

## Introduction

This heartfelt prayer is recited by someone who is in need of healing. In a state of contriteness, we ask God for mercy and healing so that we can have more years of health and happiness. This prayer is frequently preceded by reciting other Psalms that are available on Ematai's website.

*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. Psalms Chapter 102:1-3*

*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!*

תַּפְּלָה לְעַנִּי כִּי יַעֲטֹף וְלִפְנֵי י-הוָה יִשְׁפָּךְ שִׁיחוֹ:  
י-הוָה שְׁמַעָה תַּפְּלָתִי, וְשׁוֹעֲתִי אֲלֶיךָ תִּבּוֹא:  
אֵל תִּסְתַּר פְּנֶיךָ מִמֶּנִּי בַּיּוֹם צָר לִי, הִטָּה אֵלַי  
אֲזַנְךָ, בַּיּוֹם אֲקָרָא מִהֵר עֲנֵנִי: תהילים קב:א-ג

אֲנִי י-הוָה רוֹפֵא כָּל בֶּשָׂר, רַחֵם עָלַי, וִסְעֲדֵנִי  
בְּחִסְדְּךָ הַגָּדוֹל עַל עַרְשׂ דְּוִי, כִּי אֲמַלֵּל אֲנִי. שְׁלַח  
לִי תִרְוּפָה וּתְעֹלָה, בְּתוֹךְ שְׂאֵר חוֹלֵי יִשְׂרָאֵל.  
רַפֵּא אֶת מַכְאוֹבֵי, וְחַדֵּשׁ כְּנֶשֶׁר נְעוּרֵי. תֵּן בִּינָה  
לְרוֹפֵא, וְיִגְהָה מִמֶּנִּי מְזוּרִי, וְאַרְוֹכְתִי מִהֲרָה  
תִּצְמַח. שְׁמַע תַּפְּלָתִי, וְהוֹסֵף יָמִים עַל יָמֵי,  
וְאַכְלָה שְׁנוֹתַי בְּנְעִימִים, לְמַעַן אוּכַל לַעֲבֹד  
אוֹתְךָ, וְלִשְׁמֵר פְּקוּדֶיךָ בְּלֵב שְׁלֵם. הִבִּינֵנִי  
וְאַדְעָה, כִּי לְשִׁלּוּמֵי מֵר לִי מֵר. וְאַל אֶמְאַס אֶת  
מוֹסְרְךָ, וּבִתְנוּכְחֶתְךָ אֶל אֶקְוֶץ.

א-לוֹה סְלִיחוֹת, חֲנוּן וְרַחוּם אָרְךָ אַפִּים וְרַב  
חֶסֶד, מוֹדָה אֲנִי לְפָנֶיךָ בְּלֵב נִשְׁבָּר וְנִדְכָּה כִּי  
חָטָאתִי, וְהִרַע בְּעֵינֶיךָ עֲשִׂיתִי. הִנֵּה נַחֲמֵתִי עַל  
רַעְתִּי, וְאֲשׁוּב בְּתִשׁוּבָה שְׁלָמָה לְפָנֶיךָ. עֲזֹרֵנִי  
א-לֹהֵי יִשְׂרָאֵל, וְלֹא אֲשׁוּב לְכִסְלָה, וְאַתְהִלְךָ  
לְפָנֶיךָ בְּאֵמֶת וּבִתְמִים. שְׂמַח נַפְשׁ עֲבָדְךָ,  
כִּי-אֲלִיךָ א-דְּנִי, נַפְשִׁי אֲשָׂא: רַפְּאֵנִי י-הוָה  
וְאַרְפָּא, הוֹשִׁיעֵנִי וְאַנְשְׁעָה, כִּי תִהְלֶתִי אֶתְּהָ:  
אָמֵן וְאָמֵן.

THIS PRAYER WAS TAKEN WITH PERMISSION FROM KOREN'S SHALEM SIDUR.

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