### Prayers for Healing:

#### → For surgery, illness & recovery →

God, You are with me in my moments of strength and of weakness. You know the trembling of my heart as the moments pass. Grant wisdom and skill to the mind and hands of those whose lives touch mine. Grant that I may return to fullness of life and wholeness of strength, not for my sake alone but also for those about me. Enable me to complete my days on earth with dignity and purpose. May I awaken to know the depth of Your healing power now and for evermore. Amen Mishkan R' fuah



To be contacted by a Rabbi, or Jewish pastoral carer, contact the pastoral care team.

Approved by representatives from the Rabbinical Council of Victoria, Progressive Judaism Victoria, Masorti Australia and Jewish Care

> JEWISH COMMUNITY COUNCIL OF VICTORIA

9272 5566 — info@jccv.org.au — www.jccv.org.au



# שְׁמַע יִשְׂרָאֵל: יהוה אֱלֹהֵינוּ יהוה אֶחָד

Sh'ma Yisrael: Adonaí Eloheinu, Adonaí Ehad

Hear, O Israel: the LORD is our GOD, the LORD is One

To offer comfort to patients in hospital



TEHILLIM & PRAYERS
FOR HEALING

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### Psalm 121: Song of Ascents



שִׁיר לַפַּעֲלוֹת אֶשָּׁא עִינֵי אֶל־הֶהָרִים מֵאַיִן יָבֹא עֶזְרִי: עֶזְרִי מֵעִם יְהֹוָה עֹשֵׁה שָׁמַיִם וָאָרֶץ: אַלִּיתֵּן לַמּוֹט רַגְלֶךְ אַל־יָנוּם שׁמְרֶךּ: הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל: יְהֹוָה שׁמְרֶךְּ יְהֹוָה צִלְּךְ עַל־יַד יְמִינֶךְ: יוֹמָם הַשָּׁמֶשׁ לֹא־יַכֶּכָּה וְיָרֵחַ בַּלַיְלָה: יְהוָה יִשְׁמֶרְךְּ מִכֶּל־רָע יִשְׁמֹר אֶת־נַפְשֶׁךְ: יְהוָה יִשְׁמֶרְ־צֵאתְךְ וֹבוֹאֶךְ מֵעַתָּה וְעַד־עוֹלָם:

I lift up my eyes to the mountains; where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip; He who watches over you will not slumber; indeed, He who watches over Israel will neither slumber nor sleep. The Lord watches over you; the Lord is your shade at your right hand; the sun will not harm you by day.

The Lord watches over you; the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm; He will watch over your life; the Lord will watch over your coming and going both now and forevermore.

Please treat with respect — contains Jewish prayers

## Psalm 23: Song of David



מִזְמוֹר לְדָוִד יְהֹוָה רֹעִי לֹא אֶחְסָר: בִּנְאוֹת דֶּשֶׁא יַרְבִּיצֵנִי עַל־מֵי מְנֶחוֹת יְנַהֲלֵנִי: נַפְשִׁי יְשׁוֹבֵב יַנְחֵנִי בְּמַעְגְּלֵי־צֶּדֶק לְמַעַן שְׁמוֹ: גַּם כִּי־אֵלֵךְ בְּגֵיא צַלְמָוֶת לֹא־אִירָא רָע כִּי־אַתָּה עִפָּדִי שִׁבְּטְדְ וּמִשְעַנְתֶּדְ הֵמֶמְ יְנַחֲמֵנִי: תַּעֵרֹךְ לְפָנֵי שֵׁלְחָן נֶגֶד צֹרְרִי דְּשַׁיְתָּ בַשֶּׁמֶן רֹאשִׁי כּוֹסִי רְוָיָה: אַךְ טוֹב וָחֶסֶד יִרְדְפוּנִי כָּל־יְמֵי חַיָּי וְשַׁבְתִּי בְּבֵית־יְהֹוָה לְאֹרֶךְ יָמִים:

The Lord is my shepherd; I shall not want. He causes me to lie down in green pastures; He leads me beside still waters. He restores my soul; He leads me in paths of righteousness for

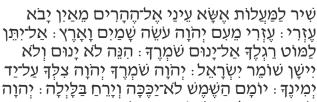


His name's sake. Even when I walk in the valley of darkness, I will fear no evil for You are with me; Your rod and Your staff - they comfort me. You set a table before me in the presence of my adversaries; You anointed my head with oil; my cup overflows. May only goodness and kindness pursue me all the days of my life, and I will dwell in the house of the Lord for length of days.

Produced by the Jewish Community Council Pastoral Care Steering Committee

### Psalm 121: Song of Ascents





יִשְׁמֶרְדְּ מִכֶּל־רָע יִשְׁמֹר אֶת־נַפְשֶׁךּ : יְהוָה יִשְׁמֵר־צֵאתִּדְ וּבּוֹאֱדְ מֵעֲתַּה וְעַד־עוֹלֶם :

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