

Introduction

We seek God's mercy, protection, and healing in times of distress. These heartfelt words reflect deep trust in God's compassion and unmatched power that provides us with comfort and strength.

A prayer of David. *Incline Your ear, Lord, answer me, for I am poor and needy. Preserve my life, for I am steadfast; You, my God, deliver Your servant who trusts in You. Have mercy on me, my Sovereign, for I call to You all day long; bring joy to Your servant's life, for on You, my Sovereign, I set my hope. For You, my Sovereign, are good and forgiving, abounding in steadfast love to all who call on You. Give ear, Lord, to my prayer; heed my plea for mercy. In my time of trouble I call You, for You will answer me. There is none like You among the Gods, my Sovereign, and there are no deeds like Yours. All the nations You have made will come to bow down before You, my Sovereign, and they will pay honor to Your name. For You are great and perform wonders; You alone are God. Teach me Your way, Lord; I will walk in Your truth; let my heart be undivided in reverence for Your name. I will praise You, my Sovereign, my God, with all my heart and pay honor to Your name forever. For Your steadfast love toward me is great; You have saved me from the depths of Sheol. God, arrogant people have risen against me; a ruthless band seeks my life; they are not mindful of You. But You, my Sovereign, are a God compassionate and merciful, slow to anger, abounding in steadfast love and faithfulness. Turn to me and have mercy on me; grant Your strength to Your servant and deliver the son of Your maidservant. Show me a sign of Your favor, that my enemies may see and be frustrated because You, Lord, have given me aid and comfort.*

תַּפְּלָה לַדָּוִד הַטְּהִי-הוּא אֲזַנְךָ עֲנֵנִי כִּי-עָנִי וְאֶבְיוֹן
אָנִי: שְׁמְרָה נַפְשִׁי כִּי-חָסִיד אָנִי הוֹשַׁע עֲבָדְךָ אֶתָּה
אֱ-לֹהֵי הַבּוֹטֵחַ אֱלֹהֵי: חֲנֻנִי אֶ-דָּנִי כִּי אֱלֹהֵי אֶקְרָא
כָּל-הַיּוֹם: שְׁמַח נַפְשׁ עֲבָדְךָ כִּי אֱלֹהֵי אֶ-דָּנִי נַפְשִׁי
אֲשָׂא: כִּי-אֶתָּה אֶ-דָּנִי טוֹב וְסִלַּח וְרַב-חַסֵּד לְכָל
קוֹרְאֶיךָ: הַאֲזִינָה י-הוָה תַּפְּלָתִי וְהַקְשִׁיבָה בְּקוֹל
תַּחֲנוּנֹתַי: בְּיוֹם צָרָתִי אֶקְרָאָךָ כִּי תַעֲנֵנִי: אִיךָ
כְּמוֹד בָּא-לֵהִים אֶ-דָּנִי וְאִיךָ כְּמַעֲשֵׂיךָ: כָּל-גּוֹיִם
אֲשֶׁר עָשִׂיתָ יְבוֹאוּ וְיִשְׁתַּחֲווּ לְפָנֶיךָ אֶ-דָּנִי וַיִּכְבְּדוּ
לְשִׁמְךָ: כִּי-גָדוֹל אֶתָּה וְעֹשֶׂה נִפְלְאוֹת אֶתָּה אֱ-לֹהֵים
לְבָדְךָ: הוֹרְנִי י-הוָה דַּרְכֶּךָ אֶהְלֵךְ בְּאַמְתָּךְ יַחַד
לִבִּי לִירְאָה שְׁמֶךָ: אוֹדְךָ אֶ-דָּנִי אֱ-לֹהֵי בְּכָל-לִבְבִי
וְאֶכְבְּדָה שְׁמֶךָ לְעוֹלָם: כִּי-חָסֵדְךָ גָּדוֹל עָלַי וְהַצַּלְתָּ
נַפְשִׁי מִמָּוֶת תַּחֲתוֹתָיָהּ: אֱ-לֹהֵים יָדִים קַמּוּעָלַי
וַעֲדַת עָרִיצִים בְּקִשּׁוֹ נַפְשִׁי וְלֹא שְׁמוֹד לְנַגְדָּם:
וְאֶתָּה אֶ-דָּנִי אֶ-ל רַחוּם וְחַנוּן אַרְךָ אַפִּים וְרַב-חַסֵּד
וְאַמּוֹת: פָּנֵה אֵלַי וְחַנּוּנִי תִּנְהַעֲנֵךְ לְעֲבָדְךָ וְהוֹשִׁיעָה
לְבָרְאֲמָתְךָ: עֲשֵׂה-עִמִּי אוֹת לְטוֹבָה וְיִרְאוּ שֹׁנְאֵי
וַיִּבְשׁוּ כִּי-אֶתָּה י-הוָה עֲזַרְתָּנִי וְנַחַמְתָּנִי: (תהלים 86)

In times of distress, we turn to God, “Incline Your ear, O Lord, answer me, for I am poor and needy” (הַטְּהִי-הוּא) (אֲזַנְךָ, עֲנֵנִי כִּי-עָנִי וְאֶבְיוֹן אָנִי). When we feel overwhelmed by illness, these words give us hope and confidence that God hears us. His compassion is limitless and He understands our suffering intimately.

As we continue to pray, we acknowledge God's unparalleled greatness and power. “There is none like You among the gods, O my Sovereign, and there are no deeds like Yours” (אִיךָ כְּמוֹד בָּא-לֵהִים, אֶ-דָּנִי; וְאִיךָ כְּמַעֲשֵׂיךָ). In moments of illness, recognizing God's might reassures us that He may bring healing and comfort. By placing our trust in His greatness, we draw strength and solace.

Finally, we appeal to God's enduring kindness. We ask for His presence in our lives. “But You, O my Sovereign, are a God compassionate and merciful, slow to anger, abounding in steadfast love and faithfulness” (רַחוּם)

(וְחַנּוּן וְ-הוֹדָה; אֶרְךָ אַפַּיִם, וְרַב-חֶסֶד וְאֱמֶת). These attributes are among the 13 Divine attributes that our Sages stress should be invoked whenever divine mercy is necessary. They offer immense comfort during challenging times. We pray that God will judge us with compassion and recognize that His strength sustains us. Whether we are the ones afflicted or we are praying for someone else, this Psalm inspires us to call out to God, for He is kind and loving. God understands the pain that we are going through. We hope our prayers will be answered by the One who can truly heal.

