

Prayer for Recovery from Illness



The US

LIVING • LEARNING • CARING

Prayer for Recovery from Illness

Psalm 23

A psalm of David. The LORD is my Shepherd, I shall not want. He makes me lie down in green pastures, He leads me beside the still waters. He refreshes my soul; He guides me in the paths of righteousness for His name's sake. Though I walk through 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 enemies, You anoint my head with oil; my cup is filled to overflowing. May goodness and kindness follow me all the days of my life, and may I live in the house of the LORD for evermore.

Psalm 103

A Psalm of David. Bless the LORD, my soul; with all my being I bless His holy name. Bless the LORD, my soul, and forget none of His benefits. He forgives all your sins. He heals all your ills. He redeems your life from the pit. He crowns you with love and compassion. He satisfies your soul with good things, so that your youth is renewed like the eagle's. The LORD is righteous in all He does; He brings justice to all the oppressed. He made known His ways to Moses, His deeds to the people of Israel. The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse or nurse His anger for ever. He has not treated us as our sins deserve, or repaid us according to our misdeeds. For as high as the heavens are above the earth, so great is His love for those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear Him. For He knows how we are formed; He remembers that we are dust. As for man, his days are like grass; like a flower of the field he flourishes. For a wind passes over it and it is gone, and its place knows it no more. But the kindness of the LORD is for all eternity to those who fear Him; His righteousness is with their children's children – with those who keep His covenant, and remember to obey His precepts. The LORD has established His throne in heaven, and His kingdom rules over all. Bless the LORD, you His angels, mighty in power, who do His bidding, who obey His word. Bless the LORD, all you His host, the ministers who do His will. Bless the LORD, all His works, everywhere in His dominion. Bless the LORD, my soul.

Psalm 139

To the Chief Musician. A psalm of David. O LORD, You have examined me and You know me. You know when I sit and when I rise; You understand my thoughts from afar. You encompass my going out and lying down. You are familiar with all my ways. Before a word is on my tongue, You, LORD, know it all. You keep close guard behind

תפלת החולה

תהלים כג

מִזְמוֹר לְדָוִד, יְהוָה רֹעִי לֹא אֶחְסָר. בְּנֵאוֹת דְּשָׂא יְרִבִּיעַנִי, עַל־מֵי מְנוּחַת יִנְהַלְנִי. נַפְשִׁי יִשׁוּבָב, יִנְחֵנִי בְּמַעְגְלֵי־צֶדֶק לְמַעַן שְׁמוֹ. גַּם כִּי־אֵלֶךְ בְּגֵיא צְלָמוֹת, לֹא־אִירָא רַע כִּי־אֶתְהַ עִמָּדִי, שִׁבְטְךָ וּמִשְׁעַנְתְּךָ הִמָּה יִנְחַמְנִי. תַּעֲרֹךְ לִפְנֵי שְׁלַחֹן נֶגֶד צַרְרִי, דְּשַׁנְתָּ בְּשִׁמֹן רֹאשִׁי, כּוֹסֵי רוּיָהּ. אַךְ טוֹב וַחֲסֹד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי, וְשִׁבְתִּי בְּבַיִת יְהוָה לְאָרְךָ יָמִים.

תהלים קג

לְדָוִד, בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה, וְכָל־קִרְבֵי אֶת־שֵׁם קָדְשׁוֹ. בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה, וְאֶל־תִּשְׁכַּחֵי כָּל־גְּמוּלוֹי. הִסְלַח לְכָל־עֲוֹנוֹכִי, הִרְפָּא לְכָל־תַּחֲלוּאֵיכִי. הַגּוֹאֵל מִשַּׁחַת חַיִּיכִי, הַמַּעֲטָרְכִי חֶסֶד וְרַחֲמִים. הַמְּשֻׁבֵּעַ בְּטוֹב עַדְיָךְ, תַּתְּחַדֵּשׁ כְּנֶשֶׁר נְעוּרַיִכִי. עֲשֵׂה צְדָקוֹת יְהוָה, וּמִשְׁפָּטִים לְכָל־עֲשׂוּקִים. יוֹדִיעַ דְּרָכָיו לַמַּשָּׁה, לְבְנֵי יִשְׂרָאֵל עֲלִילוֹתָיו. רַחוּם וְחַנוּן יְהוָה, אַרְךָ אַפַּיִם וְרַב־חֶסֶד. לֹא־לִנְצַח יָרִיב, וְלֹא לְעוֹלָם יִטּוֹר. לֹא כַחֲטָאֵינוּ עָשָׂה לָנוּ, וְלֹא כְּעוֹנֹתֵינוּ גָּמַל עָלֵינוּ. כִּי כָּגֵבָה שָׁמַיִם עַל־הָאָרֶץ, גָּבַר חֶסֶדוֹ עַל־יְרֵאָיו. כָּרַחַק מִזְרַח מִמַּעַרְב, הִרְחִיק מִמֶּנּוּ אֶת־פִּשְׁעֵינוּ. כָּרַחַם אָב עַל־בְּנָיִם, רַחַם יְהוָה עַל־יְרֵאָיו. כִּי הוּא יָדַע יִצְרָנוּ, זָכוֹר כִּי־עָפַר אֲנַחְנוּ. אָנוּשׁ כַּחֲצִיר יָמָיו, כַּצִּיץ הַשָּׂדֶה כֵּן יִצִּיץ. כִּי רוּחַ עֲבָרָה־בוּ וְאֵינְנוּ, וְלֹא־יִכִּירָנוּ עוֹד מְקוֹמוֹ. וַחֲסֹד יְהוָה מַעֲוֹלָם וְעַד־עוֹלָם עַל־יְרֵאָיו, וְצַדִּיקוֹתוֹ לְבְנֵי בָנִים. לְשִׁמְרֵי בְרִיתוֹ, וְלִזְכָּרֵי פִקְדוֹ לְעֲשׂוֹתָם. יְהוָה בְּשָׁמַיִם הִכִּין כֶּסֶאֹ, וּמִלְכוּתוֹ בְּכָל־מְשָׁלָה. בְּרַכּוּ יְהוָה מִלְּאֲכִיו, גְּבַרֵי כַח עֲשֵׂי דְבָרוֹ, לְשִׁמְעַע בְּקוֹל דְּבָרוֹ. בְּרַכּוּ יְהוָה כָּל־צַבָּאָיו, מִשְׁרָתָיו עֲשֵׂי רְצוֹנוֹ. בְּרַכּוּ יְהוָה כָּל־מַעֲשָׂיו, בְּכָל־מְקוֹמוֹת מְמִשְׁלָתוֹ, בְּרַכֵּי נַפְשִׁי אֶת־יְהוָה.

תהלים קלט

לְמִנְצַח לְדָוִד מִזְמוֹר, יְהוָה חִקְרָתָנִי וַתִּדְעַ. אֶתְהַ יְדַעַת שִׁבְתִּי וְקוֹמִי, בְּנִתְהַ לְרֹעִי מִרְחוֹק. אַרְחִי וְרַבְעֵי זָרִית, וְכָל־דְּרָכֵי הַסִּפְנָתָהּ. כִּי אֵין מְלָה בְּלִשׁוֹנִי, הֵן יְהוָה יְדַעַת כְּלָהּ. אַחֹר וְקָדָם צִרְתָּנִי, וַתִּשָּׂא עָלַי כַּפְכָּהּ. פְּלִיאָה דַעַת מִמֶּנִּי, נִשְׁגָּבָה לֹא־אוּכַל לָהּ. אֲנָה אֵלֶךְ מִרוּחָךְ, וְאֲנָה מִפְּנֵיךְ אֲבָרַח. אִם־אֶסַק שָׁמַיִם שֵׁם אֶתְהַ, וְאֶצִּיעָה שְׂאוֹל הַנֶּגֶף. אֶשָּׂא כְּנַפְי־שָׁחַר,

and before me. You have laid Your hand upon me. Knowledge so wonderful is beyond me; so high, it is above my reach. Where can I escape from Your spirit? Where can I flee from Your presence? If I climb to heaven, You are there; if I make my bed in the underworld, You are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there Your hand will guide me, Your right hand will hold me fast. Were I to say, "Surely the darkness will hide me, and light become night around me", to You the darkness would not be dark; night is light as day; to You dark and light are one. For You created my innermost being; You knitted me together in my mother's womb. I praise You because I am awesomely, wondrously made; wonderful are Your works; I know that full well. My frame was not hidden from You when I was formed in the secret place, woven in the depths of the earth. Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be. How precious to me are Your thoughts, God, how vast in number they are. Were I to count them, they would outnumber the grains of the sand. I awake and I am still with You. God, if only You would slay the wicked – away from me, you bloodthirsty men. They speak of You with evil intent; Your adversaries misuse Your name. Do I not hate those who hate You, Lord, and loathe those who rise up against You? I have nothing but hatred for them; I count them my enemies. Search me, God, and know my heart; test me and know my innermost thoughts. See if there is grief in the way I follow, and lead me in the everlasting way.

A prayer of one who is afflicted, when he is faint, and pours out his anguish before the LORD. LORD, hear my prayer and let my cry come before You. Do not hide Your face from me in my day of distress. Turn Your ear toward me; answer me swiftly on the day I call. Please, LORD, Healer of all flesh, have pity on me, and support me on my sick bed, in Your great love, for I am weak. Send relief and healing to me and to the others of Your children who are sick. Heal my pain and renew my youth as the eagle's. Grant wisdom to the physician that he may cure my illness, so that my healing may spring up swiftly. Hear my prayer, prolong my life, and let me complete my years in happiness, so that I may be able to serve You and keep Your precepts with a perfect heart. Grant me the understanding to know that this bitter trial has come upon me for my welfare. Let me not reject Your discipline or spurn Your rebuke.

GOD of forgiveness, gracious and compassionate, slow to anger, abounding in love, I acknowledge before You with a broken and contrite heart that I have sinned and done evil in Your sight. I hereby repent of my evil and turn to You in complete repentance. Help me, God of my salvation, that I may not turn to folly again, but instead walk before You in truth and integrity. Gladden Your servant's heart, for to You, LORD, I lift up my soul. Heal me, LORD, and I will be healed, save me and I will be saved, for You are my glory. Amen and Amen!

אֲשַׁכְנֶה בְּאַחֲרֵית יָם. גַּם־שָׁם יָדָךְ תִּנְחַנֵּי, וְתִאחַזְנֵי יְמִינֶךָ. וְאָמַר אֲרִי־חֲשֹׁךְ יִשׁוּפְנִי, וְלֵילָה אֹרֹךְ בְּעַדְנִי. גַּם־חֲשֹׁךְ לֹא־יִחְשִׁיךְ מִמֶּנִּי, וְלֵילָה כִּיֹּם יֵאִיר, כַּחֲשִׁיכָה כְּאֹרֶה. כִּי־אַתָּה קִנִּיתָ כְּלִי־יָד, תִּסְכְּנֵי בְּבֶטֶן אִמִּי. אֹדְדֶךָ עַל כִּי נֹרְאוֹת נִפְלִיתִי, נִפְלְאִים מַעֲשֵׂיךָ וְנִפְשֵׁי יָדְעַת מְאֹד. לֹא־נִכְחַד עֲצָמֵי מִמֶּנִּי אֲשֶׁר־עָשִׂיתִי בְּסִתְּךָ, רַקְמָתִי בְּתַחֲתִיּוֹת אֶרֶץ. גָּלַמְתִּי רָאוּ עֵינֶיךָ, וְעַל־סִפְרֶךָ כָּל־מַעֲשֵׂיךָ יִכְתְּבוּ, יָמִים יֵצְרוּ וְלוֹ אֶחָד בָּהֶם. וְלִי מִה־יִּקְרוּ רַעִיךָ אֵל, מִה־עֲצָמוֹ רֵאשִׁיָּהֶם. אֶסְפָּרֶם מִחוּל יִרְבוּן, הִקִּיצְתִּי וְעוֹדִי עִמָּךְ. אִם־תִּקְטַל, אֱלֹהֵי רָשָׁע, וְאֲנֹשֵׁי דָמִים סוּרוּ מִנִּי. אֲשֶׁר יִמְרוּךְ לְמִזְמָה, נִשְׂוֹא לִשְׂוֹא עֲרִיךָ. הֲלוֹא־מִשְׁנֵאִיךָ יְהוָה, אֲשַׁנֵּא, וּבְתַקוּמְמִיךָ אֶתְקוּטִט. תִּכְלִית שְׂנֵאָה שְׂנֵאָתִים, לְאוֹיְבִים הֵיוּ לִי. חֲקֹרְנִי אֵל וְדַע לִבִּי, בְּחֻנֵּי וְדַע שְׂרַעֲפִי. וְרֵאָה אִם־דֶּרֶךְ־עֲצָב בִּי, וּנְחַנֵּי בְּדֶרֶךְ עוֹלָם.

תִּפְלָה לְעַנִּי כִּי־יַעֲטֹף, וּלְפָנַי יְהוָה יִשְׁפָךְ שִׁיחוֹ. יְהוָה שָׁמְעָה תִּפְלָתִי, וְשׁוֹעֲתִי אֵלֶיךָ תְּבוֹא. אֶל־תִּסְתֵּר פְּנֶיךָ מִמֶּנִּי כִּיֹּם צָר־לִי, הִטָּה־אֵלַי אֲזֹנְךָ כִּיֹּם אֶקְרָא מִהָרַע עֲנֵנִי. אֲנֵא יְהוָה רֹפֵא כָּל בָּשָׂר, רַחֵם עָלַי, וְסַעֲדֵנִי בְּחִסְדְּךָ הַגָּדוֹל עַל עַרְשׂ דָּוִד, כִּי אִמְלַל אֲנִי. שְׁלַח לִי תְרוּפָה וְתַעֲלָה, בְּתוֹךְ שָׂאֵר חוֹלֵי בְנֵיךָ. רַפָּה אֶת־מִכְאָבִי, וְחַדֵּשׁ כְּנָשְׁךָ נְעוּרַי. תֵּן בִּינָה לְרוֹפֵא, וְיִגְהָה מִמֶּנִּי מְזוּרִי, וְאֶרְוֹכְתִי מִהֲרָה תִצְמַח. שָׁמַע תִּפְלָתִי, וְהוֹסֵף יָמִים עַל יָמַי, וְאֶכְלָה שְׁנוֹתַי בְּנַעֲיָמִים, לְמַעַן אוּכַל לַעֲבוֹד עַבְדְּךָ, וְלִשְׁמֹר פְּקוּדֶיךָ בְּלֵב שָׁלֵם. הִבִּינֵנִי וְאֲדַעָה, כִּי לְשָׁלוֹמִי מִר־לִי מֵר. וְאֶל־אֲמָאֵס אֶת־מוֹסְרֶךָ, וּבְתַכְחָתְךָ אֶל־אֶקוּץ.

אֱלֹהֵי סְלִיחוֹת, חֲנוּן וְרַחוּם אַרְךָ אַפִּים וְרַב־חֶסֶד, מוֹדָה אֲנִי לְפָנֶיךָ בְּלֵב נִשְׁבָּר וְנִדְכָה, כִּי חָטָאתִי וְהִרַע בְּעֵינֶיךָ עֲשִׂיתִי. הִנֵּה נַחֲמָתִי עַל רַעֲתִי, וְאֲשׁוּב בְּתִשׁוּבָה שְׁלָמָה לְפָנֶיךָ. עֲזֹרְנִי אֱלֹהֵי יִשְׂרָאֵל, וְלֹא אֲשׁוּב לְכִסְלָה, וְאֶתְהַלֵּךְ לְפָנֶיךָ בְּאֵמֶת וּבְתִמְתִּים. שְׁמַח נַפְשׁ עַבְדְּךָ, כִּי־אֵלֶיךָ יְהוָה, נִפְשֵׁי אֲשָׂא. רַפְּאֵנִי יְהוָה וְאַרְפָּא, הוֹשַׁעֲנִי וְאוֹשַׁעָה, כִּי תַהֲלִיתִי אֶתָּה. אָמֵן, וְאָמֵן.