

Prayer for healing those who are ill (Shabbat/YomTov)

מִי שִׁבְרָה אֲבוֹתֵינוּ אֲבֹרָהִם יִצְחָק וְיַעֲקֹב וְאַמּוֹתֵינוּ שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרֶךְ וְיִרְפָּא אֶת
הַחֳלִיִּים וְאֶת הַחֻלּוֹת *[Insert the names of those who need healing]*

בְּעֶבֶר שְׂכַל הַקֶּהֶל מִתְפַּלְלִים בְּעִבְרִית. בְּשִׁכְרָה זֶה הַקָּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עֲלֵיהֶם
לְהַחְלִימָם וְלִרְפְּאֵתָם וְלְהַחְיִיתָם, וְיִשְׁלַח לָהֶם מִהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם לְכָל
אֲבִרֵיהֶם וְלְכָל גִּידֵיהֶם בְּתוֹךְ שְׂאֵר חֹלֵי יִשְׂרָאֵל, **רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף**

שֶׁבֶת (יוֹם טוֹב) הִיא מְלַצְעוּק וְרְפוּאָה קְרוֹבָה לְבּוֹא הַשָּׁתָא בְּעֶגְלָא וּבְזִמְנָא קָרִיב. וְנֹאמַר אָמֵן:

May the One who blessed our Patriarchs Abraham, Isaac, and Jacob,
And our Matriarchs Sarah, Rebecca, Rachel, and Leah —

Bless and heal those who are ill: *[Insert the names of those who need healing]*

On whose behalf this congregation is praying. As a reward for this, may God be
filled with compassion for them, to restore their health, to cure them, to
strengthen and revive them, sending them a swift and full recovery from heaven
to all of their organs and all their sinews amongst the other ill ones in Israel,

a healing of the spirit and a healing of the body

Though on Shabbat (Yom Tov) it is forbidden to cry out, may healing be quick to
come - now, swiftly and soon, and let us say: Amen.

From the evening prayer service; blessing before Shema

We say the following in one of the blessings before Sh'ma Yisrael.

בּוֹרֵא יוֹם וְלַיְלָה	God creates day and night
גּוֹלֵל אוֹר מִפְּנֵי חוֹשֶׁךְ	Rolling away the light before the darkness
וְחוֹשֶׁךְ מִפְּנֵי אוֹר	And darkness before the light

Indeed, sometimes God rolls away the light before the darkness. But we know
God also rolls away the darkness to make room for the light. May God roll away
the darkness and allow light to shine on our lives and the lives of those we love.