

# Mi Shebeirach

This prayer for healing can be said for oneself or on behalf of another. In the first blank space, insert the Hebrew name of the person for whom the prayer is being said. In the second space add the name of that person's mother.

In reciting this prayer, we ask God to bestow *rachamim* or compassion upon us. *Rechem*, the root of the word *rachamim* means womb. Hence, the custom of using the mother's name.

For a man:

מִי שִׁבְרַךְ אָבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב וְאִמּוֹתֵינוּ שָׂרָה רִבְקָה רָחֵל  
וְלֵאָה הוּא יִבְרַךְ וְיִרְפָּא אֶת-הַחֹלֶה בֶּן \_\_\_\_\_ . הַקְדוֹשׁ  
בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלָיו לְהַחֲלִימוֹ וּלְרַפְּאוֹתוֹ וּלְהַחֲזִיקוֹ וּלְהַחֲיוֹתוֹ  
וְיִשְׁלַח לוֹ בְּמַהְרָה רְפוּאָה שְׁלֵמָה רְפוּאַת הַנַּפְשׁ וְרְפוּאַת הַגּוּף בְּתוֹךְ  
שָׂאֵר חוּלֵי יִשְׂרָאֵל הַשְּׂתָא בְּעַגְלָא וּבְזִמְן קָרִיב וְנֹאמַר: אָמֵן.

Mi she-bei-rach av-o-tei-nu Av-ra-ham, Yitz-chak ve-Ya-a-cov, ve-i-mo-tei-nu Sa-ra, Riv-ka, Ra-chel  
ve-Lei-a hu ye-va-reich vi-ra-pei et ha-cho-leh person's Hebrew name ben person's mother's Hebrew name.  
Ha-ka-dosh ba-ruch hu yi-ma-lei ra-cha-mim a-lav le-ha-cha-li-mo ul-rap-o-to ool-ha-cha-zi-ko ul-ha-cha-yo-to  
ve-yeesh-lach lo beem-hai-ra re-fu-a she-lei-mam re-fu-at ha-ne-fesh ur-fu-at ha-goof, be-toch sh-ar cho-lei  
Yis-ra-el has-ta ba-a-ga-la u-veez-man ka-riv ve-no-mar: A-men.

For a woman:

מִי שִׁבְרַךְ אָבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב וְאִמּוֹתֵינוּ  
שָׂרָה רִבְקָה רָחֵל וְלֵאָה הוּא יִבְרַךְ וְיִרְפָּא אֶת-הַחֹלֶה בַּת \_\_\_\_\_  
הַקְדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלֶיהָ לְהַחֲלִימָהּ וּלְרַפְּאוֹתָהּ  
וּלְהַחֲזִיקָהּ וּלְהַחֲיוֹתָהּ וְיִשְׁלַח לָהּ בְּמַהְרָה רְפוּאָה שְׁלֵמָה רְפוּאַת הַנַּפְשׁ  
וְרְפוּאַת הַגּוּף בְּתוֹךְ שָׂאֵר חוּלֵי יִשְׂרָאֵל הַשְּׂתָא בְּעַגְלָא וּבְזִמְן קָרִיב  
וְנֹאמַר: אָמֵן.

Mi she-bei-rach av-o-tei-nu Av-ra-ham, Yitz-chak ve-Ya-a-cov, ve-i-mo-tei-nu Sa-ra, Riv-ka, Ra-chel ve-Lei-a  
hu ye-va-reich vi-ra-pei et ha-cho-lah person's Hebrew name bat person's mother's Hebrew name. Ha-ka-dosh  
ba-ruch hu yi-ma-lei ra-cha-mim a-le-cha le-ha-cha-li-ma ul-rap-o-ta ool-ha-cha-zi-ka ul-ha-cha-yo-ta  
ve-yeesh-lach la beem-hai-ra re-fu-a she-lei-ma, re-fu-at ha-ne-fesh ur-fu-at ha-goof, be-toch sha-ar cho-lei  
Yis-ra-el hash-ta ba-a-ga-la u-veez-man ka-riv ve-no-mar: A-men.

*Translation of the Mi Shebeirach for a man or woman:*

*May the One who blessed our ancestors Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah  
send a blessing of health and strength to \_\_\_\_\_ and grant him/her a complete healing  
of body and spirit, along with all others who are stricken. May the healing come speedily, and let us say:  
Amen.*