send him a complete recovery from heaven to his 248 bodily parts and 365 veins, among the other sick people of Israel, a

נדר לצדקה בעבורו, בשכר זה הקדוש ברוך  
הוא ימלא רחמים עליו להחלימו ולרפאתו  
ולהחזיקו ולהחיותו, וישלח לו מהרה  
רפואה שלמה מן השמים לרמ"ח אבריו  
ושס"ה גידיו בתוך שאר חולי ישראל,

*For a female, continue:*

pledged charity, for her sake. In this merit may the Holy One, blessed be He, be filled with mercy for her, to restore her to health and to cure her, to strengthen her and to invigorate her. And may He hasten to send her a complete recovery from heaven to all of her bodily parts and veins, among the other sick people of Israel, a healing of spirit and a healing of body;

נדר לצדקה בעבורה,  
בשכר זה הקדוש ברוך הוא ימלא רחמים  
עליה להחלימה ולרפאתה ולהחזיקה  
ולהחיותה, וישלח לה מהרה רפואה שלמה  
מן השמים בכל אבריה וגידיה בתוך שאר  
חולי ישראל, רפואת הנפש ורפואת הגוף,

## Charity

When we petition G-d to bring blessing or healing, it is customary to do so in the merit of charity pledged. So if you are including someone's name in a mi-sheberach it is appropriate to give some charity as well. By giving charity in merit of a blessing we are requesting, one creates a physical vessel in which the blessing can be manifested.



## Prayer

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד:

Sh'ma Yis-ra-eil, A-do-nai E-lo-hei-nu,  
A-do-nai E-chad.

Hear, O Israel, the Lord is our God, the  
Lord is One.



## Tehilim

In every time and in every place, in every challenge and in every joy, Jews have found their voice in the timeless words of King David in the book of Psalms.

"If you only knew," exclaimed the Tzemach Tzedek, the third Lubavitcher Rebbe, "the power of Psalms, your lips would never cease to recite them. Know that these holy verses shatter all barriers and ascend higher and higher, unstoppable, until they reach the Master of the universe Himself, and bring about salvation with kindness and compassion"  
(Hayom Yom, 24 Shevat).



1 Mizmor ledavid, Adonai roí lo echsar  
 2 Bin'ot déshe iarbitsêni, al mê menuchot ienahalêni  
 3 Nafshi ieshovev, ianchêni vemaguelê tsédec lemáan shemo  
 4 Gam ki elech begue tsalmávet, lo ira ra ki ata imadi, shivtechá umish'antêcha hêma ienachamúni  
 5 Taaroch lefanai shulchan négued tsorerai, dishanta vashemen roshí, cossí revaiaá  
 6 Ach tov vachéssed yirdefúni col iemê chaiai, veshavti bevêt Adonai leórech iamim

א מְזֹמֹר לְדָוִד יְהוָה רֵעִי לֹא אֶחְסָר:  
 ב בְּנִחוֹת יְנַחֵנִי עַל מֵי מְנוּחוֹת יְנַחֵנִי:  
 ג נַפְשִׁי יִשׁוּבֵב יְנַחֵנִי בְּמַעְגְלֵי צֶדֶק לְמַעַן שְׁמוֹ:  
 ד גַּם כִּי אֵלֶךְ בְּגִיא צַלְמוֹת לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי שְׁבִטָּךְ וּמִשְׁעַנְתֶּךָ הַמָּה יְנַחֵמְנִי:  
 ה תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן נֶגֶד צַרְרֵי דְשִׁנְתָּ בְשִׁמְן רֹאשִׁי כוֹסֵי רוּיָהּ:  
 ו אַךְ טוֹב וַחֲסֵד יִרְדְּפוּנִי כָּל יְמֵי חַיֵּי וְשִׁבְתִּי בְּבַיִת יְהוָה לְאָרְךָ יָמִים:

1. A psalm by David. The Lord is my shepherd, I shall lack nothing.
2. He lays me down in green pastures; He leads me beside still waters.
3. He revives my soul; He directs me in paths of righteousness for the sake of His Name.
4. Though I walk in the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff-they will comfort me.
5. You will prepare a table for me before my enemies; You have anointed my head with oil; my cup is full.
6. Only goodness and kindness shall follow me all the days of my life, and I shall dwell in the House of the Lord for many long years

1 A song of ascents. When the Lord returns the returnees to Zion, we shall be like dreamers.  
 2 Then our mouths will be filled with laughter and our tongues with songs of praise; then they will say among the nations, "The Lord has done great things with these."  
 3 "The Lord has done great things with us; we were happy."  
 4 Return, O Lord, our captivity like rivulets in arid land.  
 5 Those who sow with tears will reap with song.  
 6 He will go along weeping, carrying the valuable seeds; he will come back with song, carrying his sheaves.

א שִׁיר הַמַּעְלוֹת בְּשׁוּב יְהוָה אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים.  
 ב אֲזַ וְיִמְלֵא שְׂחוֹק פִּינוּ וְלִשְׁוֹנֵנוּ רִנָּה אֲזַ יֵאמְרוּ בְּגוֹיִם הַגְדִּיל יְהוָה לַעֲשׂוֹת עִם אֱלֹהִים.  
 ג הַגְדִּיל יְהוָה לַעֲשׂוֹת עִמָּנוּ הָיִינוּ שְׂמֵחִים.  
 ד שׁוּבָה יְהוָה אֶת שְׁבִיתֵנוּ כַּאֲפִיקִים בְּנֶגֶב.  
 ה הַזֹּרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ.  
 ו הַלֹּוֹךְ יֵלֵךְ וּבֹכֵה נֹשֵׂא מְשֹׁךְ הַזֹּרֵעַ בָּא יְבוֹא בְּרִנָּה נֹשֵׂא אֱלֻמֹּתָיו.

1. Shir hamaalot, beshuv Adonai et shivat Tsiyon hayínu kecholemim
2. Az yimalê sechoc pínu ulshonênu rina, az iomeru vagoyim higdil Adonai laassot im êle
3. Higdil Adonai laassot imánu, hayínu semechim
4. Shuva Adonai et shevitênu caafikim banéguev
5. Hazoreim bedim'a, berina yic'tôsu
6. Haloch ielech uvacho nosse méshech hazára, bo iavo verina, nosse alumotav.