

Jewish Prayers for Peace, Comfort and Wellbeing

Collected by Rabbi Lynn C. Liberman, BCC

A Prayer for Peace at Night

Text of the Hashkiveinu prayer (from Mishkan T'filah)

הַשְׁכִּיבֵנוּ, אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים, וּפְרֵשׁ עָלֵינוּ סֶפֶת שְׁלוֹמָה, וְתַקְּנֵנוּ בְּעֶצְמָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנו לְמַעַן שְׁמֶךָ. וְהַגֵּן
בְּעַדָּנוּ, וְהַסֵּר מֵעַלְיָנוּ אוֹיֵב, דָּבָר, וְחָרָב, וְרָעָב, וְיָגוֹן, וְהַרְחֵק מִמֶּנּוּ עוֹן וְפֶשַׁע. וּבְצֵל כְּנָפֶיךָ תִּסְתַּרְנוּ, כִּי אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה, כִּי אֵל חַנּוּן
וְרַחוּם אַתָּה. וְשֹׁמֵר צְאֲתָנוּ וּבוֹאֵנוּ לְחַיִּים וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יי, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לְעַד

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace. Guide us with Your good counsel; for Your Name's sake, be our help. Shield and shelter us beneath the shadow of Your wings. Defend us against enemies, illness, war, famine and sorrow. Distance us from wrongdoing. For You, God, watch over us and deliver us. For You, God, are gracious and merciful. Guard our going and coming, to life and to peace evermore.

Shecheyanu – A Prayer of Gratitude

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מְלֶכֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעֵנוּ לְזֶמַן הַזֶּה

Baruch Ata Adonai, Eloheinu Melech Haolam, shehechyanu, v'kiy'manu, v'higianu lazman hazeh.

Blessed are You Eternal Spirit who has given us life, sustained us and allowed us to arrive in this moment.

Shema

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד

She-ma yisrael, adonai eloheinu, adonai echad

Hear O'Israel, Adonai is our God, Adonai is One

Psalms 23

God is my shepherd; I shall not want.

God causes me to lie down in green pastures; God leads me beside still waters.

God restores my soul; God leads me in paths of righteousness for The Holy Ones name's sake.

Even as 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 comfort me.

You set a table before me in the presence of my adversaries; You anointed my head with oil; my cup overflows.

May only goodness and kindness pursue me all the days of my life, and I will dwell in the house of Adonai forever.

A Prayer of Healing

Be with me, God. I feel so lost. I can't seem to escape the dark cloud that is hanging over me today. Help me, God. Give me strength to combat despair and fear. Show me how to put my pain into perspective. Teach me to have faith in the new day that is coming. Thank you, God, for today's blessings, for tomorrow's hope, and for Your abiding love.
Amen.

Teach me always to believe in my power to return to life, to hope, and to You, God, no matter what pains I have endured, no matter how far I have strayed from You. Give me the strength to resurrect my weary spirit. Revive me, God, so I can embrace life once more in joy, in passion, in peace.
Amen.

When I feel tainted, God, remind me that I am holy.
When I feel weak, teach me that I am strong.
When I am shattered, assure me that I can heal.
When I am weary, renew my spirit.
When I am lost, show me that you are near.
Amen.

May God heal you, body and soul.
May your pain cease,
May your strength increase,
May your fears be released,
May blessings, love and joy surround you.
Amen.

-Rabbi Naomi Levy

Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle and Celebration

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